



# Elevate Your Exercise

## The American College of Sports Medicine Recommends:

Moderate intensity aerobic physical activity for a minimum of 30 minutes a day, 5 days a week. Common examples of aerobic physical activities include:

- Walking or running
- Cycling
- Swimming
- Dancing
- Playing sports
- Doing yard work

Strength training exercises at least 2 days a week. Flexibility or stretching exercises at least 2 days a week

Remember, daily physical activity can be cumulative throughout the day. Two 15-minute walks are as beneficial as one 30-minute walk.

## The FITT Principle

<b>F</b>	<b>Frequency</b> - How frequent the exercise or activity is performed in terms of time per day and/or per week.
<b>I</b>	<b>Intensity</b> - The level of exercise in terms of heart rate, rating of perceived exertion (RPE), pounds, strength levels, METS, etc.
<b>T</b>	<b>Time</b> - The duration of the activity.
<b>T</b>	<b>Type</b> - The mode or description of the exercise or activity.

*\*Note: If you experience soreness within the 48 hours after exercise, decrease the intensity by lowering the weight or decreasing the amount of repetitions performed.*