

Rx FOR EXERCISE

Name _____

Date _____

| TYPE OF PHYSICAL ACTIVITY | FREQUENCY (days per week) | DURATION (minutes per day) | INTENSITY LEVEL (light, moderate, or vigorous) |
|--|------------------------------|-------------------------------|---|
| AEROBIC EXERCISE | | | |
| STRENGTH TRAINING | | | |
| FLEXIBILITY TRAINING &/OR STRETCHING EXERCISES | | | N/A |

Regular physical activity helps improve your overall health and fitness, and reduces your risk for many chronic diseases. It's easier than you think, and just what the doctor ordered!

Signature _____ M.D.



SOUTH DAKOTA DEPARTMENT OF HEALTH

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Live Better. Grow Stronger.



For more information, examples of light, moderate, and vigorous activities, and ideas on how to reach your physical activity goals, please visit **www.HealthySD.gov** or **<http://www.cdc.gov/physicalactivity/everyone/guidelines/index.html>**

Physical Activity Recommendations

Aerobic Activity or “cardio” is anything that gets you breathing harder and gets your heart beating faster. All types of activities count as long as you’re doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**.

Most adults should try to do at least **2 hours and 30 minutes** per week of **moderate activity**, or **1 hour and 15 minutes of vigorous activity** per week. *As a general rule: 1 minute of vigorous activity is about the same as 2 minutes of moderate activity.*

Keep in mind that what’s moderate for you might be vigorous for someone else. Take the “talk test” (see chart below) to help you identify what level of intensity an activity is for you.

| LEVEL OF INTENSITY | IF YOU CAN... |
|--------------------|---------------------------|
| LIGHT | TALK AND/OR SING |
| MODERATE | ABLE TO TALK BUT NOT SING |
| VIGOROUS | DIFFICULTY TALKING |

Muscle Strengthening activities should be done in addition to aerobic activity **at least 2 days per week**. These activities should **work all the major muscle groups of your body** (legs, hips, back, chest, abdomen, shoulders, and arms). To gain health benefits, muscle strengthening activities need to be **done to the point where it’s hard for you to do another repetition without help**.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8–12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle strengthening activities, but to gain even more benefits, do 2 or 3 sets.

Flexibility Training can help improve range of motion, balance, posture, and reduce injury. **Stretching Exercises** and activities can help improve overall flexibility. **Stretching before and after exercise is best.**