

Dagboek

bij het beweegprogramma voor
patiënten met hartfalen

Dagboek bij het beweegprogramma

Binnenkort start u met het beweegprogramma voor hartfalenpatiënten. Hieronder kunt u lezen over de opbouw van het programma. Ook vindt u lege dagboekpagina's in deze brochure, die u gedurende het beweegprogramma zult gaan invullen. Maar eerst gaan we in op wat 'goed bewegen' is en hoe u dat het beste doet.

Wat is goed bewegen?

Goed bewegen is gedoseerd bewegen. Op maat bewegen. Veel mensen sporten 1 á 2 maal per week zeer intensief en doen de overige 5 á 6 dagen niets meer. Dat is voor mensen met een chronische aandoening niet de meest verstandige manier. Regelmatig bewegen vinden we voor patiënten met een chronische aandoening beter dan 2 maal per week een piekinspanning. In dit hartrevalidatieprogramma gaat u 6 dagen per week bewegen, het liefst 3 maal per dag. U start rustig en gedurende de training bouwen we de activiteiten langzaam op. De doelstelling is om minimaal de Nederlandse Norm Gezond Bewegen te halen. Dit is 30 minuten per dag, minstens 5 dagen per week. Na het revalidatieprogramma stopt dit beweegadvies voor u niet! U heeft dan geleerd hoe veel en hoe intensief u dagelijks moet bewegen. Het is de bedoeling dat u hier levenslang mee door gaat.

Nullijn

Alles wat u vóór het starten met dit beweegprogramma deed, wordt de nullijn genoemd. De beweegminuten die u gaat investeren binnen het kader van dit beweegprogramma, komen daar extra bij. U moet dus geen activiteiten gaan staken om dit beweegprogramma te kunnen volgen. Uw huidige leven blijft zoals het was, er komen nu extra beweegminuten bij.

Inspanningstest

Aan het begin van het traject wordt een inspanningstest bij u afgenomen om te beoordelen wat uw conditie is en hoe intensief u kunt gaan bewegen en trainen. Naast de inspanningstest op de fiets vindt ook een looptest plaats, voorafgaand aan en bij het einde van de revalidatie om te kijken wat uw vorderingen zijn.

Dagboek

Op de volgende pagina's treft u een dagboek aan voor 26 weken. Tijdens de revalidatie leert u hoe u dit dagboek invult. In het dagboek zijn 2 vormen van bewegen opgenomen:

- Uithoudingstraining, ofwel duurtraining
- Krachttraining, ofwel oefeningen doen

Het bovenste vak op de bladzijde is voor de duurtraining. De rest van de bladzijde is voor krachttraining. Dit zijn oefeningen waarbij voorbeeld afbeeldingen gebruikt worden.

Duurtraining

Duurtraining is bijvoorbeeld wandelen, fietsen, tuinieren, zwemmen of roeien. Het gaat erom dat u aaneengesloten een constante hoeveelheid energie omzet. Iedere dag opnieuw mag u kiezen of u 1 maal, 2 maal of 3 maal een duurtraining gaat doen. In het bovenste vak op de bladzijdes uit het dagboek, ziet u hoeveel minuten u per dag zou moeten bewegen. De intensiteit van de activiteiten mag niet zwaarder zijn dan 50 à 60 procent van uw maximum. Tijdens de revalidatie wordt met u besproken welke activiteiten dit voor u zijn.

Hoogintensieve intervaltraining

Sommige patiënten krijgen naast de duurtraining ook adviezen over hoogintensieve intervaltraining. Hiermee kunt u uw conditie nog verder verbeteren. Het is belangrijk dat dit langzaam opgebouwd wordt.

Krachttraining

Van krachttraining (ofwel oefeningen doen), neemt uw spierkracht toe. De fysiotherapeut geeft in het dagboek aan welke oefeningen u dagelijks moet doen en hoe lang. Wanneer u bij de fysiotherapeut bent, wordt ook de juiste techniek van de oefeningen met u doorgenomen.

Tot slot

Heeft u vragen over dit dagboek of over het beweegprogramma, dan kunt u terecht bij uw behandelend fysiotherapeut.

Isala

Zwolle
Dokter Van Heesweg 2
8025 AB Zwolle

Polikliniek Sportgeneeskunde, wachtruimte 71
t (038) 424 56 89

Isala Harthuis
Dokter Stolteweg 84-96
8025 AZ Zwolle
t(038) 424 26 90









Hartfalenpolikliniek
t (038) 424 57 21 van maandag tot en met vrijdag
tussen 10.00 en 12.00 uur

Afdeling Fysiotherapie
t (038) 424 26 93 / 424 26 94

Meppel
Hoogeveensweg 38
7943 KA Meppel
t (038) 424 26 90
Hartrevalidatie, routenummer 84






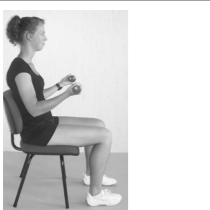
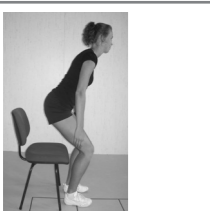
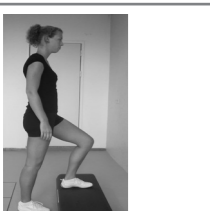
Hartfalenpolikliniek
t (0522) 23 39 64

