

# The MYFITSCRIPT Solution for Adult and Senior Fitness

## Each MyFitScript program

is unique to age and chronic condition/disability of the individual.

A combination of stretching and flexibility, strength training, aerobic exercise, and a proper warm-up and cool-down makes an individualized program a total solution for fitness!

Each program uses a **F.I.T.E.** formula which describes the frequency of exercise, intensity, time, and exercise type for each component:

### MUSCULAR STRENGTH

F. • 2-3 days per week

I. • RPE 10-13

T. • 20-40 minutes

E. • Weight machines, free weights, bands



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.

Borg RPE Scale
6 Exertion at rest
7
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.

Each MyFitScript program is equipped with a method to help you estimate how hard you are working, as shown above. The Borg RPE Scale stands for Rate of Perceived Exertion and is used by the individual to rate the degree of difficulty. Another commonly used method is age and heart rate range as described above. The RPE is the 'I' in the F.I.T.E formula!

## The BeneFIT

Each exercise program contains goals and benefits that are age and condition specific to the individual rather than 'one size fits all'.

### Cardiovascular Component

Cardiovascular, or aerobic, fitness is an activity that increases the workload on the heart and lungs with a multitude of benefits. Such activities include walking, swimming, cycling, jogging, elliptical, and rowing. The benefits are worth every minute and may include:

- \* improved energy levels and muscle endurance
- \* improved blood cholesterol and triglyceride levels
- \* improved blood pressure and resting heart rate

### Strength Component

Strength training is an activity that uses resistance or weight to build or maintain muscle mass. Examples include free weights or weight machines. Benefits may include:

- \* improved muscle and bone mass
- \* greater mobility and independence
- \* increased functional fitness

### Stretch and Flexibility Component

Joint stiffness increases as individuals age. It is important to stretch major muscle groups to decrease joint stiffness, improve range of motion, and reduce injuries. Each MyFitScript program contains instructions for safe and effective stretching.

The information in this program 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.

# MYFITSCRIPT Exercise Prescriptions

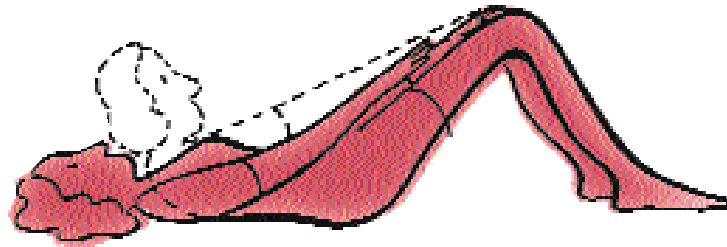
MyFitScript programs are fun and easy to use, and can be performed in various settings.

## Programs include:

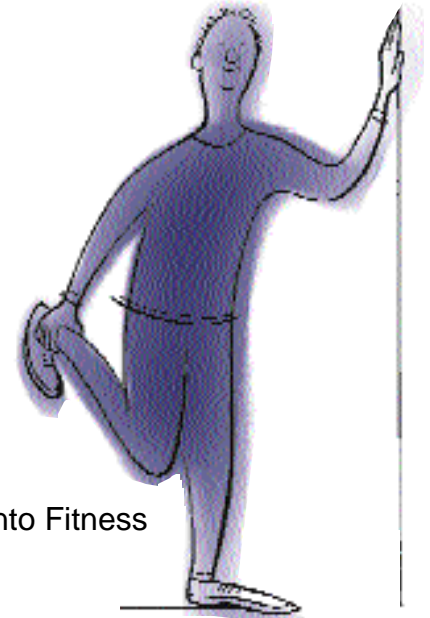
- \* Colorful illustrations with instructions
- \* Progressive exercise program
- \* Safety tips



Wheel Into Fitness



Back Into Fitness



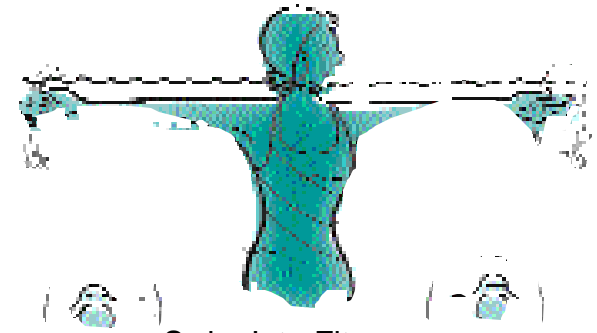
Walk Into Fitness



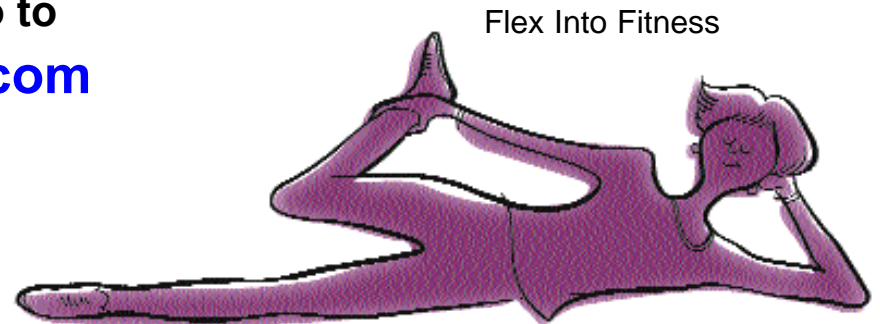
Hear Into Fitness

**Visit our website for more information  
on how to use MyFitScript  
for your fitness solution!**

**For a complete list of  
exercise programs go to  
[www.myfitscript.com](http://www.myfitscript.com)**



Swim Into Fitness



Flex Into Fitness