Benefits of Exercise/Physical Activity

Cardiovascular Health Benefits
• Reduces the risk of developing and or dying from heart disease or stroke.
• Reduces blood pressure and your risk of developing high blood pressure.
• Reduces the risk of developing the metabolic syndrome (a combination of high blood pressure, high blood sugar, and low "good" cholesterol).
• Increases HDL (good) cholesterol, decreases triglycerides— an unhealthy type of fat in the blood.
• Reduces the risk of developing diabetes. Helps to control blood sugar in people with diabetes.
• Helps to maintain a healthy weight. Helps overweight people lose weight.
• Improves heart and lung function. — Increases the amount of blood pumped with every heart beat. — Increases oxygen delivery to the muscles. — Allows you to do more with less effort—increases energy level.

Other Benefits
• Improves your ability to play sports.
• Increases muscle strength.
• Improves flexibility and range of motion of joints.
• Improves balance and function in older adults.
• Reduces depression and anxiety.
• Relieves stress—is a good way to get rid of anger and frustration.
• Reduces the risk of some cancers (colon, breast, lung).
• Reduces the risk of developing osteopenia/osteoporosis (thinning of the bones which can lead to fractures).
• Improves sleep.

As you read through the list of exercise benefits, which ones might help you? Use the space below to list your top 3 reasons for being more active.

1	
2	
3	

Based on 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans. Available at http://www.health.gov/paguidelines Accessed Jun. 7, 2009.

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How to Start an Exercise Program

How much exercise should I get?

The exercise goal for most adults is 150 minutes of moderate physical activity per week. Ask your health care provider how much is right for you, especially if you have heart disease or other health care concerns. You may also choose to measure steps per day using a pedometer to monitor your progress. 10,000 steps a day, most days of the week, is a similar goal to the one listed above.

My exercise goal is: _____ min. per day _____ days of the week.

How do I get started?

Your health care provider can help you find out whether or not you need to do a stress test before starting an exercise program. This is very important if you have not been active for some time or if you have health problems.

Pick an exercise that you like to do. Be realistic given the climate you live in and any physical limitations you may have. Examples of moderate-intensity exercises that may help your heart include: walking, jogging, swimming, bicycling, rowing, tennis, and dancing. You may want to choose more than one activity to prevent boredom and for bad weather days!

Exercise types I can do: _____

Start slowly and gradually build up your time to the daily/weekly target above. If you have not exercised for some time, start with 10 minutes a day of light to moderate exercise. Try to add 3-5 minutes to your daily exercise after the first week. Continue to add time this way until you are able to exercise for at least 30 minutes. At 30 minutes, you may also wish to increase how hard you are working (known as exercise intensity).

How hard should I exercise?

Your health care provider may show you how to measure your heart rate and give you a target heart rate to reach during exercise. You can also measure how hard you are working using the perceived exertion scale shown below.

Borg Scale for Rating Perceived Exertion			
	6	No exertion	**WARM UP AND COOL DOWN RANGE**
	7	Extremely light	
	8		
	9	Very light	
	10		**EXERCISING RANGE**
	11	Light	
	12		
	13	Somewhat hard	
	14		
	15	Hard	
	16		**OVERDOING IT RANGE: slow down**
	17	Very hard	
	18		
	19	Extremely hard	
	20	Maximal exertion	

To use this scale, rate your overall effort or how hard your body is working while you exercise. A range between “12-14” or “somewhat hard” is generally recommended to achieve the most benefit from physical activity. Ask your health care provider which level is best for you.

table continues ➥

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How to Start an Exercise Program *(cont)*

Other tips for monitoring your exercise intensity	
The talk test	If you are so short of breath and can't keep up a conversation or hum a song, you are overdoing it.
Symptoms	If you feel chest pain, nausea, shortness of breath (not just breathing harder) or become dizzy with exercise, slow down and/or stop what you are doing. Report these symptoms to your health care provider. Feeling very tired or having muscle or joint pain during or after exercise, may also be signs that you are overdoing it. These signs should be reported to your health care provider.
Warm up and cool down	The first several minutes of your exercise should be done at a slower pace. This allows you to build up to your target heart rate level or your goal of perceived exertion. The last few minutes of your exercise should also be at a slower pace. Slow down from a jog to a walk, for example, before you come to a complete stop. Following these guidelines allows for a gradual change in heart rate, blood pressure, and breathing rate.
Fit activity into your day	Being active throughout your day is another way to reach your target exercise/activity minutes. • Take the stairs instead of the elevator • Go for a walk during your work breaks • Park farther away from buildings • Walk to your co-workers' offices instead of phoning or e-mailing them A pedometer allows you to measure how much activity you are getting throughout your day. If you note when you get home in the evening that you are short your 10,000 steps, go for a walk to reach your goal (5000 steps = approximately 2½ miles).

