

# PHYSICAL ACTIVITY RECOMMENDATIONS

## CARDIOVASCULAR FITNESS

Frequency: Most days of the week (4+)

Intensity: 50-85% maximum heart rate, 3-6 on the RPE scale

Time: 30-60+ minutes, or a minimum of 1,000 calories burned/week  
(approx. 300 calories/session)

\* For weight loss, recommendations increase to 2,000 calories burned/week

\* Use the caloric expenditure chart (see pages 28–31) to estimate how many calories you've burned in an exercise bout

Type: Any activity that employs large muscle groups and increases your heart rate for a sustained period of time

Examples: Walking, jogging, cycling, aerobics, kickboxing, dancing, etc.

## MUSCULAR STRENGTH

Frequency: Minimum 2 times/week per muscle group

Intensity: 2-3 sets, 8-15 repetitions, using a resistance (weight) that causes fatigue by the final set, final 3 repetitions

Time: 20-60 minutes (varies based on program setup)

Type: Any exercise that uses a resistance to fatigue muscles in a short period of time

Examples: Free weights, machines, resistance bands, fitballs, medicine balls, calisthenics, etc.

## FLEXIBILITY

Frequency: 3+ times/week for maintenance, 5-6 times/week for improvement

Intensity: Stretch to the point of mild discomfort, but NOT Pain

Time: 15+ minutes

Type: Static stretching, holding the stretch position for a period of 15-30 seconds

Examples: Floor stretches, yoga, pilates, Tai Chi

AMERICA'S PREMIER WEIGHT LOSS AND HEALTH RESORT



*Hilton Head Health*