

Month/Year _____

Employee I.D. Number _____

Name: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat
Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>	Date: _____ Time: _____ <input type="checkbox"/>
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Please fill in the date and amount of physical activity that you did each day. Physical activity needs to be cardiovascular in nature - walking, jogging, running, aerobic dance, swimming, bicycling, power yoga, recreational sports, hiking, rope skipping, cross country skiing, and in-line skating. Send completed form to Staci Datterer-Frey, Human Resources.

Guidelines for healthy adults under age 65

(Basic recommendations from American College of Sports Medicine & American Heart Association):

Do moderately intense cardio 30 minutes a day, five days a week

Or

Do vigorously intense cardio 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, eight to 12 repetitions of each exercise twice a week.

Moderate-intensity physical activity means working hard enough to raise your heart rate and break a sweat, yet still being able to carry on a conversation. It should be noted that to lose weight or maintain weight loss, 60 to 90 minutes of physical activity may be necessary. The 30-minute recommendation is for the average healthy adult to maintain health and reduce the risk for chronic disease.

Guidelines for adults over age 65

(or adults 50-64 with chronic conditions, such as arthritis)

(Basic recommendations from American College of Sports Medicine & American Heart Association):

Do moderately intense aerobic exercise 30 minutes a day, five days a week

Or

Do vigorously intense aerobic exercise 20 minutes a day, 3 days a week

And

Do eight to 10 strength-training exercises, 10-15 repetitions of each exercise twice to three times per week

And

If you are at risk of falling, perform balance exercises

And

Have a physical activity plan.

Both aerobic and muscle-strengthening activity is critical for healthy aging. **Moderate-intensity aerobic exercise** means working hard at about a level-six intensity on a scale of 10. You should still be able to carry on a conversation during exercise.

Older adults or adults with chronic conditions should develop an **activity plan** with a health professional to manage risks and take therapeutic needs into account. This will maximize the benefits of physical activity and ensure your safety.