Based on 2008 U.S. Department of Health and Human Services Physical Activity Guidelines for Americans. Available at http://www.health.gov/paguidelines Accessed Jun. 7, 2009.

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Exercise: Goal Setting

Motivation for exercise may be enhanced by following the S.M.A.R.T. goal-setting principle.

The S.M.A.R.T. principle stands for:				
S	**M**	**A**	**R**	**T**
Specific	Measurable	Adjustable	Realistic	Time-based

1	**Specific.** Set specific goals: an example of a specific goal is "I want to complete the 5 K (3 mile) Heart Walk in October".
2	**Measurable.** The above statement is a measurable goal, however to stay on track with your goal, measure your progress with an interval measurable goal. In this case, if you have eight weeks to prepare, plan to walk one-half mile weekly each day of the first week, then progress to 1 mile the 2nd week, 1½ mile the 3rd week and so on. Keep a record of your progress; using a journal may help keep you on track.
3	**Adjustable.** Making adjustable goals means you are flexible. In the above case, if you have a setback due to illness or injury, you may adjust your goal to do the 1 mile walk in October, or find another 5 K walk to register for in the following month.
4	**Realistic.** Realistic goals mean you start where you are and set your goal accordingly. The above example is realistic if you haven't been a regular exerciser. Running a marathon would not be a realistic goal. Once you've completed a 5 K walk, you may wish to set your sights on a 10 K and so on. This would be an example of progressive, realistic goal setting.
5	**Time-based.** The example above: "I want to complete the 5K Heart Walk in October" is time based. The 8-week time-line is short enough to prevent boredom. In general, goals that reach out beyond 6 months are too long to keep you interested and motivated. Set and re-evaluate goals every 2-3 months.

Adapted from: Quinn E. Motivation and goal-setting for exercise. How to stick with your fitness program., http://sportsmedicine.about.com/od/sportspsychology/a/motivation.htm Accessed Feb. 4, 2009.

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Tips for Sticking With It!

Start slow and gradually increase	A little exercise is better than none, so start slowly. Don't expect results overnight, but do take small steps each day. It can take weeks or months to see benefits such as weight loss.
Get a partner or join a class	Exercise with a friend or a group to make it more fun! You are less likely to cancel an exercise date with a friend than one with yourself!
Vary your routine	To prevent boredom or if you are injured change your exercise routine. Walk one day; bicycle the next. Mix in recreational sports like golf or tennis to stay active and keep exercise fun. Learn to dance or garden; even chores like mowing the lawn and cleaning your house can keep you moving.
Make exercise fun	Plan your walking route to take in new sights—vary the neighborhoods you walk through and notice the architecture, landscapes and gardens. Take a walk through the zoo or arboretum. Listen to music or a recorded book to help pass the time. Exercise on a treadmill or stationary bike while reading or watching TV.
Write it down	Keep an exercise journal. Write down what you did, how long you did it, and how you felt. This helps to track your progress. Keeping a journal can also be a good way to set future goals. Write down where you want to be next week, month or year.
Try something new	Try something new. It may be that jogging is not for you. Try a swimming program instead or sign up for a yoga class or tennis lesson. Find exercise you enjoy.
Make exercise a habit	Choose a regular time for exercise each day. Sign a contract with yourself to exercise. Put exercise "appointments" on your calendar and keep them!
Make exercise a priority	Make exercise one of your first priorities. You have to believe that exercise is important enough to make it happen. Evaluate the benefits of exercise and your reasons for becoming active.

Adapted from: Methods for changing exercising behaviors. In: American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 6th ed. Philadelphia: Lippincott, Williams and Wilkins; 2000.

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Exercise Program for Individuals with Heart Disease

General Information

These are general exercise guidelines for people with heart disease. Individualized exercise prescriptions are recommended.

Because people have different heart conditions, those with heart disease should undergo a complete medical evaluation before beginning an exercise program. This may include a health history, physical exam and a monitored stress test. This information is used to see if exercise is safe and to develop an exercise prescription.

Exercise Prescription

Four components make up an exercise prescription. These four components are identified as the F.I.T.T. principle.

