Name: ___________________________ Date: ___________________________

☐ **Strength Training**  (1 2 3 4 5 times per week)
  - Exercise top, bottom, front, and back muscle groups. Alternate muscle groups each session to give muscles the chance to rest and rebuild.
  - Perform 1-3 exercise sets per muscle group consisting of 8-12 repetitions per set at moderate intensity. Begin with 1 set and progress to 3 sets.
  - Rest for 30 seconds between sets.

☐ **Flexibility**  (1 2 3 4 5 times per week)
  - Stretch joints and muscles through full range of motion (10 minutes).

☐ **Cardiovascular Training**
  - walk  run  swim  bike  (1 2 3 4 5 6 7 times per week)
  - for ______ minutes (at a light moderate vigorous pace).
    - Light pace means you’re able to sing while exercising
    - Moderate pace means you’re able to comfortably carry on a conversation while exercising
    - Vigorous means you’re too winded or out of breath to carry on a conversation while exercising

Refer to _____________________________________________________________ for medical nutrition counseling.

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____________________________________________________________________ M.D.

physician signature