

Exercise Menu Sheet

How to use:

1. Each day, choose 1 activity from the list.
2. Mix high-intensity and gentle options across the week.
3. Focus on consistency, not perfection.
4. Tiny wins count—even a 5-minute walk is movement.

Pick-One Activities

High-Intensity / Strength (1–2x per week)

- Strength training (weights, bands, or bodyweight) 15–30 min
- Sprint Interval Training (SIT) 10–20 min
- Low-impact HIIT (cycling, rowing, incline walking) 10–25 min

Moderate / Cardio & Brain Health (2–3x per week)

- Brisk walk 10–20 min
- Cycling (flat or light incline) 15–25 min
- Swimming or aqua exercise 15–30 min

Gentle / Recovery & Mobility (Daily options)

- Yoga or Pilates 10–30 min
- Stretching or foam rolling 5–15 min
- Swaying or mini-movement breaks 2–5 min

Weekly Rhythm Example

Day	Pick-One Activity	Optional Gentle Activity
Monday	Strength / Dumbbells	Short walk (5–10 min)
Tuesday	Brisk walk	Sway / stretch
Wednesday	SIT / Low-impact HIIT	Foam roll (5–10 min)
Thursday	Cycling	Gentle yoga (10–15 min)
Friday	Strength / Bands	Mindful walk (5–10 min)
Saturday	Brisk walk	Stretch / sway
Sunday	Gentle yoga	Mini walk or sway

Tip: Swap activities depending on energy and joint comfort—the goal is daily movement, not intensity.

Quick Tips for ADHD Menopausal Brains

- **Visual cues:** sticky notes, icons, or phone reminders.
- **Micro-sessions are powerful:** 5–15 min counts.
- Pair with something enjoyable (music, podcast, friend).
- Celebrate any movement—it's progress.