

**Circle the benefits below that you want. I want to:**

- ❖ Reduce my risk for fatal heart attacks by as much as 40 percent
- ❖ Reduce my risk of strokes by as much as 30 percent
- ❖ Improve my cholesterol
- ❖ Decrease my blood pressure
- ❖ Decrease my risk of Colon cancer
- ❖ Improve my immune system
- ❖ Unload daily stress
- ❖ Improve my sleep
- ❖ Improve my mood
- ❖ Improve my endurance
- ❖ Lose weight
- ♠Improve strength
- ♠Reduce my risk for injuries
- ♠Build muscle
- ♠Improve my tone and look better
- ♠Decrease my risk for falling
- ♠Slow down my aging process
- ♠Improve my performance in a sport
- ♠Improve my flexibility
- ♠Improve cognitive functioning

Your maximum heart rate is calculated as:  $220 - \text{age} = \underline{\hspace{2cm}}$  Your **heart rate training zones** are a pulse rate per minute of  $\underline{\hspace{2cm}} - \underline{\hspace{2cm}}$ .

The suggested **length** of your aerobic sessions in your training heart rate zone is  $\underline{\hspace{4cm}}$

The suggested **frequency** of your exercise sessions are  $\underline{\hspace{4cm}}$

How to **progress**:  $\underline{\hspace{6cm}}$

Your **exercise options** are:  $\underline{\hspace{6cm}}$

**Write** the numbers of the days of the month below. Record in each box the aerobic activity, the amount of time and your heart rate. If you did nothing that day write a note to describe why you did not exercise.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

**Strength Training:** Lunges front and side, Squats(Squat w/arm push), Biceps curls, Triceps pulley extension, Seated chest press, Lat Pull Down, Row, Push ups(wall)

Other  $\underline{\hspace{6cm}}$

**Balance**  $\underline{\hspace{2cm}}$  **Stretching:** Achilles, Hamstrings, Quads,  $\underline{\hspace{2cm}}$