

Name: _____ Date: _____



Aerobic Activity 3 or more days/week

Intensity: Light (casual walk) Moderate (brisk walk) Vigorous (like jogging)

Time (minutes/day): Build up to 30 minutes/day

Type: Walk Run Bike Swim/Water Exercise Other _____

Steps/day: 2,500 5,000 7,000 9,000 or more Other _____

What about aerobic activity?

- Moderate activity is at a pace where you can talk but cannot “sing.” Examples: *brisk walking, light biking, water exercise and dancing.*
- Vigorous activity is at a pace where you have trouble talking and may be out of breath. Examples: *jogging, tennis and fast bicycling.*
- While the recommendation is to build up to 30 min/day, at least 3 days/week, you can exercise for any length of time. For example, you might walk:
 - 5 minutes here, 10 minutes there
 - 15 minutes daily
 - Just work your way up to 30 minutes 3 days/week
- Gradually build up to a daily step count of 7,000-9,000 steps/day.



Muscle Strength Training 2 days/week

What about strength training?

- You don't have to go to a gym. You can use elastic bands, do body weight exercises (kitchen counter push-ups, chair sit-to-stands) or lift dumbbells. Heavy work around your home also builds strength.
- Strengthen your legs, back, chest and arms. To start, try 10-15 repetitions using light effort. Build up to medium or hard effort for 8-12 repetitions. Repeat 2-4 times, 2-3 days/week.
- Give yourself a rest day between each strength training session.

Notes (local programming, specific risks or instructions):

See www.exerciseismedicine.org/movethruca for a registry of local programs.

Referrer's Signature: _____

How will you get started **this week?**