Dagboek - week 1

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 1 min B = 2 x 2 min C = 1 x 3 min D = x min							
Krachttraining:							
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH sec. rust						
	X HH sec. rust						
	X HH sec. rust KG						
	X HH sec. rust						
	X HH Li + Re sec. rust						




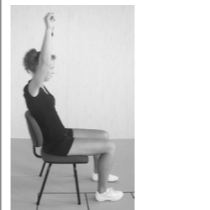
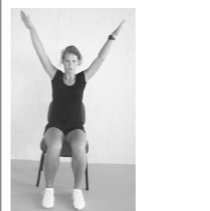
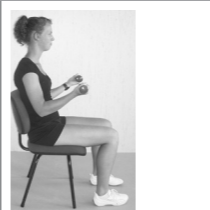
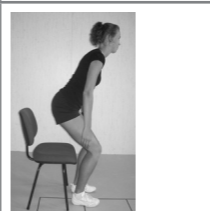
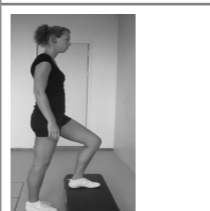
Paraaf fysiotherapie

Dagboek - week 2

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 1 min B = 2 x 2 min C = 1 x 3 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






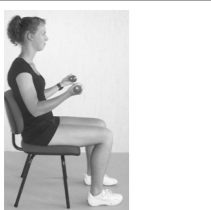
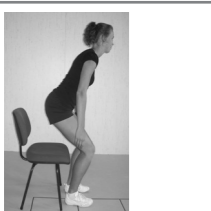
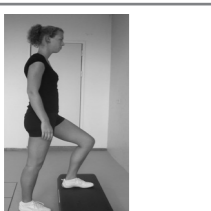
Paraaf fysiotherapie

Dagboek - week 3

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 2 min B = 2 x 3 min C = 1 x 5 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




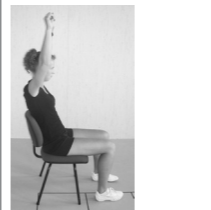

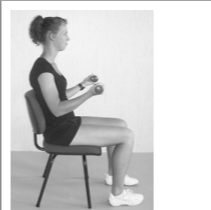
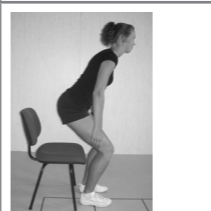
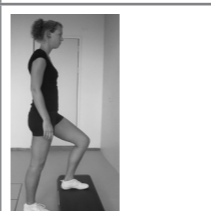
Paraaf fysiotherapie

Dagboek - week 4

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 2 min B = 2 x 3 min C = 1 x 5 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






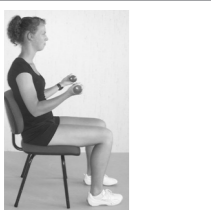
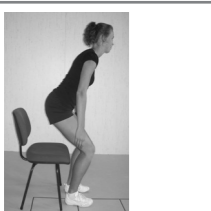
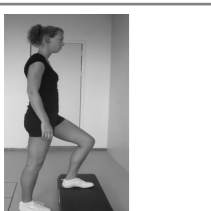
Paraaf fysiotherapie

Dagboek - week 5

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 4 min B = 2 x 6 min C = 1 x 10 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




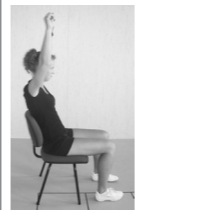

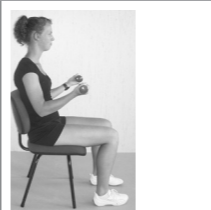
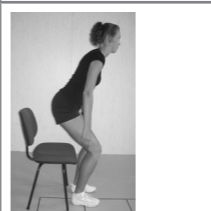
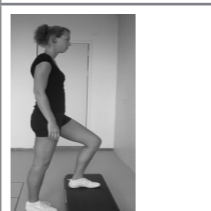
Paraaf fysiotherapie

Dagboek - week 6

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 4 min B = 2 x 6 min C = 1 x 10 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






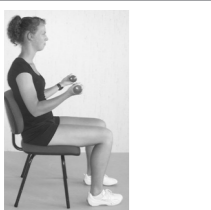
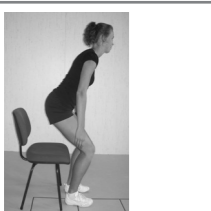
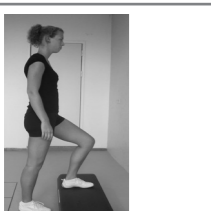
Paraaf fysiotherapie

Dagboek - week 7

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 12 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




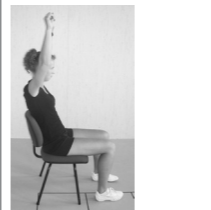

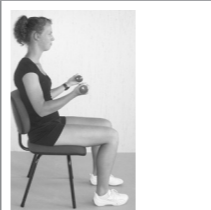
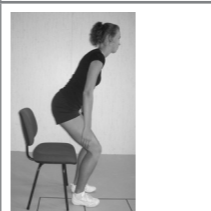
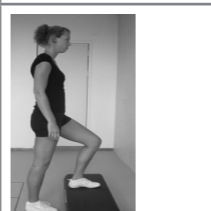
Paraaf fysiotherapie

Dagboek - week 8

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 12 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






