

BDNF Met Allele - 8-Week Exercise Prescription

Overview

- Frequency: 5-6 sessions/week
- Duration: 30-45 minutes
- Intensity: Light to moderate (55-70% HRmax)
- Focus: Consistency, cognitive engagement, and mindfulness-based recovery

Weekly Structure

Monday: Moderate Endurance (Continuous)

Tuesday: Strength + Balance

Wednesday: Adventure Mode (Cognitive-motor)

Thursday: Yoga or Tai Chi

Friday: Endurance Intervals (Steady pace)

Saturday: Light Aerobic + Memory Challenge

Sunday: Rest or Breathing Recovery

Progression (Weeks 1-8)

Weeks 1-2: 30-35 min rhythmic sessions

Weeks 3-4: Add one cognitive-motor training day

Weeks 5-6: Extend duration to 40-45 min

Weeks 7-8: Maintain volume, increase sequence complexity

Sample Day - Wednesday Adventure Mode

1. Forest Run - March in place 60s, count every 3rd step
2. Mountain Climb - 8 Squats -> 8 Knee Lifts -> 8 Lunges (reverse order in round 2)
3. Puzzle Bridge - One-leg balance 10s + name 5 items
4. Enemy Encounter - Respond to cues (Fire, Water, Wind, Earth)
5. River Crossing - Plank 20-30s + leg lifts
6. Victory Stretch - Deep breathing + reflection