

Name: **Sample Man**

Male, 51.5 years

☒ 03/21/1993 ☐ 03/21/1997

The Heart Place

Fitness

Wellness Variable	Your Rating	Poor	Fair	Good	Great
Cardiovascular / Aerobic	2 2	<div><div></div></div>			
Strength	20 20	<div><div></div></div>			
Flexibility	20 20	<div><div></div></div>			

Adequate fitness levels are necessary to carry out daily tasks with vigor and alertness. One of the most important things that you can do for your health is exercise regularly. The Centers for Disease Control jointly issued a statement with the American College of Sports Medicine recommending all adults to accumulate 30 minutes or more of moderate intensity physical activity on most, preferably all, days of the week.

You probably know exercise is a good idea, but you might be surprised at how many health problems and diseases can be prevented or controlled with a daily dose of exercise. You'll live longer, reduce your risk of heart disease, lower or control your blood pressure, prevent diabetes, lower your colon cancer risk and build healthy bones and muscle while reducing fat.

Action Plan

Check with your physician before increasing your physical activity level.

Consider starting a safe exercise program. Make an effort to participate in some form of moderate activity on a daily basis. Walking, cycling and swimming are excellent choices. Start your program with daily sessions lasting about 15 minutes. Exercise briskly enough to increase breathing rate but not so fast that you become breathless. Maintain a steady pace and try to work up to 30+ minutes each day.

It is a good idea to include WARM-UP activities at the start of your exercise workouts. Simple stretching movements, calisthenics and walking are ideal for this. The warmup session can also be a convenient time to do exercises that improve overall flexibility. These exercises are particularly important for you since indicated that you seldom do them. Inadequate flexibility becomes a problem for many people as they age. A regular stretching routine will help you to improve the range of motion in your joints. Be sure to emphasize exercises for the lower back and posterior thigh regions.

Take time after each exercise workout to fully COOL-DOWN. Allow your breathing and heart rates to return to normal. Sometimes people feel light-headed after working out. This is usually due to an inadequate cool-down which results in blood pooling in their lower extremities and a lack of blood flow and oxygen to the brain!

For most people, many of their daily activities require a certain amount of muscular strength or endurance. The maintenance or improvement of muscular strength and endurance enables individuals to perform daily tasks with less physiological stress. Most people benefit from the inclusion of some muscular strengthening activities in their exercise routines. Seek a fitness professional to instruct you on the basics, if necessary. Perform strength exercises a minimum of two times a week.

Make an effort to exercise on a regular basis. If you have trouble sticking to your routine, try exercising with a friend. Some people find it helpful to keep a log of their activities. Build in a reward system for your efforts. If you get away from your routine, don't hesitate to start again. You will be glad you did!