

## EXERCISE PRESCRIPTION

**NAME:** \_\_\_\_\_ **Age:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **BMI:** \_\_\_\_\_ **Kg/M2** **Resting HR:** \_\_\_\_\_ **bpm**

The goal of regular aerobic exercise is to help your mind and body function at its best. By following the steps below, you will also decrease the chance that you will get severe pain or a sports injury during or after exercise.

### Step 1: Make a plan



Look at your daily schedule and set aside at least one hour on three different days, such as Sun-Tues-Fri, or Mon-Wed-Fri. Think about what kind of aerobic exercise you would enjoy. If you have a good friend or family member that wants to be your exercise buddy, talk with them about what you would enjoy doing together and what times work best. If you have asthma, consider exercising in the morning or late evening to avoid peak hours of air pollution. If it gets dark early, remember to wear bright visible clothing and ideally a reflective vest.

My favorite exercises:

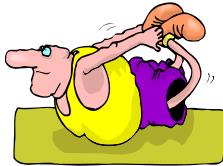
Jogging      Walking      Biking      Treadmill      Elliptical      Swimming

Jumping rope    Other: \_\_\_\_\_

My exercise schedule:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### Step 2: Stretching and preparing your body for exercise



Before you begin, make sure you are well hydrated and free of drugs such as caffeine. Start your routine by doing 10 to 15 minutes of gentle stretching and warm-ups. Be sure to stretch your shoulders, neck, back, legs, and your hamstring, quadriceps, and abdominal muscle groups. Your doctor can review these stretches with you.

### STEP 3: Exercise!

Perform the exercise of your choice continuously for at least 30-45 minutes. The exercise is most effective if you maintain an elevated heart and breathing rate. However if you go too fast, then you may experience symptoms such as cramps or chest pain. Based on your height, level of conditioning, and resting heart rate, it is recommended that you maintain these heart rate limits.



If your heart rate is less than \_\_\_\_\_ bpm, then speed up!

If your heart rate is more than \_\_\_\_\_ bpm, then slow down!

**Step 4: Cooling down:** It is very important that you give your body a chance to cool down and stretch after your exercise routine. Take 10 minutes after you are finished with your exercise to walk at a slow pace, and do some gentle stretches of you neck, back, and legs.

### Step 5: Think about new ways to keep your exercise routine fun and interesting



After you have been doing you basic routine for several weeks, you may want to think of ways to keep it fun and exciting. For example, if you are jogging or walking, set distance or time goals for yourself and keep a log of your best performances. You can get a step counter relatively cheaply at most sports stores, so you can keep track of how many steps you take. If you are swimming, biking, or jogging there are many clubs and charity organizations that you may want to join, combining other interests that you may have. Who knows, you may even decide to become a competitive athlete on a high school or college team.