

Boys of the Blue Triangle Health & Fitness Maintenance Program	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month 10	Support units
<b>W</b> <b>Weight Training</b> <b>( for BODY TONING)</b>	Topics Covered <ul style="list-style-type: none"><li>- Weight Training</li><li>- Metabolic Benefits</li><li>- Skeletal Benefit</li><li>- Men V Women</li><li>- Young V Older</li><li>- Active V Sedentary</li></ul> Duration: 9.41	Topics Covered Getting started: <ul style="list-style-type: none"><li>- Back-Bracing</li><li>- Activating Muscles &amp; Joints</li><li>- Plank Exercises</li></ul> Duration: 10.50	Topics Covered <ul style="list-style-type: none"><li>- Stepping up to reduce Trips, Slips &amp; /Falls</li><li>- Joint Synergy, stability &amp; survival</li></ul> Duration: 4.35	Topics Covered Having a Better Back for a Better Life by just using your office chair! <ul style="list-style-type: none"><li>- Sit Downs</li><li>- Stand Ups</li></ul> Duration: 5.46	Topics Covered <ul style="list-style-type: none"><li>- Getting Stronger</li><li>- Understanding the 'systems'</li><li>- Gain without the pain</li></ul> Duration: 8:03	Topics Covered <ul style="list-style-type: none"><li>- Balance</li><li>- Healthy Posture</li><li>- Exercise to avoid</li></ul> Duration: 6:53	Topics Covered <ul style="list-style-type: none"><li>- Metabolic Weight Training for Disease prevention</li></ul> Duration: 14:37	Topics Covered <ul style="list-style-type: none"><li>- Stretching Drills</li><li>- Comfort</li><li>- Relaxation</li></ul> Duration: 6:13	Topics Covered <ul style="list-style-type: none"><li>- When to Stop</li><li>- Asking for Help</li><li>- Exercise safety with viruses &amp; other infection</li></ul> Duration: 9:00	Topics Covered PRACTICAL <ul style="list-style-type: none"><li>- Warm Ups for work</li><li>- Weekly Workouts for play</li></ul> Duration: 10:49	Your 7 Day Survival Plan
<b>I</b> <b>Intensity</b> <b>(for more ENERGY)</b>	Topics Covered Using Fitness training to manage: <ul style="list-style-type: none"><li>- Smoking</li><li>- Diabetes</li><li>- Heart disease</li><li>- Stroke</li><li>- Arthritis</li></ul> Duration: 12.47	Topics Covered: Reducing your risks of early death <ul style="list-style-type: none"><li>- Pre-diabetes</li><li>- Diabetes</li><li>- Bowel , Breast &amp; Prostate cancer</li></ul> Duration: 15.41	Topics Covered <ul style="list-style-type: none"><li>- Fitness facts</li><li>- Measure your own Fitness &amp; Blood &amp; pressure</li></ul> Duration: 11.54	Topics Covered <ul style="list-style-type: none"><li>- Progression of your Fitness Levels</li><li>- Time effective Interval Training</li></ul> Duration: 9.27	Topics Covered <ul style="list-style-type: none"><li>- Coping in the pressure cooker</li><li>- Enjoying Life at work ,home &amp; play</li></ul> Duration: 13:51	Topics Covered <ul style="list-style-type: none"><li>- Healthy SLEEP</li><li>- Facts &amp; Physiology and Mysteries</li></ul> Duration: 12:30	Topics Covered <ul style="list-style-type: none"><li>- SLEEP Disturbances</li><li>- SLEEP Disorders</li><li>- When to see a Doctor</li></ul> Duration: 17:25	Topics Covered <ul style="list-style-type: none"><li>- Daytime Routine for healthy nighttime SLEEP</li></ul> Duration: 12:18	Topics Covered <ul style="list-style-type: none"><li>- Bedroom SLEEP Routine</li><li>- Healthy beds, pillows &amp; doonas for great SLEEP</li></ul> Duration: 14:53		Mini workouts: <ol style="list-style-type: none"><li>1. Fit ball</li><li>2. Sliders</li><li>3. Chair</li><li>4. Bands</li></ol>
