Abi Cole
AESTHETICS

STEP TRACKING & MOVEMENT SUPPORT



YOUR GUIDE TO STAYING ACTIVE & ACHIEVING THE BEST RESULTS

Movement is a key part of every successful treatment programme. Stay active, track your steps and support your progress from the inside out.

WHY MOVEMENT MATTERS

- Boosts circulation and lymphatic flow
- Enhances fat metabolism
- Reduces bloating and water retention
- Improves energy, mood & sleep
- Supports long-term results & maintenance

DAILY STEP GOALS

Aim to hit your daily step goal most days of the week

- **Beginner** 5,000 steps
- **Getting Active** 7,500 steps
- **Active Lifestyle** 10,000 steps
- **Maximum Benefits** 12,000+ steps

WEEKLY STEP TRACKER

Track your steps and stay consistent

DAY	TARGET	ACTUAL	ACHIEVED
MON			
TUE			
WED			
THU			
FRI			
SAT			
SUN			

MOVEMENT SUPPORT TIPS

- Take short walks after meals
- Use the stairs whenever you can
- Stay hydrated throughout the day
- Stretch regularly to improve mobility
- Be consistent - small daily steps lead to big changes

RECOMMENDED ACTIVITIES

- Walking
- Stair Climbing
- Light Strength Training
- Cycling
- Yoga - Pilates
- Swimming

REMEMBER

Consistency is more important than perfection. Every step you take is a step closer to your goal.

WE'RE HERE TO SUPPORT YOU

Our team is here to guide, motivate and celebrate your progress every step of the way.

You've got this!

SMALL STEPS.
BIG RESULTS.

WE'RE HERE TO HELP
If you have any questions or concerns about your aftercare, please contact us.

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Achieve your Goals!