

# Prescription for Exercise

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Aerobic Activity

**Type:** Walk Run Swim Bike Other: \_\_\_\_\_

**Frequency (days/week):** 2 3 4 5 6 7

**Intensity:** Light (A casual walk) Moderate (A brisk walk) Vigorous (Jogging or Running)

**Time (minutes/day):** 10 20 30 60 60 or more

**Steps/day:** 2,500 5,000 7,500 10,000 more than 10,000

## Strength Training

- Muscle strengthening should be done at least two days per week
- Exercise should be done to strengthen all major muscle groups: legs, hips, back, chest, abdomen, shoulders, arms
- For each exercise, 8-12 repetitions should be completed
- Examples include bodyweight exercise (e.g. push-ups, lunges), carrying heavy loads, and heavy gardening

Provider Signature: \_\_\_\_\_

Please call **800-508-2222** for more information

Or call our Lifestyle Program Coordinator directly at **802-652-4139**

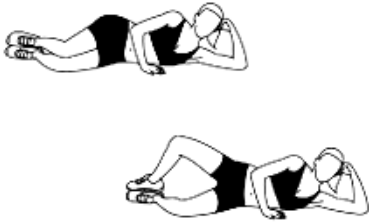
**YOU FIRST**

VERMONT DEPARTMENT OF HEALTH

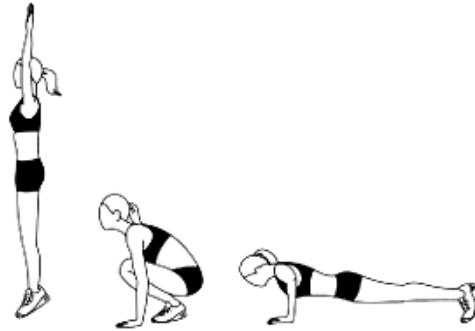
Adapted from [exerciseismedicine.org](http://exerciseismedicine.org)

# Strength Training

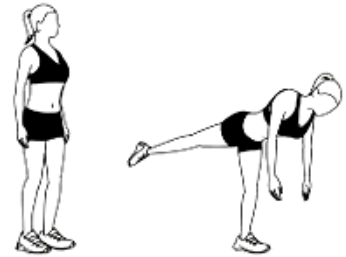
Clamshell



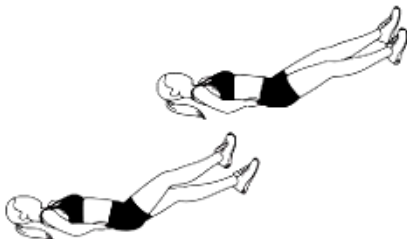
Burpees



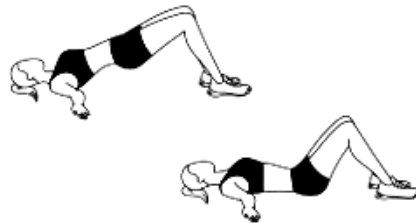
Single Leg Deadlift



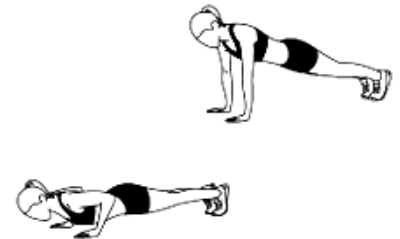
Scissor Kicks



Glute Bridge



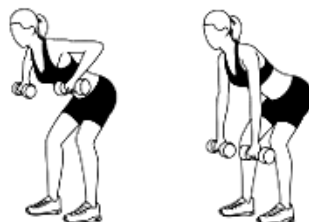
Push Ups



Split Squat Press



Wide Row



Bicep Curls

