

Exercise Management System - Adult and Senior Client Guides

EXERCISE PRESCRIPTION

The overall goal of the exercise program is to increase range of motion and fitness levels while minimizing joint inflammation. Perform all exercises in a slow, relaxed manner while trying to move through a full range of motion. Do not participate in weight bearing exercises such as jogging or aerobic dance if you have arthritis of the knees. Do not overstress the affected joints.

WARM UP

- Warm-up 5-10 minutes with slow, gentle flexibility range of motion exercises.
- RPE 6-10

MUSCULAR STRENGTH

- 2-3 days per week
- RPE 10-13
- 20-40 minutes
- Weight machines, free weights, Dynabands

AEROBICS

- 3-5 days per week
- RPE 12-15
- 20-40 minutes
- Walking, Cycling, Swimming

COOL DOWN

- 7-10 minutes
- RPE 6-10

Borg RPE Scale
6 Exertion at rest
7 Very, very light
8
9 Very light
10
11 Fairly light
12
13 Somewhat hard
14
15 Hard
Rate the degree of perceived exertion you feel during exercise.

CHOOSING AN EXERCISE INTENSITY RANGE					
AGE	40	45	50	55	60
Fitness Level	Heart Rate Range	Heart Rate Range	Heart Rate Range	Heart Rate Range	HeartRate Range
Low Fitness	125-138	123-135	120-132	118-129	115-126
Average Fitness	139-150	136-148	133-145	130-141	127-138
High Fitness	151-164	149-159	145-155	142-151	139-147

Note: Heart rate range based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting rate of 70.



Client Guides are focused on strength training and are complimented by a warm-up, cool-down, flexibility, and cardiovascular component.

Each Client Guide is age specific for chronic disease and includes:

- * Colorful illustrations with instructions (12 exercises)
- * Exercise Prescription
- * Mechanism to monitor safe and effective workload
- * Nutrition Prescription
- * Stretching program (6 exercises) with safety tips

NUTRITION PRESCRIPTION

- Consume 1500mg calcium daily
- Increase foods with vitamins D, A, B₆ and zinc
- Less than 30% dietary fat:
[10% saturated/10% monounsaturated (olive oil)/10% polyunsaturated (canola, corn, sunflower, fish oil)]
- Less than 300mg cholesterol
- Increase dietary fiber and complex carbohydrates

The information in this booklet is not meant to be used as a diagnosis for health related problems or a substitute for professional care. Consult your physician before beginning an exercise program.

STRETCH PROGRAM

Warm Up/Cool Down

Joint stiffening increases as individuals age. It is important to stretch the major muscle groups to decrease joint stiffness, improve range of motion and reduce injuries.

- Warm-up and cool-down using the stretches listed below.
- Walk a few minutes before stretching to warm the muscles.
- Hold each stretch 5-15 seconds, to the point of mild tension, but not extreme pain. Never bounce!
- Repeat each stretch 3-5 times.
- Breathe while you stretch to increase blood flow to your muscles.

Exercise Management System - Adult and Senior Placemats

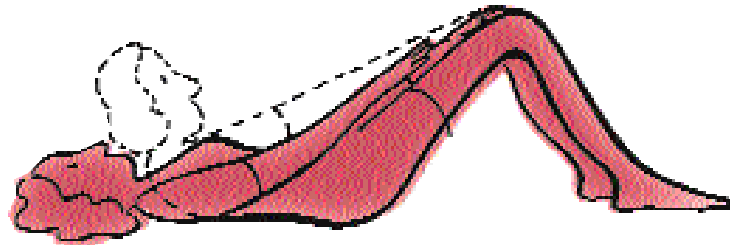
The Placemat Program is unique for individuals with disabilities or health concerns.

Placemats include:

- * Colorful illustrations with instructions
- * Progressive exercise program
- * Safety tips



Wheel Into Fitness

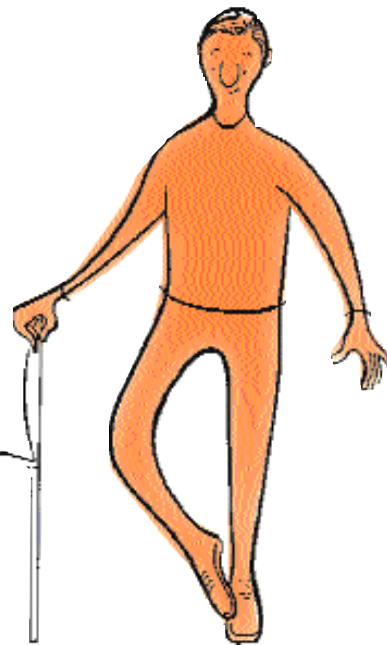
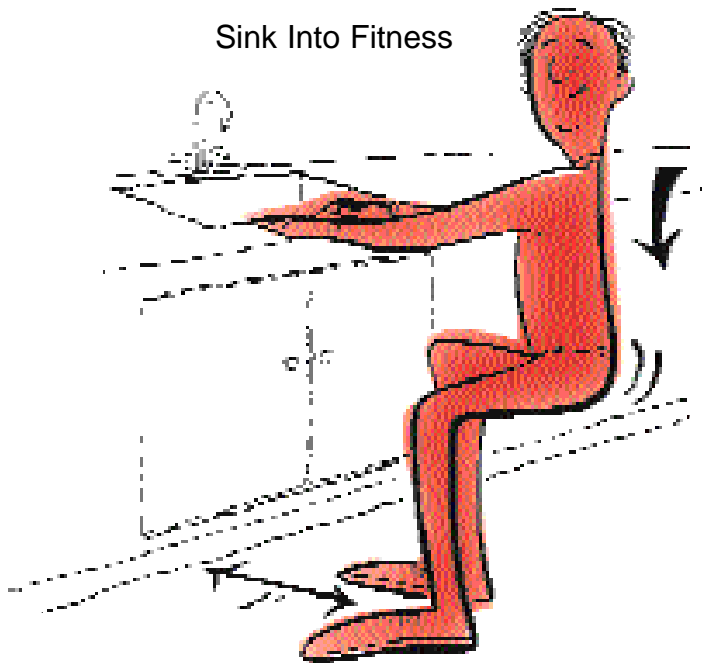


