



Name: _____ Date: _____

Aerobic Activity

Type: Walk Jog Swim Bike Other_____

Frequency (days/week): 2 3 4 5 6 7

Intensity: Light Moderate Vigorous
(A Casual Walk) (A Brisk Walk) (Jogging)

Time (minutes/day): 10 20 30 60

Steps/day: 2,500 5,000 7,500 10,000

Strength Training

- Muscle strengthening should be done at least two days per week
- Exercise should be done to strengthen all major muscle groups: legs, hips, back, chest, abdomen, shoulder, arms
- For each exercise, 8-12 repetitions should be completed

Balance

- Balance exercises should be done at least two days per week
- See exercises on back

Physician Signature: _____

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What do we know about physical activity?

- Regular physical activity can protect your joints, prevent falls and injuries, and reduce your risk of disease.
- Improving your fitness can be as important, or more, than losing weight.
- It is also important to avoid inactivity (*i.e.*, time spent sitting). Try for less than 6-8 hours a day.

What about aerobic activity?

- The *2008 Physical Activity Guidelines for Americans* recommend 150 minutes a week of moderate activity, 75 minutes of vigorous activity, or a combination.
- Moderate activity is done at a pace where you can carry on a conversation, but cannot “sing.” Examples: *brisk walking, slow biking, water aerobics, gardening.*
- Vigorous activity is done at a pace where you cannot carry on a conversation and may be out of breath. Examples: *jogging, swimming laps, tennis, bicycling.*
- You may perform the activity in “bouts.” Example: 3 bouts of 10 minutes a day.

What about strength training?

- The *2008 Physical Activity Guidelines for Americans* also recommend muscle strengthening exercises 2 times a week to increase bone strength and muscular fitness.
- Adults should perform 8-12 repetitions of activities that work their large muscle groups (legs, hips, abdomen, back, chest, shoulders and arms).
- You can use resistance bands, do body weight exercises or even yard work.

What about balance?

- Balance exercises combined with walking and strength training can increase muscle strength and reduce the risk of falls.
- Hold onto a sturdy chair or wall. Shift weight to one leg and slowly stretch the other leg in front of you a few inches off the ground. Hold for 8 counts. Slowly return leg to starting point. Repeat with other leg. Do the exercise 3 times each leg.
- You can repeat, but slowly stretch your leg behind you or to the side.

Getting Started

- Doing both aerobic activity and muscle strengthening is best for your overall health. If you are just starting, begin with aerobic exercise.
- If you are unable to do 150 minutes a week of aerobic activity, gradually work toward this goal and remember that “some” is better than “none.”
- Similar to the aerobic activity, those who are just beginning should gradually increase their strength training slowly and safely over a longer period of time.
- Design your physical activity program so that it fits your schedule.

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