

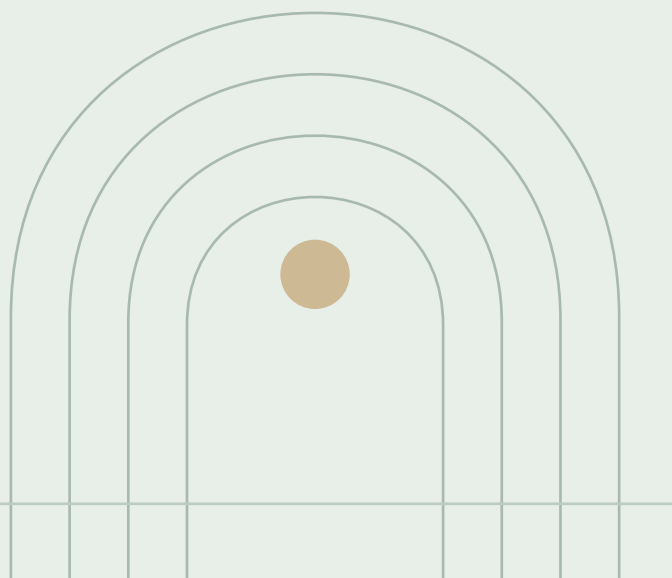
THE STRENGTH EDIT / 01

Your first week of strength

A small, practical start.
For the everyday abilities you want to keep.

BEGIN WITH

One meaningful goal
Two movement examples
A plan for your week



WITH ELENA VALE

A fictional AI character from The Future Self Project.

Start with a reason



A small, practical start for adults new to strength training.

Use it your way. Click or tap a box to type, if your PDF viewer supports forms. Save a copy, then reopen it to check your answers. Fields may appear blue. Printing is optional.

This week, aim for a clear starting point.

Choose an everyday ability you care about, explore two beginner examples, and plan two realistic times to practise an appropriate routine.

What would you like to keep doing?

Think of something that matters to you: rising from a chair, carrying shopping, gardening or enjoying a trip. This is a personal goal, not a fitness test.

One everyday ability I care about:

Click or tap the box below to type your answer.

Where strength fits

Adult activity guidance includes muscle-strengthening activity for all major muscle groups on at least two days a week, alongside aerobic activity. Build up gradually from your current ability.

The two examples on the next page introduce the idea. They do not form a complete full-body programme. Use the linked guidance to choose an appropriate routine.

Before you start

If you have not exercised for a long time, or have a health condition or concerns about suitability, check with a qualified healthcare professional. Stop if an activity causes pain or makes you feel unwell.

Two ways to begin



Read the linked technique guidance before trying an exercise. Choose a manageable starting point and build up gradually.

01

Sit-to-stand

A familiar movement for your legs.

Use a solid chair without wheels that will not slide. Your feet should rest flat on the floor.

Sit near the front, feet about hip-width apart. Lean slightly forward, stand slowly using your legs, then sit down with control. Use your hands to guide the return if needed.

Begin gently: the NHS example suggests aiming for five repetitions. Choose a suitable starting amount; this is not a test you need to pass.

02

Wall push-up

An introductory upper-body exercise.

Stand about an arm's length from a wall. Put your palms at chest height, fingers pointing up.

Keep your body straight as you slowly bend your elbows and move toward the wall. Press back to the starting position with control.

Explore the full guidance: it includes repetition suggestions and more exercise options. These two examples do not cover all your major muscle groups.

Open the NHS technique guide

[nhs.uk/live-well/exercise/strength-exercises/](https://www.nhs.uk/live-well/exercise/strength-exercises/)

Follow the detailed instructions and build up slowly.

Make room this week



Choose a routine appropriate for you using trusted guidance. Plan two realistic appointments and a backup time for each. Click or tap each box to type (in a supported PDF viewer).

Week beginning:

FIRST SLOT

CLICK OR TAP A BOX TO TYPE

Day / time:

Place / routine:

Backup time:

SECOND SLOT

CLICK OR TAP A BOX TO TYPE

Day / time:

Place / routine:

Backup time:

After the week

What did I do? What helped or got in the way?

One adjustment for next week:

Sources and next steps | Reviewed 29 September 2026

[CDC: adult activity guidance](#) | [WHO: physical activity](#)

[NHS: strength exercises and full technique instructions](#)

A planning aid and introductory examples, not personalised medical advice or a complete training programme.