



For a healthier version of you, please participate in:

_____ of exercise _____ times/week at a _____ intensity.
MINUTES/HOURS FREQUENCY INTENSITY

Need some help deciding what to do? Here are just a few examples:

LOW INTENSITY

- Gentle yoga
- Light walking
- Water aerobics
- Leisurely cycling
- A game of golf
- Pilates class
- Senior fitness class
- Lifting light weights
- Other _____

MODERATE INTENSITY

- Brisk walking
- Easy jogging
- Elliptical training
- A game of baseball
- Zumba class
- Doubles tennis
- Step class
- Kayaking
- Other _____

HIGH INTENSITY

- Road cycling/spin class
- A game of basketball
- Running
- Boot camp class
- A game of soccer
- Swimming laps
- Kickboxing class
- Other _____

For locations where you can participate in these activities as well find many other options visit www.activerva.org.

X _____

DOCTOR'S SIGNATURE