

PHYSICAL ACTIVITY RECOMMENDATIONS

CARDIOVASCULAR FITNESS

- Frequency: Most days of the week (4+)
- Intensity: 50-85% maximum heart rate, 3-6 on the RPE scale
- Time: 30-60+ minutes, or a minimum of 1,000 calories burned/week (approx. 300 calories/session)
- * For weight loss, recommendations increase to 2,000 calories burned/week
 - * Use the caloric expenditure chart (see pages 28–31) to estimate how many calories you've burned in an exercise bout
- Type: Any activity that employs large muscle groups and increases your heart rate for a sustained period of time
- Examples: Walking, jogging, cycling, aerobics, kickboxing, dancing, etc.

MUSCULAR STRENGTH

- Frequency: Minimum 2 times/week per muscle group
- Intensity: 2-3 sets, 8-15 repetitions, using a resistance (weight) that causes fatigue by the final set, final 3 repetitions
- Time: 20-60 minutes (varies based on program setup)
- Type: Any exercise that uses a resistance to fatigue muscles in a short period of time
- Examples: Free weights, machines, resistance bands, fitballs, medicine balls, calisthenics, etc.

FLEXIBILITY

- Frequency: 3+ times/week for maintenance, 5-6 times/week for improvement
- Intensity: Stretch to the point of mild discomfort, but NOT Pain
- Time: 15+ minutes
- Type: Static stretching, holding the stretch position for a period of 15-30 seconds
- Examples: Floor stretches, yoga, pilates, Tai Chi

