

THE BALANCED MIDLIFE

12 WEEK STARTER PLAN

FOR WOMEN 50+





12 WEEK STARTER PLAN

Welcome

Welcome!

I created this program because I know how hard it can be to stay consistent with movement in midlife. Especially when energy is low, joints ache, and life gets busy.

This 12-week plan is designed to meet you where you are, not where you think you “should” be.

Just take this one day at a time. Try to set aside about 30 minutes when it works best for you. Then put your walking shoes on and go. Your brain follows movement, not motivation.

Let's do this!



12 WEEK STARTER PLAN

Instructions

Instructions

If you miss a day:

- 1 day - don't worry, pick up where you left off
- 1 week - repeat previous week
- More - we recommend restarting to get the full benefits

Best Practices:

- Go at your pace, gradually increase as you get stronger
- Watch your form always to prevent injury
- Don't overdo it, especially if it's been a while since you've exercised or if you have health concerns
- Always consult your doctor before starting any exercise routine or taking any new supplements, especially if taking medications
- Early to mid-morning often works well, but choose a time that fits your energy and schedule
- Wear or purchase a good pair of walking shoes to prevent injury



12 WEEK STARTER PLAN

Disclaimer

Disclaimer

This program is intended for educational and informational purposes only and is not medical or fitness advice.

The exercises and suggestions included are general in nature and may not be appropriate for everyone.

Always listen to your body, move within your own limits, and stop any activity that causes pain or discomfort.

Before beginning any new exercise program, consult with your physician or a qualified healthcare professional, especially if you have existing medical conditions, injuries, or concerns.

By using this program, you acknowledge that you are responsible for your own health and safety.

12 WEEK STARTER PLAN

Plan

WEEK 1 - 4 WALKING PLAN

WEEK 1	15 MIN	3-4 TIMES PER WEEK
WEEK 2	20 MIN	4-5 TIMES PER WEEK
WEEK 3	25 MIN	5 TIMES PER WEEK
WEEK 4	30 MIN	5-6 TIMES PER WEEK

WEEK 5 - 8 WALKING PLAN + RESISTANCE BANDS

WALKING	25-30 MIN	3-4 TIMES PER WEEK
RESISTANCE BANDS	15-20 MIN	2-3 TIMES PER WEEK

WEEK 9 - 12 WALKING PLAN + LIGHT WEIGHTS

WALKING	25-30 MIN	3-4 TIMES PER WEEK
RESISTANCE BANDS	15-20 MIN	2-3 TIMES PER WEEK
OR		
DUMBBELLS	15-20 MIN	2-3 TIMES PER WEEK

Weeks 9-12 you can transition from resistance bands to light weights or continue with the bands & increase the weight or reps or do a combination of both



12 WEEK STARTER PLAN

Tips

WALKING TIPS

- Start at a comfortable pace, you should be able to hold a conversation
- Gradually increase speed as fitness improves
- Focus on good posture:
 - Shoulders back
 - Core engaged
- Ensure proper footwear with arch support

RESISTANCE TIPS

This applies to resistance bands or dumbbells

- Form is everything.
- Move slowly and with control
- If you feel sharp pain (not muscle fatigue), stop and reassess your form
- Start with a band or weight set with multiple weight levels so you can progress as you build strength
- If it becomes too easy, either increase the weight or add more reps (12-15 instead of 10-12)
- Slow down your tempo for greater muscle engagement

Don't hesitate to make modifications to fit your needs to avoid injury.



12 WEEK STARTER PLAN

Sample Weekly Schedule

Week 1-4 (Walking Phase):

- Monday: 15-30 min walk
- Tuesday: Rest or gentle stretching
- Wednesday: 15-30 min walk
- Thursday: 15-30 min walk
- Friday: Rest
- Saturday: 15-30 min walk
- Sunday: Rest or leisure walk

Week 5-8 (Walking + Bands):

- Monday: 30 min walk
- Tuesday: 20 min resistance band workout
- Wednesday: 30 min walk
- Thursday: 20 min resistance band workout
- Friday: Rest
- Saturday: 30 min walk
- Sunday: Rest or light yoga

Week 9-12 (Full Routine):

- Monday: 30 min walk
- Tuesday: 25 min resistance/weight training
- Wednesday: 30 min walk
- Thursday: 25 min resistance/weight training
- Friday: Rest or gentle yoga
- Saturday: 30 min walk
- Sunday: Rest

12 WEEK STARTER PLAN

Sample Band Exercises



Banded Squats (Legs, glutes, core)

Stand on band, hold handles at shoulders

Squat down as if sitting in a chair

2-3 sets of 10-12 reps



Banded Rows (Back, posture muscles)

Sit with legs extended, band around feet

Pull handles toward ribs, squeezing shoulder blades

2-3 sets of 10-12 reps



Banded Chest Press (Chest, shoulders, arms)

Wrap band behind back, press forward

2-3 sets of 10-12 reps

The photos are a representation only. For exercise video demonstrations, search YouTube for the exercise name to find a visual example that works for you.

