

# Weekly Bone-Strengthening Workout Plan

This workout plan is designed to help women over 50 build bone strength, improve balance, and maintain overall health. Remember to consult your physician before starting any new exercise routine.

## Weekly Schedule:

Monday: Strength Training (Full Body) + 20-minute walk

Tuesday: Yoga or Balance Exercises

Wednesday: Cardio (Brisk Walking, Hiking, or Dancing)

Thursday: Strength Training (Lower Body Focus)

Friday: High-Impact Training or Tennis

Saturday: Light Stretching or Pilates

Sunday: Rest or a Gentle Walk

## Safety Tip:

Always warm up before exercise and listen to your body to avoid injury. If you have osteoporosis or joint concerns, stick with low-impact exercises.