



MyFitScript Exercise Series

Exercise for Prevention and Management of Chronic Disease

MyFitScript is a resource for exercise programs and education geared for adults and seniors with chronic disease or risk factors associated with cardiovascular disease. With 40 exercise programs designed for chronic condition and age, healthcare providers and professionals have a complete resource for exercise treatment for their patients/clients.

Also ideal for corporate wellness initiatives, organizations, health coaches, and personal trainers.

Individual exercise programs and packages can be purchased as print PDF's or electronic distribution agreements.

MyFitScript programs are:

- Evidence-based
- Based on medically proven exercise principles
- Safe and effective
- Driven by industry recommendations and guidelines

Programs are built around key components that are age and disease specific to include

- Strength training
- Cardiovascular conditioning
- Stretching and flexibility
- Progression
- Warm-up and cool-down

MyFitScript in the marketplace:

5th World Congress for Physical Activity, Aging, and Sports



Our Mission: *To collaborate with other healthcare partners including patients in promoting a fit and mobile aging population.*

Our Objectives:

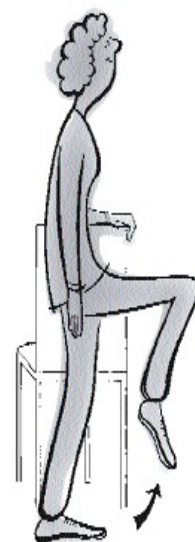
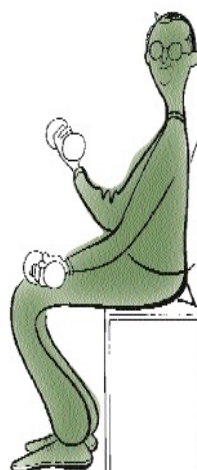
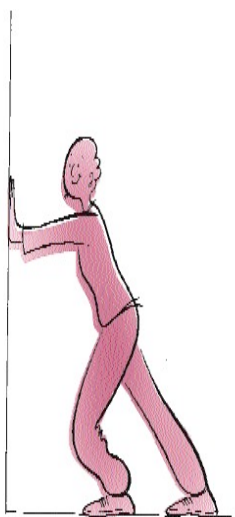
- *To provide age specific medical fitness programs and services for the promotion of health and prevention of chronic disease*
- *To work collaboratively with the providers of healthcare in meeting fitness needs of individuals and communities*
- *To be committed to helping the professional healthcare community to achieve better outcomes for patients and consumers*

Colorful illustrations and exercise prescriptions are easy to follow and can be performed in multiple settings. The MyFitScript exercise images were created by Jeanne Benas Art Studios and are the signature brand for MyFitScript!



Programs are in easy to print PDF format. (Laminated print product available upon request).

- 2-3 page 8.5 x 11
- 12 exercises with instructions
- Rate of Perceived Exertion (RPE) chart or heart rate range chart
- F.I.T.E. exercise prescription specific for age and chronic condition or disability (F.I.T.E. stands for Frequency, Intensity, Time, Exercise)
- Components for warm-up, cool-down, stretching, strength training, and cardiovascular conditioning
- Goals and safety tips



Other MyFitScript products and services include: Contact MyFitScript for more information:

- FitKit Toolkit for consumers
- MyHealth Affair Consumer presentation with goal setting, action planning, and education
- Provider Guide 2nd Edition (Coming Soon)

MYFITSCRIPT™ Diabetes

The goal of the exercise program is to normalize blood glucose. Consider medication schedule, eating patterns, complications. Consider monitoring blood glucose before, during and after exercise. Do not exercise on an empty stomach. Strength training may include lighter weights than normally prescribed. Stop exercise at initial appearance of warning signs: faintness, headaches, visual disturbances, confusion, apathy, nervousness, hallucinations, feeling of heaviness in extremities, unsteady gait, and tremor of hands.

WARM UP

- Warm-up 5-10 minutes
- RPE 6-10

MUSCULAR STRENGTH

- F• 2-3 days per week
- I• 8-12 repetitions
- T• 20-40 minutes
- E• weight machines, free weights

AEROBICS

- F• 5-7 days per week
- I• RPE 10-14
- T• 30-40 minutes
- E• bike, walk, swim

COOL DOWN

- 7-10 minutes

Rate of Perceived Exertion by Borg®

RPE Exertion Chart

6	No exertion at all
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard (heavy)
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

Rate the degree of perceived exertion you feel during exercise.

(RPE) Rate of Perceived Exertion Scale used to rate degree of exercise difficulty, or intensity. The 'I' in F.I.T.E. Ideal for older population and those on certain medications. Heart rate range chart also available.

F.I.T.E. formula for exercise program specific to disease and age:

Frequency
Intensity
Time
Exercise



- * May produce positive changes in lipid profiles and glucose control
- * Decrease blood pressure and weight
- * Improve cardiovascular risk factors

For orders or information:
www.myfitscript.com/store

Corley@myfitscript.com

615.497.5600

Corley Roberts, Founder of MyFitScript, is a recognized expert in exercise treatment for prevention and management of chronic disease. Corley has authored numerous publications, is a featured fitness columnist, and speaks nationally on topics to include women and heart disease, exercise and ageing, and behavior techniques for change. MyHealth Affair, Corley's national campaign for women, is an educational presentation combined with songs that engage and motivate participants to find the passion in health. Corley holds a degree in exercise physiology and healthcare administration, is a nationally Certified Professional in Healthcare Quality, and nationally certified Health Fitness Specialist with the American College of Sports Medicine. Corley resides in Nashville TN and is a performing songwriter and artist.