



PHYSICAL ACTIVITY PROGRAM GUIDE

	WARM UP	WALK DAILY	COOL DOWN	TOTAL TIME
week one	Walk slowly 5 mins	Walk briskly 10-15 mins	Walk slowly 5 mins	20-25 mins
week two	Walk slowly 5 mins	Walk briskly 15-20 mins	Walk slowly 5 mins	25-30 mins
week three	Walk slowly 5 mins	Walk briskly 20-25 mins	Walk slowly 5 mins	30-35 mins
week four	Walk slowly 5 mins	Walk briskly 25-30 mins	Walk slowly 5 mins	35-40 mins
week five	Walk slowly 5 mins	Walk briskly 30-35 mins	Walk slowly 5 mins	40-45 mins
week six	Walk slowly 5 mins	Walk briskly 40-45 mins	Walk slowly 5 mins	50-60 mins

CHOOSE THE RIGHT EXERCISE GEAR

Wear clothes that are comfortable and free to move in. Clothes should be soft and able to absorb sweat/perspiration. Females should wear proper bra for support.

Wear shoes that can withstand activities on a regular basis. Shoes should be flexible with proper cushion. When buying shoes, consider the following: weight, type of activity and duration of activity.



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F.I.T.T FOR LIFE



GET MOVING THE F.I.T.T WAY!

Frequency

Exercising on a regular basis, (e.g. 3 days or more per week) to improve your health.



Intensity

Light Moderate Vigorous

The answer is determined by the amount of energy you use to carry out the activities

Use the Talk Test!

The harder you work out, the harder it is to talk.

LIGHT
You can sing

MODERATE
You can't sing but can engage in conversation

VIGOROUS
You can only say a few words at a time

Time

Adults

150 minutes per week (30 minutes a day) at moderate or vigorous intensity to gain some health benefits

300 minutes per week (1 hour a day) to lose weight

300 - 450 minutes per week (90 minutes a day) if you are obese and want to lose and maintain weight

Children

At least 60 minutes of structured physical activity in addition to several hours of free play each day.



Type

Aerobic and Anaerobic exercises both provide health-related benefits. They are both vital components of fitness

Aerobic exercise is more efficient for the heart and lungs, they help to control blood sugar and blood pressure levels and losing weight.

Examples of Aerobic Activities: Running, Swimming, Washing the car, Walking, Gardening, Dancing, Skipping, Aerobics

Anaerobic exercise is more effective at toning muscles.

Examples of Anaerobic Activities: Power lifting, Sprinting, Basketball, Explosive jumping, Stairs, Skipping, Squats, Push-ups, Lunges

Flexibility

Stretching is very important to improve range of motion and prevent injury.

Examples: Neck, Shoulder, Chest, Trunk, Back, Legs, Ankle.

