

EXERCISE PRESCRIPTION

What does F.I.T.E. mean on my exercise program?

F.I.T.E. is a formula designed to describe the important components of your exercise program and is specific to age and chronic condition based on guidelines.

'F' refers to frequency or how many times per week you exercise.

For example, strength training is typically recommended 2-3 days per week on alternate days.

'I' refers to intensity or how hard you exercise. This can be determined in a number of ways and MyFitScript uses the Borg RPE Scale and heart rate chart. Typically older adults or beginners find it easier to use the RPE Scale since some medications may alter heart rate and therefore using the heart rate chart may not be advised.

'T' refers to time, or duration, or how long the exercise session is. For example, 30 minutes of cardiovascular exercise or two 15-minute exercise sessions. Increase exercise volume over time to maintain recommended levels. Some recommendations may vary.

'E' refers to type of exercise or modality of exercise. For example, the exercise prescription may recommend walking or cycling as modalities of exercise used to improve cardiovascular conditioning. Choose the exercise modality you enjoy and you're more likely to stick to it!

Resistance Training refers weight or muscle strengthening exercise. Technique and form is critical to reduce injury and get the best results. Perform all exercises slowly using controlled movements throughout the full range of motion. Do not hold your breath on exertion! This may cause an increase in blood pressure. Controlling and training slowly uses more muscle tension, more muscle force, more muscle fibers, and reduces the risk of injury. You'll get better results if you do it right!

Range of motion refers to the performance of all movements throughout a full range of motion around the joint. This will allow for greater joint flexibility.

Progression refers to a gradual increase in workload and can be achieved by increasing duration, frequency, intensity, or a combination. The rate of progression depends on your health status, how you respond to exercise, your goals, and your fitness level. For beginners a good **Rule of Thumb** is start low and go slow. It is recommended that you start with light-moderate level intensity of exercise and then increase/progress over time by increasing the time/duration of exercise sessions. For example, if you begin walking for 20 minutes 2 days per week, a way to progress might be to increase to 30 minutes 2 days per week. In the case of strength training, progression can be achieved by adding weight, repetitions, or sets. Each MyFitScript program provides a range to work up to. It is important that you begin slowly and progress according to your rate of perceived exertion (RPE) and program recommendations. For example, you might begin with 2 sets of 10 repetitions. Once that is 'easy' progress with adding weight, more reps, or another set. A general **Rule of Thumb** is if you cannot lift 8 repetitions then the weight is probably too heavy.

Be sure to check with your doctor before beginning an exercise program.