



Welcome to the Milford Moves Training Program



WEEK 7!

Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!

Hey everyone! Hope you all had a great week. I am so sorry I'm missing this week's workout with you all, but I know Natalya will take great care of you all and show you some awesome Yoga tips and tricks! Have a wonderful week and as always, please feel free to email or call me if you need anything at all!

BENEFITS OF YOGA! - "Yoga is a healing system of theory and practice. The purpose of yoga is to **create strength, awareness and harmony in both the mind and body,**" explains Natalie Nevins, DO, a board-certified osteopathic family physician and certified Kundalini Yoga instructor in Hollywood, California.

"The relaxation techniques incorporated in yoga **can lessen chronic pain,** such as lower back pain, arthritis, headaches and carpal tunnel syndrome," explains Dr. Nevins. "Yoga can also **lower blood pressure and reduce insomnia.**"

According to Dr. Nevins, other physical benefits include:

- Increased flexibility
- Increased muscle strength and tone
- Improved respiration, energy and vitality
- The maintenance of a balanced metabolism
- Weight reduction
- Cardio and circulatory health
- Improved athletic performance
- Protection from injury



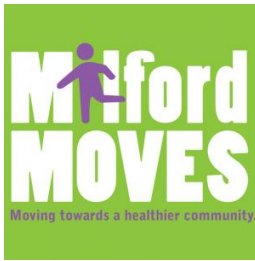
Aside from the array of physical benefits, one of the best benefits of yoga is how it helps a person **manage stress,** which has been known to have devastating effects on the body and mind. "Stress can reveal itself in many ways, including back or neck pain, sleeping problems, headaches, drug abuse, and an inability to concentrate," says Dr. Nevins. "Yoga can be very effective in **developing coping skills and reaching a more positive outlook** on life."

(Source: <http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx>)

DON'T FORGET TO WEIGH IN IF YOU WANT TO KEEP TRACK WEEK TO WEEK!

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: info@devontaylor.net



Week Seven

At home workout



**If you are more advanced than a beginner,
contact me separately for a more advanced at-home program*

Sunday

Long Run:
5 Minute walking warmup
Then run 3/4 mile
Walk 1/4 mile
Repeat 4 x
Should complete approximately
4 miles total

Monday

Time to speed it up a bit!
5 minute walking warmup
Then alternate
5 minutes jogging at a very fast
pace
60 seconds brisk walking
Total of 40 minutes

Tuesday

Tabata Workout – 20 seconds on, 10 seconds off with a timer,
8 rounds of each exercise

- 1. Jumping Jacks**
- 2. Pushups**
- 3. Mountain Climbers**
- 4. Arm Circles**
- 5. Alternating Lunges**
- 6. Bridges**
- 7. Bicycle Crunches**



Wednesday

5 minute walking warmup
Jog 8 minutes
Walk 2 minutes
Repeat 4 times

Thursday

Speedwalking (no jogging) for 45
minutes. Try to keep pace the
entire time.

Friday - Day of Rest! 😊