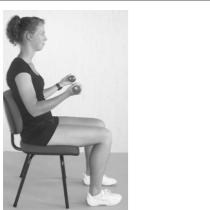
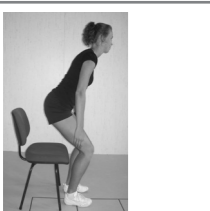
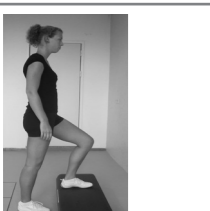
Paraaf fysiotherapie

Dagboek - week 9

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 15 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




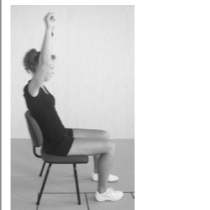
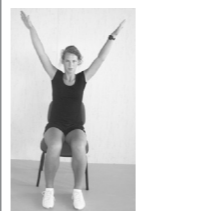
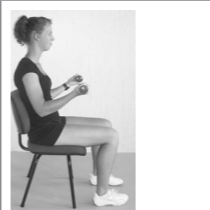
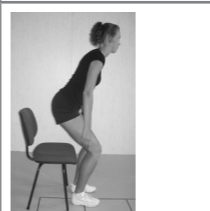
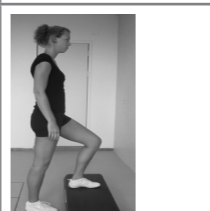
Paraaf fysiotherapie

Dagboek - week 10

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 15 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






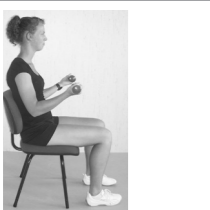
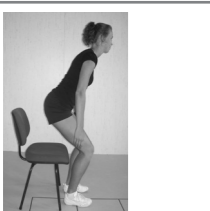
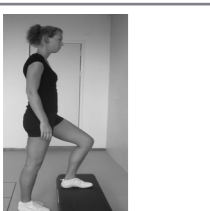
Paraaf fysiotherapie

Dagboek - week 11

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 15 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




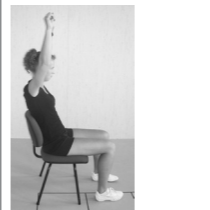
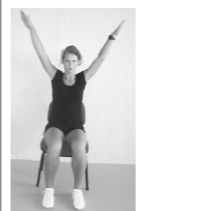
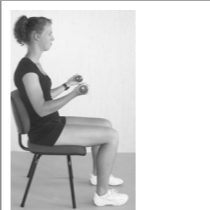
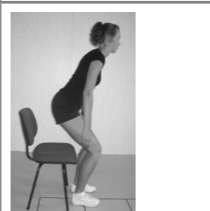
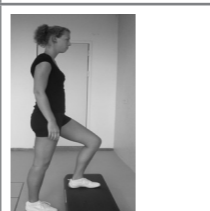
Paraaf fysiotherapie

Dagboek - week 12

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 5 min B = 2 x 10 min C = 1 x 15 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






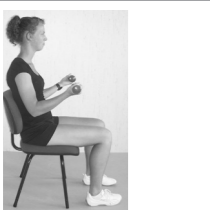
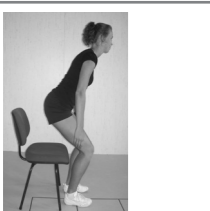
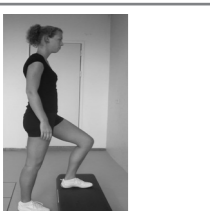
Paraaf fysiotherapie

Dagboek - week 13

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 10. min B = 2 x 15 min C = 1 x 20 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




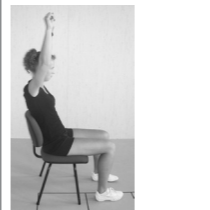
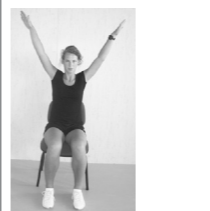
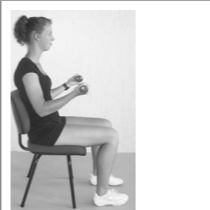
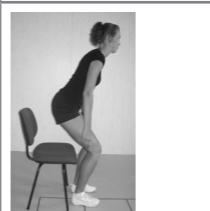
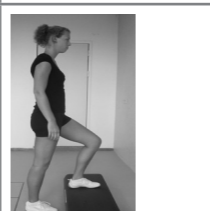
Paraaf fysiotherapie

Dagboek - week 14

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 10. min B = 2 x 15 min C = 1 x 20 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






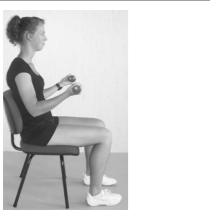
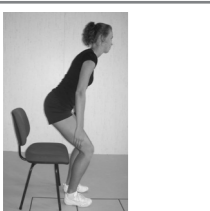
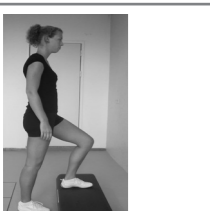
Paraaf fysiotherapie

Dagboek - week 15

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 10 min B = 2 x 15 min C = 1 x 25 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