12 WEEK STARTER PLAN

Sample Band Exercises



Banded Glute Bridges (Glutes, lower back, hips)

Lie on back, band above knees

Lift hips while pushing knees outward

2-3 sets of 12-15 reps



Banded Lateral Walks (Hip stability, balance)

Band around ankles or above knees

Step sideways maintaining tension

2 sets of 10 steps each direction

The photos are a representation only. For exercise video demonstrations, search YouTube for the exercise name to find a visual example that works for you.



12 WEEK STARTER PLAN

Essential Nutrition Tips

RECOMMENDATIONS

- Eat whole unprocessed foods
- Eat organic when possible
- Target 25-30g of protein per meal
- Ensure adequate hydration (64-100oz/day)
- Take an Omega 3 supplement: 1000-2000mg daily, taken with food for optimal absorption; make sure it includes DHA/EPA
- Take a D3/K2 supplement: Aim for 2000-4000 IU daily
- Consider taking Magnesium Glycinate at bedtime for better sleep: 300-400mg daily

Always consult your healthcare provider before starting new supplements

12 WEEK STARTER PLAN

Starting Stats

Optional for those who prefer to track progress

Start Date:

Weight:

Waist
(inches):

Hips
(inches):

Arms
(inches):

Chest
(inches):

Calf
(inches):

Thigh
(inches):

Health
Concerns or
Conditions

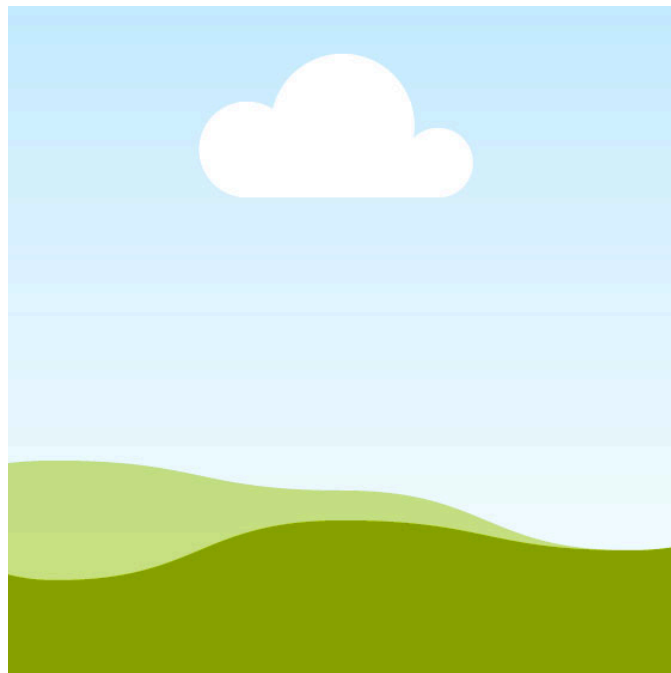
Why do you
want to get
healthier?

What are
you MOST
looking
forward to?

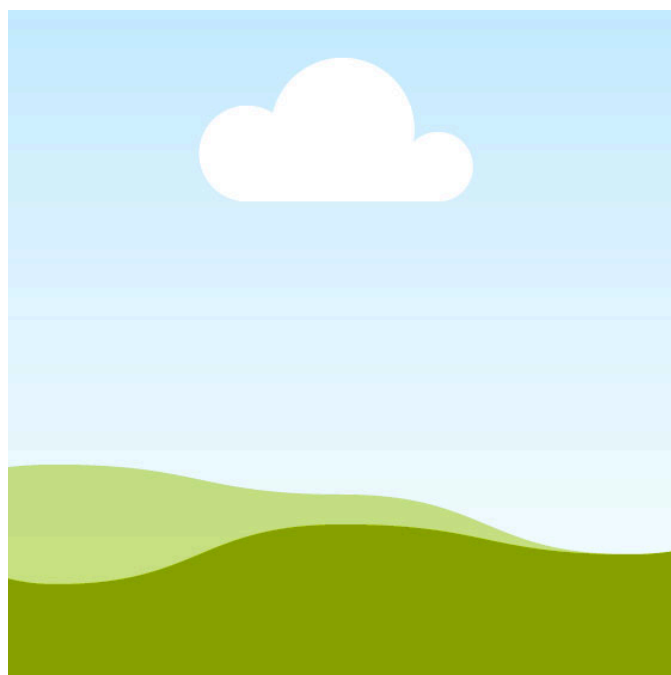
12 WEEK STARTER PLAN

Starting Photos

Optional for those who prefer to track progress



Front



Back

12 WEEK STARTER PLAN

Ending Stats

Optional for those who prefer to track progress

End Date:

Weight:

**Waist
(inches):**

**Hips
(inches):**

**Arms
(inches):**

**Chest
(inches):**

**Calf
(inches):**

**Thigh
(inches):**

**How has
your health
improved?**

**Biggest win
/ take-a-
way?**

**How do you
feel now?**

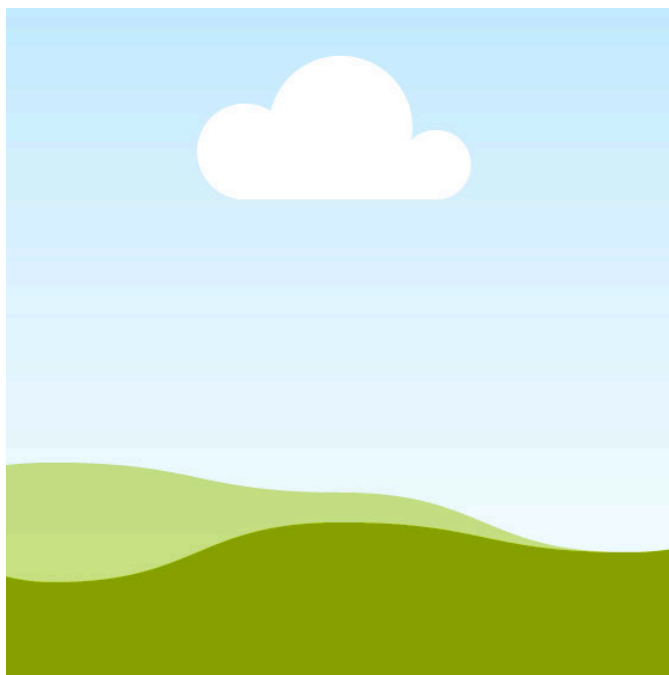
12 WEEK STARTER PLAN

Ending Photos

Optional for those who prefer to track progress



Front



Back

12 WEEK STARTER PLAN

Week One

ACTIVITY	TIME	M	TU	W	TH	F	SA	SU
Walking								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Two

ACTIVITY	TIME	M	TU	W	TH	F	SA	SU
Walking								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Three

ACTIVITY	TIME	M	TU	W	TH	F	SA	SU
Walking								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Four

ACTIVITY	TIME	M	TU	W	TH	F	SA	SU
Walking								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Five

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Six

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Seven

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Eight

ACTIVITY	TIME/REPS WEIGHT							
		M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Nine

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								
Dumbbells								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Ten

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								
Dumbbells								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Eleven

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								
Dumbbells								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Week Twelve

ACTIVITY	TIME/REPS WEIGHT	M	TU	W	TH	F	SA	SU
Walking								
Resistance Bands								
Dumbbells								

SUPPLEMENT TRACKING

D3/K2								
Omega 3								
Magnesium Glycinate								

HOW DID THIS WEEK FEEL?

HOW WAS YOUR PAIN & ENERGY LEVEL?

WHAT WAS YOUR BIGGEST WIN / SETBACK?

12 WEEK STARTER PLAN

Program Tracker

MON	TUE	WED	THU	FRI	SAT	SUN

MON	TUE	WED	THU	FRI	SAT	SUN

MON	TUE	WED	THU	FRI	SAT	SUN

Put an X for each day you complete or an R for rest day

12 WEEK STARTER PLAN

Congrats!

Congratulations!

You did it! Completing this 12 week challenge is something to be proud of. You put *you* first, even if only for 30 minutes a day to build a healthier, happier lifestyle.

Take a moment to reflect on what changed, what felt easier, and what you'd like to continue.

Going forward, you can repeat this program, adjust it to fit your needs or use what you've accomplished to create a routine that works for you going forward.

I'm so proud of you and wish you continued success on your journey!

The Balanced Midlife is here to support you, feel free to reach out if you have questions

Let us know how you liked the plan. We would love to get your thoughts and feedback.