<b>S</b> <b>Strategies</b> <b>(for SUCCESS!)</b>	Topics Covered <ul style="list-style-type: none"><li>- Mental Illness versus Mental Health</li><li>- Learning to be optimistic</li></ul> Duration: 12:47	Topics Covered -Turning Bad Habits into Good Habits - Taking back the control Duration: 7:25	Topics Covered <ul style="list-style-type: none"><li>- HOW TO GET FAT (you might be surprised)</li></ul> Duration: 11:34	Topics Covered <ul style="list-style-type: none"><li>- HOW NOT TO GET FAT (you might be even more surprised)</li></ul> Duration: 7:41	Topics Covered <ul style="list-style-type: none"><li>- Setting Goals</li><li>- Timelines</li><li>- Understanding your family &amp; emotional history</li></ul> Duration: 7:27	Topics Covered <ul style="list-style-type: none"><li>- Plateau management</li><li>- Motivation &amp; 'Downer' management</li></ul> Duration: 7:43	Topics Covered <ul style="list-style-type: none"><li>- Fatigue &amp; Personal Performance</li><li>- Saving your life &amp; other's lives</li></ul> Duration: 8:47	Topics Covered <ul style="list-style-type: none"><li>- Fatigue &amp; Personal Performance</li><li>- Planning Daytime Routine</li></ul> Duration: 6:32	Topics Covered <ul style="list-style-type: none"><li>- Fatigue free Fitness, Posture &amp; Functional Capacity</li></ul> Duration: 13:55	Topics Covered <ul style="list-style-type: none"><li>- Fatigue &amp; recovery</li><li>- Down Time Routine</li></ul> Duration: 8:42	Topics Covered <ul style="list-style-type: none"><li>- Biological health markers</li></ul> Knowing what to measure & how often to do it. -
<b>E</b> <b>Eating &amp; Drinking</b> <b>(for ENERGY &amp; ENJOYMENT)</b>	Topics Covered <ul style="list-style-type: none"><li>- Strategies for enjoying Eating and Drinking &amp; having enough energy to do all this stuff!</li></ul> Duration: 4:52	Topics Covered <ul style="list-style-type: none"><li>- Protein foods for Appetite control , injury prevention and Repair &amp; preserving Fat Loss potential</li></ul> Duration: 5:59	Topics Covered <ul style="list-style-type: none"><li>- Fat facts &amp; fallacies</li><li>- Fat in Food</li><li>- Fat in Body</li></ul> Duration: 10:02	Topics Covered <ul style="list-style-type: none"><li>- Salt effects</li><li>- Salt addiction</li><li>- Salty trends</li><li>- Shopping for salt</li><li>- Dropping the Salt</li></ul> Duration: 5:45	Topics Covered <ul style="list-style-type: none"><li>- Carbohydrates</li><li>- When to. And when not to...</li><li>- Carbs and accidents</li><li>- Carbs &amp; Fat</li></ul> Duration: 12:36	Topics Covered <ul style="list-style-type: none"><li>- Pleasure or poison?</li><li>- Effects of sugary soft drinks &amp; fruit juices</li></ul> Duration: 6:17	Topics Covered <ul style="list-style-type: none"><li>- Alcohol</li><li>- Who can or can't enjoy it.</li><li>- If you can... how to without it making you FAT &amp; sick</li></ul> Duration: 6:04	Topics Covered <ul style="list-style-type: none"><li>- Drinking for Healthy Sleep</li><li>- Night cap alternatives that work much better!</li></ul> Duration: 6:20	Topics Covered <ul style="list-style-type: none"><li>- Super Glue Foods to pull the whole picture together</li></ul> Duration: 12:09		