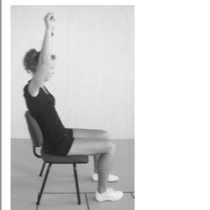
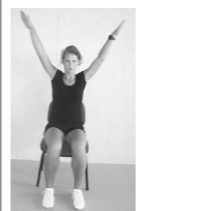
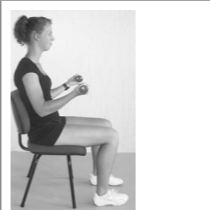
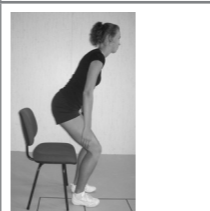
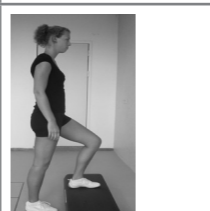
Paraaf fysiotherapie

Dagboek - week 16

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 10 min B = 2 x 15 min C = 1 x 25 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






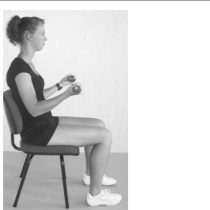
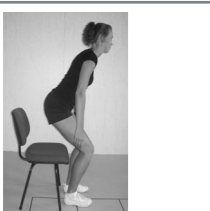
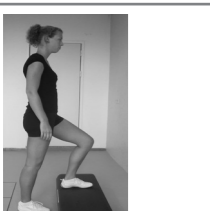
Paraaf fysiotherapie

Dagboek - week 17

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 15 min B = 2 x 20 min C = 1 x 30 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




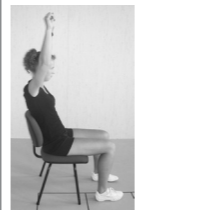
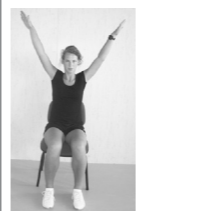
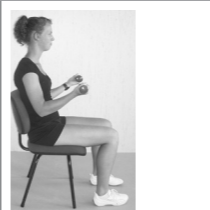
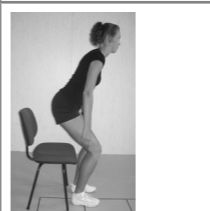
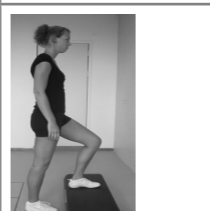
Paraaf fysiotherapie

Dagboek - week 18

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 15 min B = 2 x 20 min C = 1 x 30 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






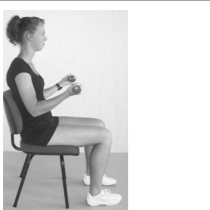
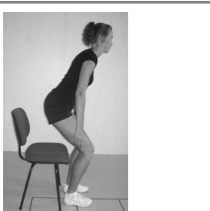
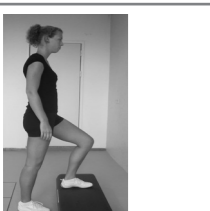
Paraaf fysiotherapie

Dagboek - week 19

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 15 min B = 2 x 25 min C = 1 x 35 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




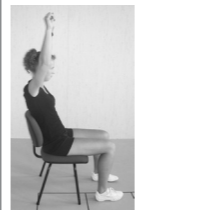
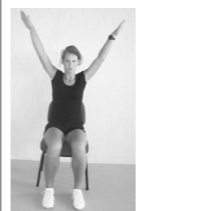
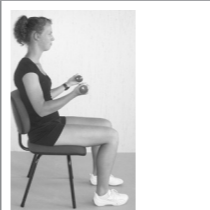
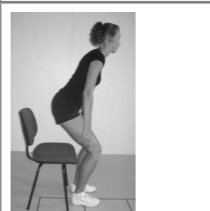
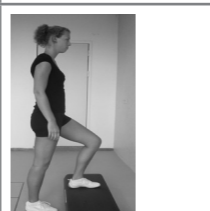
Paraaf fysiotherapie

Dagboek - week 20

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 15 min B = 2 x 25 min C = 1 x 35 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






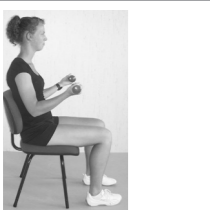
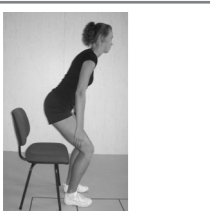
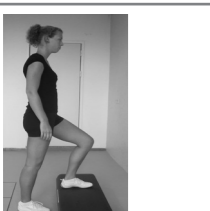
Paraaf fysiotherapie

Dagboek - week 21

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 20 min B = 2 x 30 min C = 1 x 40 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




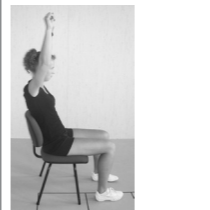
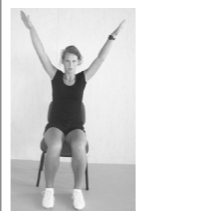
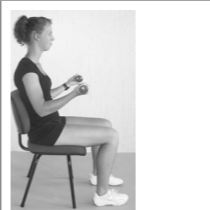
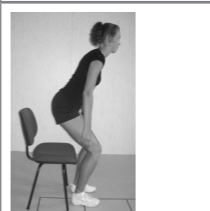
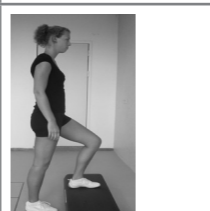
Paraaf fysiotherapie

Dagboek - week 22

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 20 min B = 2 x 30 min C = 1 x 40 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






