

Aerobic Exercise

Benefits:

- Heart and lungs work better
- Lowers body fat and increases muscle mass
- Lowers blood pressure
- Blood sugar levels are better controlled
- Lowers risk for long-lasting conditions (joint pain, weakening bones)
- Keeps your joints moving
- Helps you have more energy
- Improves mental health
- Improves overall enjoyment of life

F.I.T.T. Principle

Your program is prescribed using the F.I.T.T. principle:

Frequency - How many times are you exercising?

- 3-5 days a week

Intensity - How hard are you working?

- Moderate to somewhat hard
- RPE: 12-13

Type - What exercises are you doing?

- Rhythmic & continuous movements such as walking, biking, swimming, etc.

Time - How long are you exercising for?

- 20-60 minutes per session; up to 150 minutes weekly
- Less than 20 minutes can also be beneficial. This works well for people who were inactive before.

Prescribing exercise is a lot like how your doctor prescribes medication.

Your doctor tells you to take your medication:

- a number of times each day
- at a specific dosage
- and for a specific period of time

Your exercise prescription works the same way.

To find out how much exercise is right for you, think about:

- your goals
- your current fitness and physical activity level, and
- your medical history