

# THE BODY

---

## **Introduction**

- 2 videos
  - 3 exercises
  - General / practical information
  - 30 minutes reading time
- 

## **Chapter 1 → Sleep**

- 2 videos
  - 9 exercises + sleep tips
  - Science / context
  - 35 minutes reading time
- 

## **Chapter 2 → You Are What You Eat**

- 2 videos
  - 10 exercises + nutrition tips
  - Science / context
  - 40 minutes reading time
- 

## **Chapter 3 → Movement**

- 3 videos
  - Additional document: 'Movement for Older Adults'
  - 8 exercises + tips
  - Bonus exercises – 5 videos
  - 30 minutes reading time
- 

## **Chapter 4 → Breathe In, Breathe Out**

- 4 videos
  - 3 breathing techniques
  - 2 exercises + lifestyle tips
  - 25 minutes
-

## **Chapter 5 → Topfit Conclusion**

- 1 video
- Final exercises and tips
- 15 minutes reading time

---

*The structure above is not a standard fitness plan, but a self-lab where you experiment with the exercises. Except for videos, third-party links, podcasts, research articles, etc., are not included in this overview.*

---