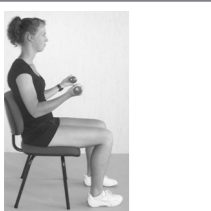
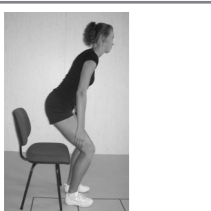
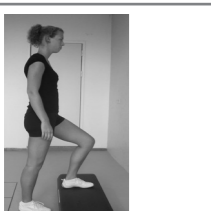
Paraaf fysiotherapie

Dagboek - week 23

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 20 min B = 2 x 30 min C = 1 x 45 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




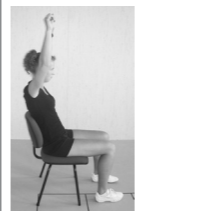
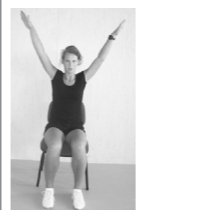
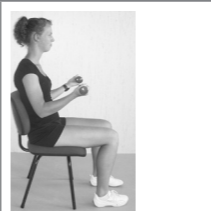
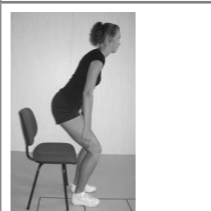
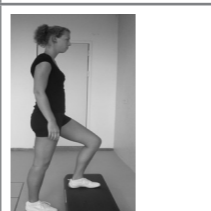
Paraaf fysiotherapie

Dagboek - week 24

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 20 min B = 2 x 30 min C = 1 x 45 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






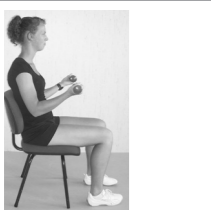
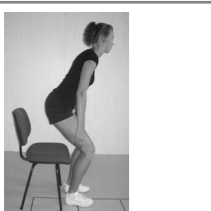
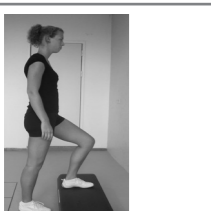
Paraaf fysiotherapie

Dagboek - week 25

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 25 min B = 2 x 35 min C = 1 x 45 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




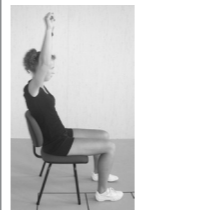

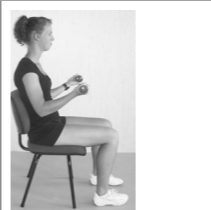
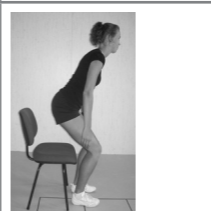
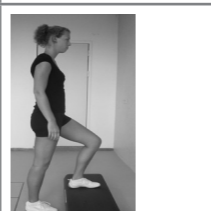
Paraaf fysiotherapie

Dagboek - week 26

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 25 min B = 2 x 35 min C = 1 x 45 min D = x min							
Krachttraining:							
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH sec. rust						
	X HH sec. rust						
	X HH sec. rust KG						
	X HH sec. rust						
	X HH Li + Re sec. rust						






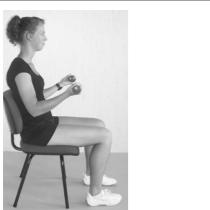
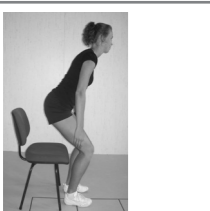
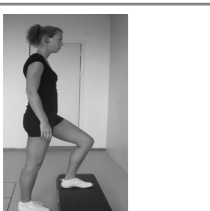
Paraaf fysiotherapie

Dagboek - week 27

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 25 min B = 2 x 35 min C = 1 x 55 min D = x min							
Krachttraining:							
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH sec. rust						
	X HH sec. rust						
	X HH sec. rust KG						
	X HH sec. rust						
	X HH Li + Re sec. rust						




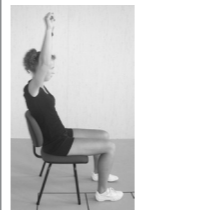
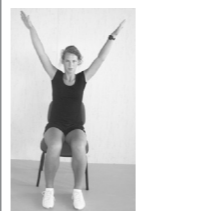
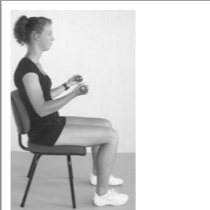
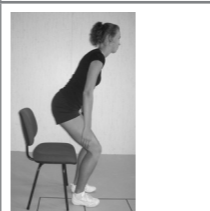
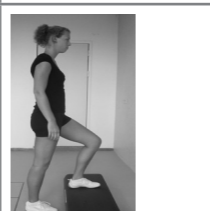
Paraaf fysiotherapie

Dagboek - week 28

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 25 min B = 2 x 35 min C = 1 x 55 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






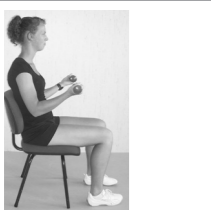
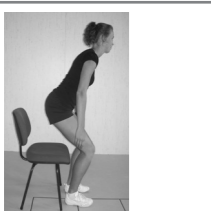
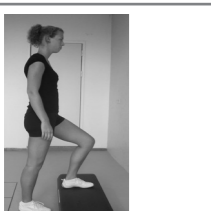
Paraaf fysiotherapie

Dagboek - week 29

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 40 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




