

Name: _____ Date: _____

2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75-150 minutes/week of vigorous activity (somewhat hard to very hard) or a combination of both
- Muscle strength training 2 or more times a week



Aerobic Activity (check)

Frequency (days/week): 1 2 3 4 5 6 7

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

Time (minutes/day): 10 20 30 40 50 60 or more

Type: Walk Run Bike Swim/Water Exercise Other _____

Steps/day: 2,500 5,000 7,500 10,000 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 done at a pace where you cannot talk and may be out of breath. Examples: *jogging, swimming, tennis and fast bicycling.*
- You can exercise for any length of time. For example, you might walk:
 - 30 minutes 5 days/week or
 - 20 minutes daily
 - 5 minutes here, 10 minutes there. Just work your way up to 150 total minutes/week.
- Your ultimate goal is to gradually build up to 7,500-10,000 steps/day.



Muscle Strength Training (check)

Frequency (days/week): 1 2 3 4 5 6 7

What about strength training?

- You don't have to go to a gym. Try elastic bands, do body weight exercises (chair sit-to-stands; floor, wall or kitchen counter push-ups; planks or bridges) or lift dumbbells. Heavy work around your home or yard 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.

Prescriber's Signature: _____

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