Back Into Fitness

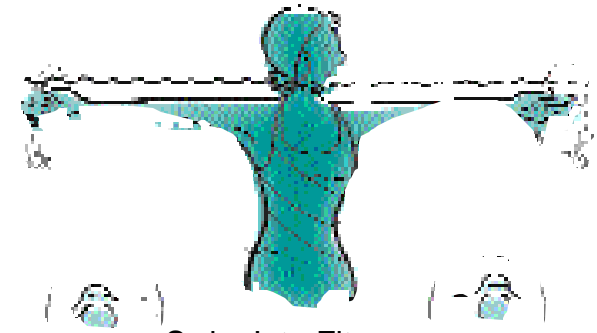


Walk Into Fitness

Sink Into Fitness

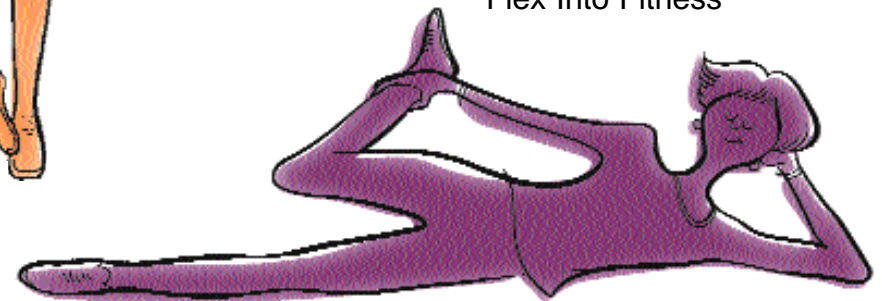


Hear Into Fitness



Swim Into Fitness

Flex Into Fitness



Exercise Management System

FitScript Exercise Management System offers a “To Do” preventive screening tool and “Key to Healthy Eating” chart specific to adults and seniors.

Compliments any Client Guide or Placemat Program.

The “Key to Healthy Eating” is age specific and includes:

- * Food categories
- * Serving size
- * Nutrients

The “To Do” screening tool is age specific and includes:

- * List of exams
- * Mechanism for tracking
- * Specific for men and women
- * Standard norms for wellness range and individual score
- * Mechanism for provider comments and customization

THE KEY TO HEALTHY EATING

These daily serving guidelines are taken from the USDA Food Guide Pyramid.

Bread, Cereal, Rice, Pasta Group: 6 - 11 servings

Vegetable Group: 3 - 5 servings

Fruit Group: 2 - 4 servings

Meat, Poultry, Fish Group: 2 - 3 servings

Milk, Yogurt, Cheese Group: 2 - 3 servings

Fats, Oils and Sweets: Use sparingly

Water: 8 glasses



Serving Size	Best Selection
<u>Bread, Cereal, Rice, Pasta Group</u> (Nutrients: Fiber, B ₁ , B ₆ , Niacin, Zinc, Potassium, Vitamin E)	
1 slice of bread	Whole grain, whole wheat
4-6 crackers	Triscuits, Finn Crisps
1/2 cup cooked cereal	Oatmeal, Cream of Rye, Wheatena
3/4 cup flaked ready to eat cereal	Shredded Wheat, Grape Nuts, Raisin Bran, Cheerios
1 cup puffed cereal	Puffed rice, wheat
1/2 cup cooked rice or pasta	Brown rice, Couscous, Kasha, whole wheat

FitScript™ “TO DO” LIST

Date	Exam Complete	40-49 every 2-3 years	50-59 Annually	3	Wellness Range	My Score	Out of Range
	Blood Pressure						
	Blood Cholesterol						
	Blood Chemistry						
	Immunizations: Tetanus						
	Digital Rectal Exam Fecal Occult Blood Test Sigmoidoscopy						
	Oral Exam						
WOMEN	Pelvic Exam Pap Test Endometrial Biopsy						
	Breast exam: Self Exam Clinical Exam Mammography						
MEN	Prostate Exam: TSE Self-Exam PSA						
	Skin Exam						
	Urinalysis						
	Dental check-up						
	Bone Density						
	Sensory Loss: Vision Hearing						
	Weight Management						
	Electrocardiogram						

American College of Physicians
American Academy of Family Practice

US Preventive Services Task Force, 1996
American Medical Association

American Cancer Society
Nat'l Cholesterol Education Program

PROVIDER COMMENTS:
