



Advanced Exercise Prescription for:

Recommended Intensity and Duration for Endurance Activities:

- Moderate [Activities that require a moderate effort, increase your heart rate, and cause a light sweat but can be continued without stopping for rest or breath]
- Vigorous [Activities that require a large effort, greatly increase your heart rate and breathing, and cause a large sweat]
 - At least 30 minutes per session
 - 30 - 45 minutes per session
 - 45 minutes or more per session

Recommended Frequency:

Endurance Activities

- 4-5 times per week
- 6-7 times per week

Strengthening Activities (weight lifting, resistance bands, push-ups, sit-ups)

- 2-3 times per week

Flexibility/Stretching

- Daily

Based on your medical condition, the following restrictions on types of activity are recommended:

- No restrictions
- _____