F	I	T	T
Frequency	Intensity	Time	Type

Frequency

You should exercise or engage in physical activity on most, preferably all, days of the week. The lowest frequency is three nonconsecutive days per week (every other day).

Intensity

You can gauge how hard you work in 3 ways:

- Rating of Perceived Exertion (RPE)
- The "Talk Test"
- Target Heart Rate (THR) and METS

Monitoring Your Exercise Using the RPE

6		**WARM UP AND COOL DOWN RANGE**
7	very, very light	
8		
9	Very light	
10		**EXERCISING RANGE**
11	fairly light	
12		
13	Somewhat hard	
14		
15	Hard	
16		**OVERDOING IT RANGE: slow down**
17	Very hard	
18		
19	Extremely hard	
20	Maximal exertion	

The RPE is a number scale from 6 to 20 which is used to evaluate how much physical effort your exercise is. The recommended level of exertion for most heart patients is "fairly light to somewhat hard" (11-13). You should decrease the intensity of your exercise if it feels greater than 13.

table continues ➥

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Exercise Program for Individuals with Heart Disease *(cont)*

Alternative 10-Grade RPE Scale			
0	Nothing at all	**WARM UP AND COOL DOWN RANGE**	This is an alternative 10-Grade RPE Scale where 0 represents no exertion and 10 represents the greatest amount of exertion performed.
0.5	very, very light		
1	Very light		
2	Light		
3	Moderate	**EXERCISING RANGE**	
4			
5	Heavy (strong)		
6			
7	Very heavy	**OVERDOING IT RANGE: slow down**	
8			
9			
10	Very, very heavy		

Monitoring Your Exercise Using the "Talk Test"

Another method to tell how hard you are working is the "talk test".

You should be able to talk while you exercise. If you can't talk, the exercise is too difficult.

If you are able to sing, the exercise may be too easy.

Target Heart Rate (THR) and METS*

If you have had a recent stress test, your health care provider may use the test to provide you with a Target Heart Rate (THR) or MET level. Your heart rate should increase as each workload increases on the stress test. A MET is a measure of work level. One MET is the amount of energy your body uses at rest. Any exercise or activity level can be described in METS. Most exercise equipment (treadmills, exercise bikes) will report METS as a measure of work.

The intensity of exercise for people with heart disease will vary. In general, a lower intensity of exercise is recommended for high-risk people, especially if outside a supervised program where continuous monitoring is available. Your exercise intensity should be discussed with your health care provider and re-evaluated from time to time.

*1 MET = 3.5 ml/O_2/Kg/min

table continues ➥

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Exercise Program for Individuals with Heart Disease *(cont)*

Ranges of Physical Activity Intensity Levels	
Light-Intensity Activities (less than 3.0 METs)	
• Walking slowly (2 mph) • Golfing, powered cart • Swimming, slow treading • Gardening or pruning	• Bicycling, very light effort • Dusting or vacuuming • Conditioning exercise, light stretching, or warm-up
Moderate-Intensity Activities (3.0 - 6.0 METs)	
• Walking, briskly (3 to 4.5 mph) • Golfing, pulling or carrying clubs • Swimming, recreational • Mowing lawn, power motor • Playing tennis, doubles	• Bicycling 5 to 9 mph, level terrain, or with a few hills • Scrubbing floors or washing windows • Weight lifting, Nautilus machines or free weights
Vigorous-Intensity Activities (greater than 6.0 METs)	
• Racewalking, jogging, or running (5 mph or faster) • Swimming laps • Mowing lawn, hand mower • Playing tennis, singles	• Bicycling more than 10 mph, or on steep uphill terrain • Moving or pushing furniture • Circuit training
Time	
Warm up and cool down periods of 5-10 minutes including stretching and flexibility exercises should precede and follow 20-40 minutes of aerobic or cardiovascular exercise (sustained or continuous exercise using large muscle groups). Any exercise program for patients with heart disease should involve an initial slow, gradual progression of exercise duration and intensity.	
Type	
Cardiovascular or aerobic exercise is sustained continuous exercise which results in a moderate increase in heart rate above rest. Examples include: walking, biking, jogging, swimming, or cross country skiing.	
Cardiac Rehabilitation	
Cardiac Rehabilitation programs provide supervised, individual and group exercise for people with heart disease. Benefits include longer lives and fewer complications from heart disease. Most insurance companies cover cardiac rehabilitation for a time period after a heart attack, coronary intervention (stent) or surgery. Please discuss a cardiac rehabilitation program with your health care provider.	