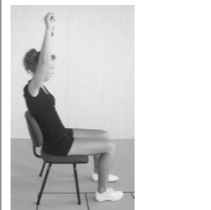

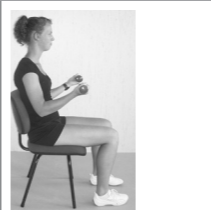
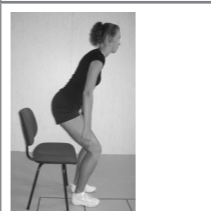
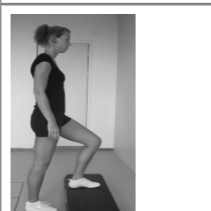
Paraaf fysiotherapie

Dagboek - week 30

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 40 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






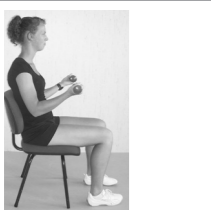
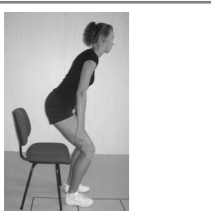
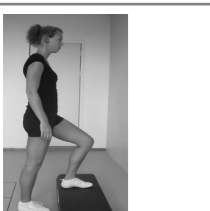
Paraaf fysiotherapie

Dagboek - week 31

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




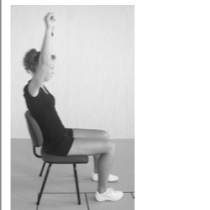
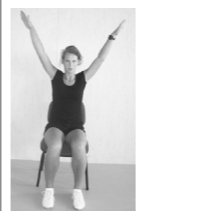
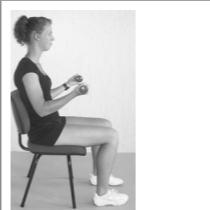
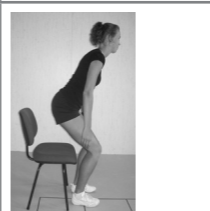
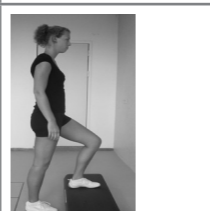
Paraaf fysiotherapie

Dagboek - week 32

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






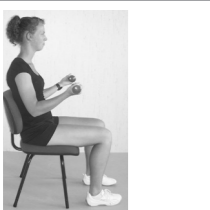
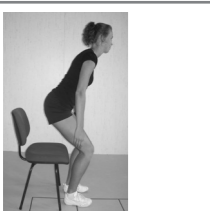
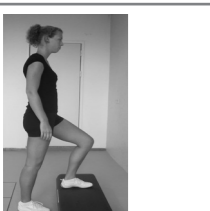
Paraaf fysiotherapie

Dagboek - week 33

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




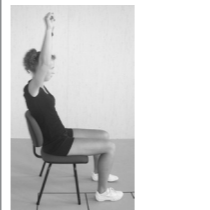
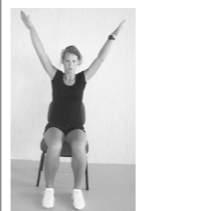
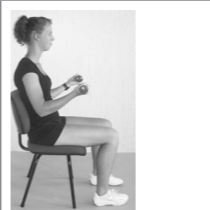
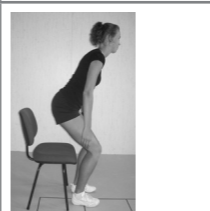
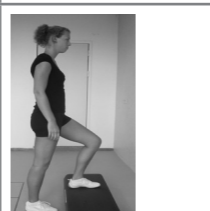
Paraaf fysiotherapie

Dagboek - week 34

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






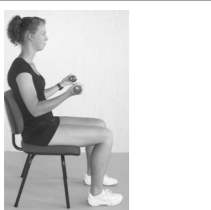
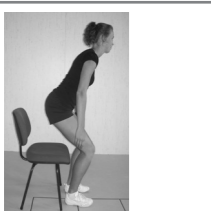
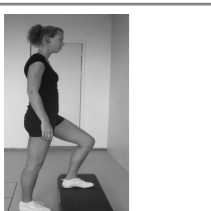
Paraaf fysiotherapie

Dagboek - week 35

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




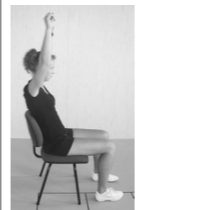

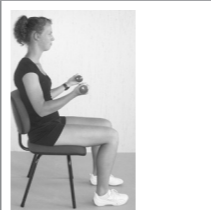
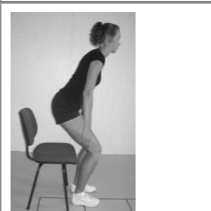
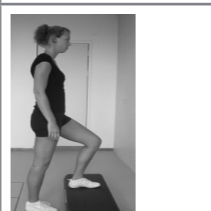
Paraaf fysiotherapie

Dagboek - week 36

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






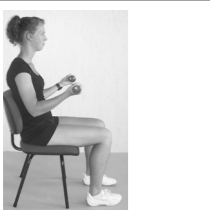
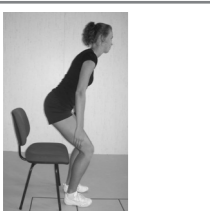
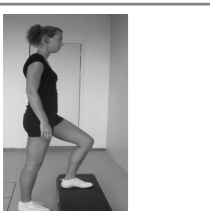
Paraaf fysiotherapie

