**Aerobic Activity**

- **Type:**
  - Walk
  - Run
  - Swim
  - Bike
  - Other ____________

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

- **Intensity:**
  - Light
    - (A Casual Walk)
  - Moderate
    - (A Brisk Walk)
  - Vigorous
    - (Jogging or Running)

- **Time (minutes/day):**
  - 10
  - 20
  - 30
  - 60
  - 60 or more

- **Steps/day:**
  - 2,500
  - 5,000
  - 7,500
  - 10,000
  - More than 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
- Examples include bodyweight exercise (e.g. push-ups, lunges), carrying heavy loads, and heavy gardening

Physician Signature: _________________________
What do we know about physical activity?

• Regular physical activity can protect your joints, prevent falls and injuries, and reduce your risk of disease, such as type 2 diabetes, high blood pressure, heart attacks, and some cancers.
• Improving your fitness can be as important, or more, than losing weight.
• It is also important to avoid inactivity (i.e., the amount of time you spend sitting) as much as possible. Studies suggest limiting your sedentary time to less than 6-8 hours a day.

What about aerobic activity?

• The 2008 Physical Activity Guidelines for Americans recommend either 150 minutes per week of moderate activity, 75 minutes of vigorous activity, or a combination of both, for adults.
• Moderate activity is done at a pace where you can carry on a conversation, but cannot “sing”. Examples include: brisk walking, slow biking, water aerobics, and general gardening.
• Vigorous activity is done at a pace where you cannot carry on a conversation and may be out of breath. Examples include: jogging/running, swimming laps, playing tennis, and fast bicycling.
• Try your best to perform your activity in “bouts” that are at least 10 minutes long (Example – 3 bouts of 10 minutes each day for a total of 30 minutes of activity).

What about strength training?

• The 2008 Physical Activity Guidelines for Americans also recommend that you do muscle strengthening exercises two times per week to increase bone strength and muscular fitness.
• Adults should perform 8-12 repetitions of activities that work your large muscle groups, such as the legs, hips, abdomen, back, chest, shoulders, and arms.
• These activities do not require going to a gym. You can use resistance bands, do body weight exercises (push-ups, sit-ups, lunges), carry heavy loads, or do heavy gardening or yardwork.

Getting Started

• Doing both aerobic activity (such as walking or jogging) and muscle strengthening is best for your overall health and fitness. If you are just starting out, begin with aerobic exercise.
• If you are not doing 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.
• Consider working with a local fitness professional to help you safely achieve your goals.
• Most of all have FUN and enjoy being physically active!