

Fitness Guide for Busy Professionals

For IT employees and working professionals balancing desk work, deadlines and daily responsibilities.

01 Make your schedule work for you

Choose realistic workout slots and add them to your calendar. Keep a shorter backup session for demanding days. If you miss a session, return at the next planned opportunity.

02 Combine strength and everyday movement

Build toward at least 150 minutes of moderate activity each week, such as brisk walking, plus strength training on at least 2 days covering all major muscle groups. Start with manageable amounts and increase gradually. [1]

Example weekly structure - adapt it to your starting level:

MON Full-body strength + 30-minute brisk walk

TUE 30-minute brisk walk

WED Recovery / comfortable movement

THU Full-body strength + 30-minute brisk walk

FRI 30-minute brisk walk

SAT 30-minute brisk walk

SUN Recovery and plan the next week

Walking time can be split into shorter sessions. Select strength exercises, loads and session length with your coach to suit your ability and equipment.

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03 Make food planning practical

Plan meals around your work hours and food preferences. For a simple meal-building example, combine a protein food, vegetables and rice or chapati. Adjust portions to your goals with your coach.

Meal ideas: eggs or curd with oats and fruit; rice or chapati with dal, paneer, tofu or chicken and vegetables. Choose foods that suit your dietary needs and preferences.

04 Create a routine beyond the gym

Use breaks between tasks as opportunities to stand or move. Prepare your workout clothes ahead of time, keep water available and protect a consistent sleep routine where possible.

05 Review progress each week

Track completed workouts, walking time and how manageable your routine feels. Discuss energy, strength and consistency with your coach, then adjust one habit at a time.

Your weekly check-in

Strength sessions completed: _____ Walking minutes: _____

One habit that worked: _____

One change for next week: _____

06 What personalized coaching includes

Goal setting, a workout plan matched to your schedule, technique guidance, practical nutrition support and regular follow-ups. Online and in-person formats can accommodate different routines.

PCOD/PCOS and thyroid conditions: share relevant medical guidance with your coach so the plan can be adapted. Fitness and nutrition coaching support your routine alongside medical care; they do not replace treatment.

General educational sample, not an individualized prescription. Stop exercise if you feel unwell or experience pain, and seek appropriate guidance.

[1] CDC, Adult Activity: An Overview.

www.cdc.gov/physical-activity-basics/guidelines/adults.html