

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## 2018 Physical Activity Guidelines for Adults:

- 150-300 minutes/week of moderate-intensity activity or 75 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 (circle)

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 \_\_\_\_\_

### Muscle Strength Training (circle)

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

Prescriber's Signature: \_\_\_\_\_



## 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 can't say more than a few words without pausing for a 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.
- Gradually build up to a daily step count of 7,500-10,000 steps/day.



## 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.

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