Dagboek - week 37

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




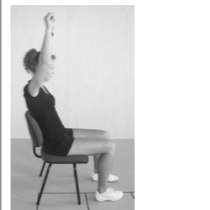
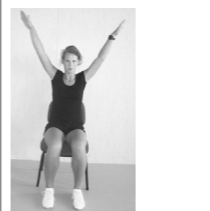
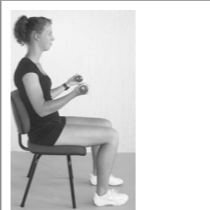
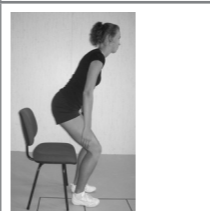
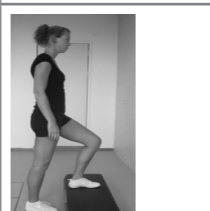
Paraaf fysiotherapie

Dagboek - week 38

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






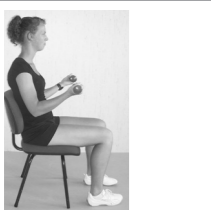
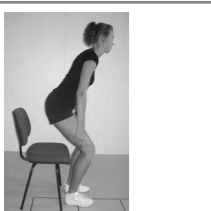
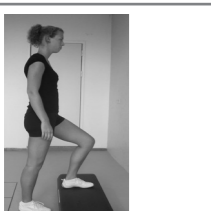
Paraaf fysiotherapie

Dagboek - week 39

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




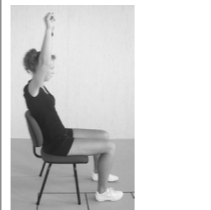

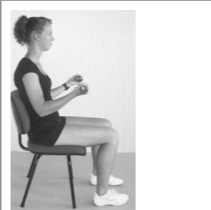
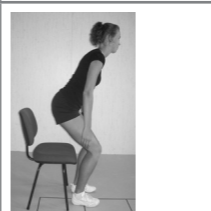
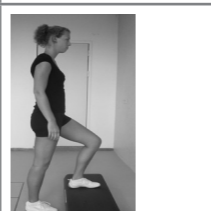
Paraaf fysiotherapie

Dagboek - week 40

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






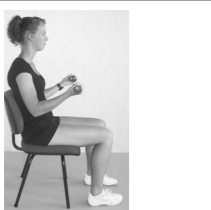
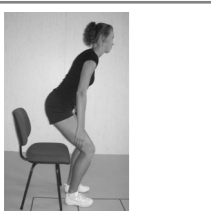
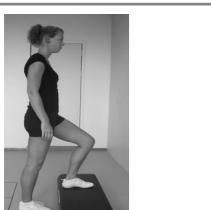
Paraaf fysiotherapie

Dagboek - week 41

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






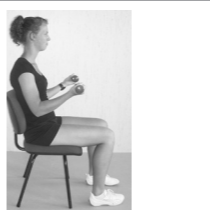
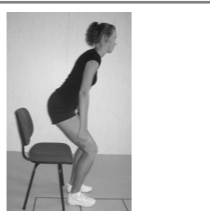
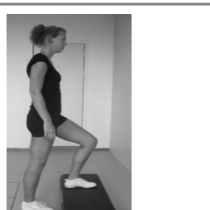
Paraaf fysiotherapie

Dagboek - week 42

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min							
Krachttraining:							
 X Li + Re	HH sec. rust						
 X Li + Re	HH sec. rust						
 X Li + Re	HH sec. rust						
 X	HH sec. rust						
 X	HH sec. rust						
 X KG	HH sec. rust						
 X	HH sec. rust						
 X Li + Re	HH sec. rust						






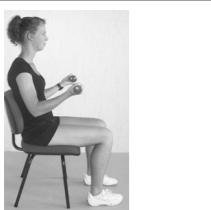
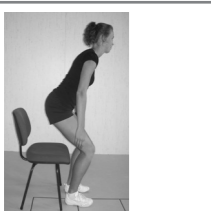
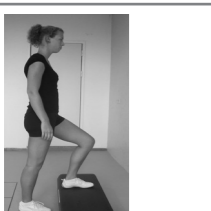
Paraaf fysiotherapie

Dagboek - week 43

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min							
Krachttraining:							
 X Li + Re	HH sec. rust						
 X Li + Re	HH sec. rust						
 X Li + Re	HH sec. rust						
 X	HH sec. rust						
 X	HH sec. rust						
 X KG	HH sec. rust						
 X	HH sec. rust						
 X Li + Re	HH sec. rust						




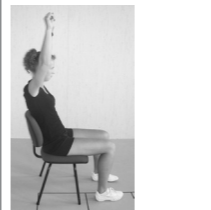

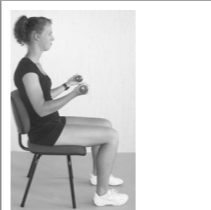
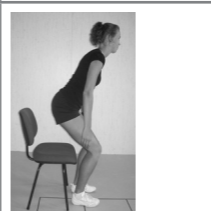
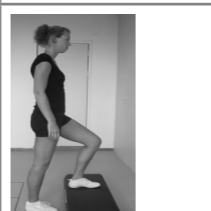
Paraaf fysiotherapie