table continues ➥

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Exercise Program for Individuals with Heart Disease *(cont)*

Risks and Complications

While exercise does have risks, the benefit of exercise far outweighs the risks for most people. Exercise has also been shown to be safe for most patients with heart disease. Signs and symptoms that you may not be tolerating exercise include:

- Chest pain (angina)
- Unusual shortness of breath
- Feeling lightheaded or dizzy
- Feeling very tired
- Excessive sweating
- Irregular heart beats (palpitations)
- An abnormal blood pressure response (rapid increase or drop in systolic BP)
- An abnormal heart rate (HR) (drop in HR or excessive increase)

If you have any of the above signs or symptoms, slow down or stop exercising. Report these to your health care provider.

American College of Sports Medicine Position Stand Exercise for Patients with Coronary Artery Disease. *Medicine, Science, Sports, and Exercise* 1994;26:3.

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. American Association of Cardiovascular and Pulmonary Rehabilitation. Champaign, Ill: Human Kinetics;2004.

2008 Physical Activity Guidelines for Americans. Available at http://www.health.gov/paguidelines Accessed Jun. 7, 2009.

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Exercise Tips for Individuals with Heart Disease

What to wear	Wear loose fitting, comfortable clothes. Avoid rubberized or restrictive clothing that prevents evaporation of sweat. Shoes should have good support, traction, and shock absorption. Replace shoes on a regular basis; more often if you use them primarily for walking or jogging.
When to exercise	Wait 60 minutes after eating before you exercise. If you exercise outdoors in a hot climate, avoid exercising during the afternoon or hottest time of the day.
Avoid dehydration	Drink plenty of fluids (especially water) before, during and after exercise. Do not wait until you feel thirsty before taking in fluids.
Safety first	Carry a mobile phone. Let someone know your plans (route planned and estimated time). Carry nitroglycerin (if prescribed).
Extreme weather precautions	**If exercising in the heat,** drink 8-12 ounces of liquid every 10 to 15 minutes of exercise. Never use salt tablets because they will cause further dehydration. Adjust gradually to the heat and decrease how hard you work. Exercise outdoors during cooler periods of the day – morning or evening when the sun is low. Consider wearing light colored clothing or finding a place to exercise indoors.
	If you exercise in the cold, reduce the risk of frostbite by dressing in layers. Breathing in cold air can increase the risk of angina (chest pain) for some. Wearing a scarf or mask over your mouth and nose may be helpful. Avoid alcohol, caffeine, and nicotine before exercising, especially in extreme weather conditions. These add more stress to your heart.

Specific instructions for you:

Adapted from:

American College of Sports Medicine Position Stand Exercise for Patients with Coronary Artery Disease. *Medicine, Science, Sports, and Exercise* 1994; 26:3.

Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. American Association of Cardiovascular and Pulmonary Rehabilitation. Champaign, Ill: Human Kinetics; 2004.

2008 Physical Activity Guidelines for Americans. Available at http://www.health.gov/paguidelines Accessed Jun. 7, 2009.

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Exercise for Healthy Older Adults: Benefits

Exercise and physical activity benefit every area of your life. They can:

- Help maintain and improve your physical strength and fitness.
- Help improve your ability to do the things you want to do.
- Help improve your balance.
- Help manage and prevent diseases like diabetes, heart disease, breast and colon cancer, and osteoporosis.
- Help decrease feelings of depression, improve mood and overall well-being, and may improve your ability to shift quickly between tasks, plan an activity, and ignore irrelevant information.

What Kinds of Exercises and Physical Activities Improve Health and Physical Ability?

Exercises fall into four main categories: **endurance, strength, balance, and flexibility.**

Endurance

Endurance, or aerobic, activities increase your breathing and heart rate. These activities help keep you healthy, improve your fitness, and help you do the tasks you need to do every day. Endurance exercises improve the health of your heart, lungs, and circulatory system. They also delay or prevent many diseases that are common in older adults such as diabetes, colon and breast cancers, heart disease, and others. Physical activities that build endurance include:

- Brisk walking
- Yard work (mowing, raking)
- Dancing
- Jogging
- Swimming
- Biking
- Climbing stairs or hills
- Playing tennis
- Playing basketball

Strength

Even small increases in muscle strength can make a big difference in your ability to stay independent and carry out everyday activities such as climbing stairs and carrying groceries. Some people call using weight to improve your muscle strength “strength training” or “resistance training.” Strength exercises include:

- Lifting weights
- Using a resistance band

Balance

Balance exercises help prevent falls, a common problem in older adults. Many lower-body strength exercises also will improve your balance. Exercises to improve your balance include:

- Standing on one foot
- Heel-to-toe walk
- Tai Chi

Flexibility

Stretching can help your body stay flexible and limber, which gives you more freedom of movement for your regular physical activity as well as for your everyday activities. To increase your flexibility, try:

- Shoulder and upper arm stretches
- Calf stretches
- Yoga

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Exercise for Healthy Older Adults: Getting Started

The key to beginning an exercise program is to know your starting point and build slowly from there. Knowing your starting point will help you pick activities that are comfortable and realistic for you. Starting out this way also will help you be successful. Think about a typical weekday and weekend day. How much time do you spend sitting? How much time are you active? When you're up and moving, what kinds of activities are you doing?

Write down some ways you think you can add activities to your daily routine.

If you're not active yet, aim for a modest beginning and build from there. If you are already pretty active, then you can be more ambitious about adding to your activities.

Sample Exercise Program

It's important to spend about 5 minutes at the beginning and end of your routine to warm up and cool down. Warming up and cooling down give your muscles a chance to get ready to work and gradually return to rest at the end. These "before-and-after" activities help prevent injury and reduce muscle soreness later. Here are a few suggestions:

Do some light endurance activity first, such as walking for 5 minutes. If you're going to be walking briskly or running, gradually build up to that pace. At the end of your activity, gradually slow down and let your body cool down.

Do a few exercises to work the muscles and joints you'll be using in your activity. For example, if you're going to be swimming, do a few arm exercises first to warm up your arms and shoulders.

If you're going to include stretching exercises as part of your routine, do them afterwards.

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Exercise for Healthy Older Adults: Safety First

Almost anyone, at any age, can do some type of exercise and physical activity. You can still be active even if you have a long-term condition like heart disease or diabetes. In fact, exercise and physical activity may help. Persons with balance concerns may be able to do exercises by either sitting or holding on to a chair or other object. Be sure to discuss your concerns and the types of exercise you would like to do with your health care provider. Write your questions or concerns regarding exercise or activity here:

There are many reasons to check with your health care provider before you exercise.

Place a check next to any of your problems.

☐	Feeling dizzy or short of breath
☐	Chest pain or pressure
☐	The feeling that your heart is skipping, racing, or fluttering
☐	Blood clots
☐	An infection or fever with muscle aches
☐	Unplanned weight loss
☐	Foot or ankle sores that won't heal
☐	Joint swelling
☐	A bleeding or detached retina, eye surgery, or laser treatment
☐	A hernia
☐	Recent hip or back surgery
☐	Any other symptoms _____

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at thttp://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Exercise for Healthy Older Adults: Measuring Your Progress

As you become more active, you'll probably notice other signs that you're getting more fit.

- You have more energy.
- Your overall mood and outlook on life have improved.
- It's easier to do your usual daily activities.
- Climbing a couple of flights of stairs is easier.
- It's easier to get in and out of the car.
- You can get down on the floor and play a game with your grandchildren, and get back up again more easily when the game is over.
- You're sleeping better at night.
- You have less pain when you move around.
- Symptoms of an ongoing health condition may improve.

Use the space below to record your personal notes about changes/ improvements you've noted from regular exercise/physical activity.

Keep it Going

Physical activity is a great way to have fun, be with friends and family, enjoy the outdoors, improve your fitness for your favorite sport, and maintain your independence. Older adults also gain substantial health benefits from regular physical activity, and these benefits last even into old age. The best way to be physically active is to make it a life-long habit. Once you get started, keep going. Keep a journal or log of your activity to help you stay on track with your physical activity/exercise program.

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Exercise Goal-Setting Worksheet

Your success depends on setting goals that really matter to you. Write down your goals. Put them where you can see them and renew them regularly.

Short-term Goals

Write down at least two of your own personal short-term goals. What will you do over the next week or two that will help you make physical activity a regular part of your life?

1	
2	
3	

Long-term Goals

Write down at least two long-term goals. Focus on where you want to be in 6 months, a year, or 2 years from now. Remember, setting goals will help you make physical activity part of your everyday life, monitor your progress, and celebrate your success.

1	
2	
3	

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Weekly Exercise and Physical Activity Plan

- Use this form to make your own exercise and physical activity plan. Update your plan as you progress.
- Aim for moderate-intensity endurance activities on most or all days of the week.
- **Try to do strength exercises for all of your major muscle groups on 2 or more days a week, but don't exercise the same muscle group 2 days in a row.** For example, do upper-body strength exercises on Monday, Wednesday, and Friday and lower-body strength exercises on Tuesday, Thursday, and Saturday. Or, you can do strength exercises of all of your muscle groups every other day.
- Don't forget to include balance and flexibility exercises.

