Exercise Dosage For All Ages

EXERCISE INFORMATION

When the doctor prescribes medicine we are told exactly how much to take, when to take it, and what precautions to take when using it. Did you know exercise needs proper dosage just like medication to be safe and effective? We can have too little or even too much. Frequency, intensity, duration, number of repetitions and type of exercise are all important components of a complete exercise routine.

A regular exercise routine is a must during the later years of life. As we age many unfavorable changes take place in our bodies. Leading a physically active lifestyle can help to prevent and reduce these changes. An exercise program that includes aerobic and strength training can have very positive effects on your health and increase your overall quality of life.

Exercise Guidelines

Always WARM UP! – 5min of low intensity work such as walking, or cycling (recumbent bike) can help to get blood flowing and prevent injury to our muscles during exercise. NOTE- Stretching is not a warm-up! A warm-up is an activity that gets the heart beating and blood pumping.

CARDIOVASCULAR TRAINING

Cardiovascular training (aerobic exercise) is a type of exercise that makes the heart and lungs work harder than at rest.

Examples: biking, running, swimming, in-line skating, aerobic dance, and stepping

RESISTANCE TRAINING

Resistance training is a type of exercise that stresses the muscles leading to increases in strength and size.

Examples: free weights, machines, and body weight.

EXERCISE TERMINOLOGY

Frequency – is the number of training sessions performed during a specific period (example 3 exercise sessions per week)

Duration – the amount of time an exercise session lasts (example a 45 min. exercise session)

Intensity – the demand or difficulty of an exercise session.

Exercise intensity is usually measured by a person’s heart rate with cardiovascular training. For resistance training a percent of a persons maximum repetition is used.

Repetition - is the raising and lowering of a dumbbell once.

Set - completion of a desired number of repetitions. (i.e. 10 consecutive reps = 1set)

Use this equation to find aerobic exercise intensity. 220-age = Max Heart Rate. Then multiply this number by your desired intensity (i.e. 70%) to stay within your desired range.

Revised on 11/24/2010
### CARDIOVASCULAR TRAINING

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Frequency</th>
<th>Duration</th>
<th>Intensity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adolescent (10-17)</strong></td>
<td>- 3–4 days per week</td>
<td>- 20 to 60 minutes of continuous aerobic activity</td>
<td>- 70–85% of maximum heart rate, refer to equation on reverse side</td>
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<tr>
<td><strong>Adult (18-65)</strong></td>
<td>- ≥ 5 days per week</td>
<td>- 30 minutes minimum; build up to 60 minutes per day</td>
<td>- moderate-intensity exercise 60-75% heart rate</td>
</tr>
<tr>
<td><strong>Older Adult (65+)</strong></td>
<td>- 6-7 days per week</td>
<td>- 30 minutes is the minimum; can be performed in smaller increments (i.e. separate 10 minutes bouts)</td>
<td>- about 55-70% of maximum heart rate; you should be able to talk during exercise</td>
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### RESISTANCE TRAINING

<table>
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<th>Age Group</th>
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</tr>
</thead>
<tbody>
<tr>
<td><strong>Adolescent (10-17)</strong></td>
<td>- 2-3 non-consecutive days per week</td>
<td>- should not exceed 60 minutes</td>
<td>- 1-3 sets of 6-15 repetitions; perform exercises that involve all major muscle groups with relatively light weight (50-70% of max)</td>
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<tr>
<td><strong>Adult (18-65)</strong></td>
<td>- 2-3 non-consecutive days per week</td>
<td>- 30 minute minimum, should not exceed 60 minutes</td>
<td>- 8-10 exercises focused on major muscle groups of the body, 3 sets, and 8-12 repetitions – (up to 80-95% of max)</td>
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<tr>
<td><strong>Older Adult (65+)</strong></td>
<td>- 2-3 non-consecutive days per week</td>
<td>- should not exceed 45-50 minutes</td>
<td>- moderate intensity, lift a weight that you can safely and comfortably lift 10 times with 1-2 sets, 8-15 repetitions</td>
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### Reference List


***Seek medical advice before starting a new exercise program***