Dagboek - week 44

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






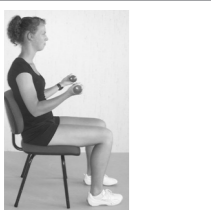
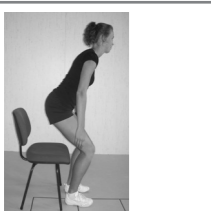
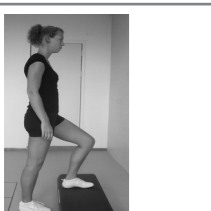
Paraaf fysiotherapie

Dagboek - week 45

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




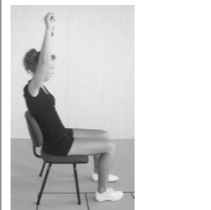

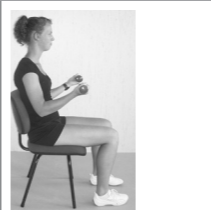
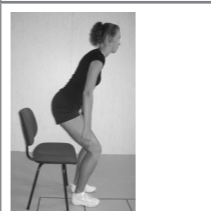
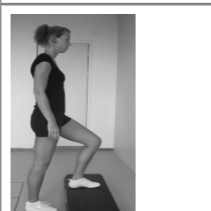
Paraaf fysiotherapie

Dagboek - week 46

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






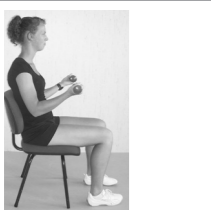
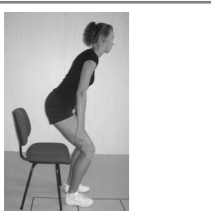
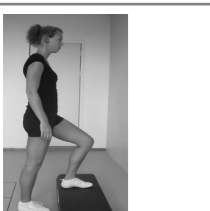
Paraaf fysiotherapie

Dagboek - week 47

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




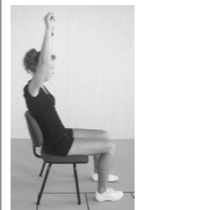

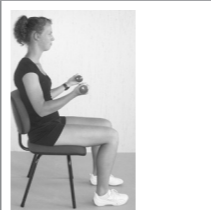
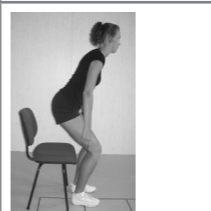
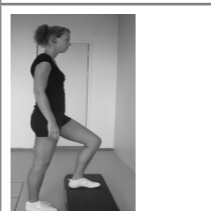
Paraaf fysiotherapie

Dagboek - week 48

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						






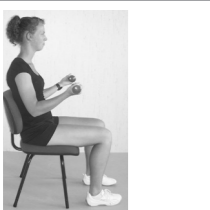
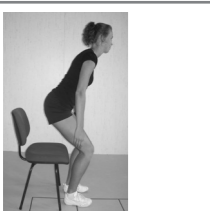
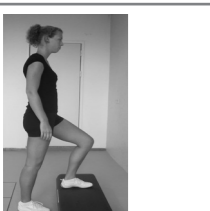
Paraaf fysiotherapie

Dagboek - week 49

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						




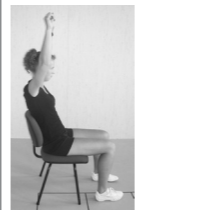
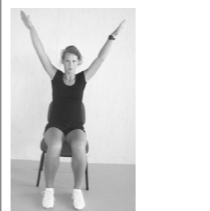
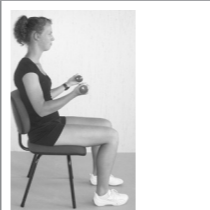
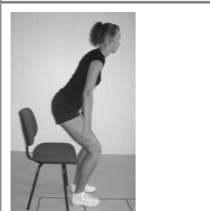
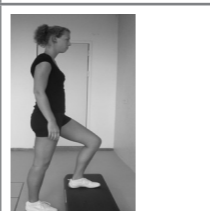
Paraaf fysiotherapie

Dagboek - week 50

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						

Paraaf fysiotherapie






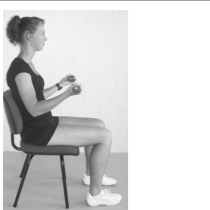
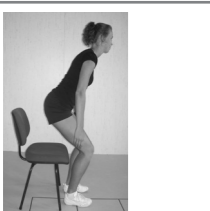
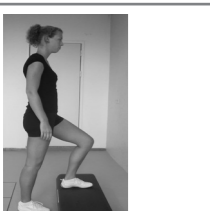
Dagboek - week 51

Duurtraining: fietsen / wandelen etc. (Iedere dag opnieuw mag u kiezen voor A, B, C en D)	Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min						
Krachttraining:						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X Li + Re HH sec. rust						
 X HH sec. rust						
 X HH sec. rust						
 X HH sec. rust KG						
 X HH sec. rust						
 X Li + Re HH sec. rust						

Paraaf fysiotherapie

Dagboek - week 52

Aantekeningen

Duurtraining: fietsen / wandelen etc. (ledere dag opnieuw mag u kiezen voor A, B, C en D)		Ma	Di	Woe	Do	Vrij	Zat
A = 3 x 30 min B = 2 x 45 min C = 1 x 60 min D = x min							
Krachttraining:							
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH Li + Re sec. rust						
	X HH sec. rust						
	X HH sec. rust						
	X HH sec. rust KG						
	X HH sec. rust						
	X HH Li + Re sec. rust						

Isala. Meelevend.