Week of: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance							
Upper-Body Strength							
Lower-Body Strength							
Balance							
Flexibility							

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Endurance Daily Record

Record your endurance activities. **Try to build up to at least 30 minutes of moderate-intensity endurance activity on most or all days of the week. Every day is best.**

Week of: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Endurance Activity*							
How Long Did You Do It?							

Week of: _____	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Number of Steps							

*Endurance activities are exercises that are performed for 20 minutes or more such as:

- Walking
- Jogging/running
- Swimming
- Bicycling
- Singles tennis
- Rowing

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Activity/Exercise Log/Journal

For a couple of weekdays and a weekend, write down how much time you are physically active (for example, walking, gardening, playing a sport, dancing, lifting weights). The goal is to find ways to increase your activity.

	Activity	Number of Minutes	Ways to Increase Activity
Weekday 1	EXAMPLES: WALK DOG	15 MINUTES	ADD 5 MINUTES
	WALK FROM CAR TO LOBBY THEN ELEVATOR		TAKE STAIRS INSTEAD OF ELEVATOR

Total Minutes:	

	Activity	Number of Minutes	Ways to Increase Activity
Weekday 2			

Total Minutes:	

	Activity	Number of Minutes	Ways to Increase Activity
Weekend			

Total Minutes:	

Adapted from: Exercise & Physical Activity: Your Everyday Guide from the National Institute on Aging. Available at http://www.nia.nih.gov/HealthInformation/Publications/ExerciseGuide/default.htm Accessed May 6, 2009.

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Patient Exercise Prescription

Name		
Date		
Exercise Type		
Exercise Time	Warm Up	
	Exercise	
	Cool Down	
Exercise Frequency		
Exercise Intensity	Target Heart Rate Range	
	RPE	
	MET level	
How to Progress		

RPE Scale		
6		**WARM UP AND COOL DOWN RANGE**
7	very, very light	
8		
9	very light	
10		**EXERCISING RANGE**
11	fairly light	
12		
13	somewhat hard	
14		
15	Hard	
16		**OVERDOING IT RANGE: slow down**
17	very hard	
18		
19	very, very hard	
20		

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Behavioral Management Strategies for Initiating and Maintaining Exercise Adherence

A Tool for Health Care Professionals	
Techniques	**Practical Applications/Recommendations**
Preparation	Establish realistic expectations for patients new to exercise/physical activity.
Shaping	Begin the exercise program at a dosage (frequency, intensity, duration) that is comfortable for the patient and increase slowly until an optimal level is attained.
Goal-setting	Goals should be individualized and based on the patient's physiologic and psychological status. Goals that are specific, yet flexible, are more effective than longer term goals.
Reinforcement	Patients should be queried as to what reinforcers (rewards) would work for them. Rewards might include certificates of achievement, attendance records, or getting a medal for having completed an event (10 K run).
Stimulus Control	Environmental cues or stimuli (written notes, watch alarms, dates on a calendar) may be used to remind patients to maintain their exercise commitment. Having a routine time and place for exercise establishes a powerful stimulus control.
Contracting	A behavioral contract has been shown to enhance the commitment to exercise. Signing the contract formalizes the agreement and makes it more significant.
Cognitive Strategies	Patients should be oriented to the advantages and disadvantages of exercise. Individuals who select their own goals generally demonstrate better adherence.
Generalization Training	Specific steps should be taken to generalize the exercise habit from a structured class or home setting to other environments (travel, work, etc).
Social Support	Support of family, friends, coworkers should be sought from the beginning. Finding a compatible exercise partner often serves to enhance exercise adherence.
Self-management	Patients should be encouraged to be their own behavior therapist. They should practice self-reinforcement by focusing on increased self-esteem, enjoyment of the exercise itself, and the anticipated health and fitness benefits.
Relapse Prevention Training	Prepare patients for situations that may produce relapse and ways of coping with them so that a complete relapse is avoided. Relapses should be viewed as inevitable challenges, rather than failures.

Adapted from: Methods for changing exercising behaviors. In: American College of Sports Medicine's Guidelines for Exercise Testing and Prescription, 6th ed.. Philadelphia: Lippincott, Williams and Wilkins; 2000:p243-244.

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