

# Fitness Recommendations



## Why is exercise important?

Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities and it increases endorphins which can naturally calm you and reduce stress!

- The cardio recommended guideline for adults is at least 150 minutes of moderate exercise a week (30 min a day, 5 days a week). This can be broken into intervals of 5-10 minutes multiple times per day!
- And at least 2 days of strength training, the cool thing with this recommendation is there isn't a time for these the focus is hitting the major muscle groups at least 3 sets of 8-15 reps of the target muscle groups which include : Shoulders/back, Chest/Arms, Legs, and Abdominals

Muscle-strengthening activities help increase/maintain muscle mass and strength. This is important because as we age we start to lose muscle at a faster rate, and with weight loss because the larger the muscle mass the more your metabolism speeds up.



Adults need a mix of physical activity to stay healthy.

### Moderate-intensity aerobic activity\*

Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week



### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

AND

at least  
**2**  
days  
a week



If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.

If that's more than you can do right now, **do what you can**. Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**



Med-fit  
MEDICAL WEIGHT LOSS

# Fitness Recommendations Cont.



## How to determine the level of intensity to your Exercise:

When thinking about hitting the general guidelines it's important to understand intensity to the activity you are doing. The easiest way to measure your intensity is using what we call the talk test.

- **Low Intensity:** If you are able to hold a conversation or sing during the exercise with no extra huffs or very little this is considered low intensity. The recommendation at this level is at least 300 minutes each week (60 minutes most days of the week)
- **Moderate Intensity:** If you can comfortable talk but unable to sing or have to take a pauses every so often to catch your breath this is considered moderate intensity. The recommendation at this level is at least 150 minutes each week ( 30 minutes most days of the week).
- **High Intensity:** If you are unable to say more than a few words without needing to catch your breath this is considered high intensity. The recommendation at this level is at least 75 minutes each week ( 15 minutes most days of the week).

For maximal benefit there should be a mixture of each type of exercise within your weekly routine adding up to at least 150 minutes to 300 minutes of exercise each week.

## Another way to know your exercise intensity is using your heart rate:

You can find your maximal heart rate by subtracting your age from 220 or view the chart below. You can also use a heart rate monitor to determine where you are at in your workout.

- Low Intensity exercise is between 40% and 50%
- Moderate Intensity exercise is between 50% and 70% of your maximum heart rate
- High Intensity is between 70% and 85% of your maximum heart rate

Your Age	Target Range HR 50-85%	Max Heart Rate (beats per minute)
20	100-170 beats per minute	200
25	98-166 beats per minute	195
30	95-162 beats per minute	190
35	93-157 beats per minute	185
40	90-153 beats per minute	180
45	88-149 beats per minute	175
50	85-145 beats per minute	170
55	83-140 beats per minute	165
60	80-136 beats per minute	160