

JANUARY

F – Frequency

I – Intensity

T – Time

T – Type

Cardiovascular Exercise

FREQUENCY – **MOST** if not **ALL** days of the week.

INTENSITY – Within your Target Heart Rate Range (THRR)....or so that talking during the activity is difficult.

TIME – At least 30 minutes.

TYPE – Walking, Running, Biking, Swimming, etc.

Resistance Training Exercise

FREQUENCY – 2-3 days per week....or so that you focus on all of the major muscle groups at least once.

INTENSITY – 2 sets of 10-15 repetitions for each major muscle group.

TIME – 30 -60 minutes

TYPE – Free weights, Machines, Resistance Bands, etc.

Flexibility Exercises

FREQUENCY – Before and after each exercise session.

INTENSITY – Stretch each muscle group to mild discomfort. If it is painful, you are stretching too far.

TIME – 10-15 minutes

TYPE – Stretching and light Pilates/Yoga