



P.E.A.K. Northwest

Coaching, Consulting and Performance Training

Name: _____ Date: _____

Aerobic Activity

Type: Walk Run Swim Bike Other _____

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

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