



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.