## Fitness routine

| Monday | Tuesday | Wednesday | Thursday/Friday | Saturday | Sunday |
| :--- | :--- | :--- | :--- | :--- | :--- |
| 2-hour | Walk | 2 hours of | Walk | Rest | 2-hour run, |
| swim | 10,000 | badminton, | 10,000 |  | for 15 |
| Walk | steps | swimming <br> or jogging <br> 10,000 <br> steps |  | steps |  |
| Walk 10,000 |  |  | to 18km |  |  |
|  |  | steps |  |  |  |

