**DDP Exercise Plan for Dr. Martin Reinhardt**

**Spring Months**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Times |  Monday  |  Tuesday  |  Wednesday  |  Thursday  |  Friday  |  Saturday  |  Sunday  |
| Early Morning  | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider  | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, 10 minutes on Glider  | Stretching, 10 minutes on Glider | Stretching |
| Mid-Morning |  | Power Walk Outside |  | Power Walk Outside |  |  | Go for Walk in the Woods |
| Afternoon   |  | Sauna |  | Sauna |  |  |  |
| Evening | Cook, Clean, Walk the Dog  | Cook, Clean, Walk the Dog |  |  | Cook, Clean, Walk the Dog | Cook, Clean, Walk the Dog | Sweatlodge |

Other activities may include fishing, harvesting spring plants, collecting and splitting fire wood, working with plants in the greenhouse, and dancing at pow wows.

**Summer Months**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Times |  Monday  |  Tuesday  |  Wednesday  |  Thursday  |  Friday  |  Saturday  |  Sunday  |
| Early Morning  | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider  | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, 10 minutes on Glider  | Stretching, 10 minutes on Glider | Stretching |
| Mid-Morning | Work on School, Garden, or Harvest Plants | Work on School, Garden, or Harvest Plants | Work on School, Garden, or Harvest Plants | Work on School, Garden, or Harvest Plants |  |  |  |
| Afternoon   | Work on School or Harvest Plants | Sauna | Work on School or Harvest Plants | Sauna |  | Go Swimming or Canoeing | Go for a Walk in the Woods |
| Evening | Fish, Cook, Clean, Walk the Dog  | Mow the House Lawn, Cook, Clean, Walk the Dog | Fish, Cook, Clean, Walk the Dog | Cook, Clean, Walk the Dog |  | Fish, Cook, Clean, Walk the Dog | Sweatlodge |

Other activities may include collecting and splitting fire wood, and playing warrior games.

**Fall Months**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Times |  Monday  |  Tuesday  |  Wednesday  |  Thursday  |  Friday  |  Saturday  |  Sunday  |
| Early Morning  | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider  | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, 10 minutes on Glider  | Stretching, 10 minutes on Glider | Stretching |
| Mid-Morning |  | Power Walk in Whitman Hall |  | Power Walk in Whitman Hall |  |  | Go for Walk in the Woods |
| Afternoon   |  | Sauna |  | Sauna |  |  |  |
| Evening | Hunt, Cook, Clean, Walk the Dog  | Hunt, Cook, Clean, Walk the Dog |  |  | Cook, Clean, Walk the Dog | Hunt, Cook, Clean, Walk the Dog | Sweatlodge |

Other activities may include fishing, harvesting fall plants, collecting and splitting fire wood.

**Winter Months**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| Activity Times |  Monday  |  Tuesday  |  Wednesday  |  Thursday  |  Friday  |  Saturday  |  Sunday  |
| Early Morning  | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider  | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, Resistance Exercises w/Bands, 10 minutes on Glider | Stretching, Leg Lifts & Dips on Exercise Tree, Ab-Roller, 10 minutes on Glider | Stretching, 10 minutes on Glider  | Stretching, 10 minutes on Glider | Stretching |
| Mid-Morning |  | Power Walk in Whitman Hall |  | Power Walk in Whitman Hall |  |  | Snowshoeing |
| Afternoon   |  | Sauna |  | Sauna |  |  |  |
| Evening | Cook, Clean, Walk the Dog  | Cook, Clean, Walk the Dog |  |  | Cook, Clean, Walk the Dog | Cook, Clean, Walk the Dog | Cook, Clean, Walk the Dog |

Other activities may include snow removal, snow fort building, sledding, hunting, ice fishing, harvesting winter plants, splitting fire wood, and working with plants in the greenhouse.