

Exercise Guidelines

F - Frequency: 5-6 days/week

- Aerobic exercise (such as walking, biking, swimming)
- Strength training (weights) - 2-3 days/week

I - Intensity: “moderate”

- As intensely as possible and still carry on conversation
- On scale of 1 (low) to 10 (high), exercise at about 6-8

T - Time: Initial goal is 150-180 minutes/week Ultimate goal is 200-300 minutes/week

- Warm-up and cool-down with slow exercise
- Stretch each day

FOR SUCCESS:

- Identify your benefits and barriers
- Keep an exercise diary
- Have a scheduled plan and back-up plan for each day

