# MY SCRIPT Osteoporosis

The overall goal of the exercise program is to xxxxxxxxxxx 

WARM UP XXXXXXXXX XXXXXXX RPE XXX

Guidelinedriven **ExRx** for age and condition

## AEROBICS

F. • XXXXXX

I. • RPE XXX

T. • XXXX minutes

E. • Weight bearing activitie walking, cycling, swimming

#### MUSCULAR STRENGTH

F. X days per week

I. X repetitions, XX sets, RPE XX

T. • XXXX minutes

E. • Weight machines, free weights

#### COOL DOWN

XXX minutes

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	Heart Rat Range	7
Low Fitness	125-138	123-135	120-132	118-129	115-126	5
Average Fitness	139-150	136-148	133-145	130-141	127-138	3
High Fitness	151-164	149-159	146-155	142-151	139-147	7

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



Age and condition specific benefits of exercise and physical activity

# For more information on exercise and osteoporosis visit www.myfitscript.com

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

Rate of

exercise

Borg RPE Scale

6

Exertion at

rest

7

Very, very light

8

9

Very light

10

11

Fairly light 12

Somewhat hard 13

> 14 15

Hard

Rate the

degree of

perceived

exertion you

feel during

exercise

Various stretches to maintain muscle and joint flexibility

Joint stiffening increases as individuals age. It is important to **Perceived** 

- Repeat each stretch xxx times.
- Breathe while you stretch to increase blood flow to your muscles.

#### **NECK TURNS:**

Slowly turn the head to the right, looking over the right shoulder. Hold. Slowly lower chin to the chest. Hold. Slowly turn the head to the left, looking over the left shoulder. Hold. Repeat.

#### SHOULDER CIRCLES:

Slowly circle both shoulders backwards 5 times. Repeat, circling both shoulders forward 5 times.

#### BACK SQUEEZE:

Sitting with good posture, arms bent at the sides of the body, slowly squeeze shoulder blades together. Hold. Repeat.

#### ARM STRETCH:

Cross your right arm in front of your body. Slowly pull the arm toward the body at the elbow and hold. Switch arms and repeat.

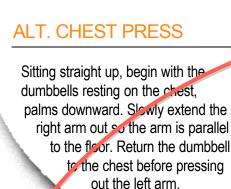
#### THIGH STRETCH:

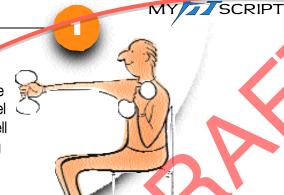
Stand up straight. Hold onto the wall with the left hand. With the right hand, grasp the ankle and slowly pull the heel up towards the buttocks until tension is felt along the front of the thigh. Keep the knees close together. Hold. Lower foot to the floor. Repeat. stretching the right leg before stretching the left leg. Hold onto the wall with the right hand and use the left hand to stretch the left lea.

### **CALF STRETCH:**

Stand facing a wall with both hands placed on the wall about shoulder level. Place the right foot well behind the body. Keeping the right leg straight and the heel to the floor, lean toward the wall. Hold. Repeat stretching the right leg before stretching the left leg.







## BICEPS CURL

While seated, begin with the dumbbells resting on the thighs, palms up. Keeping the elbows close to the sides, bring the right hand toward the shoulder. Slowly lower the dumbbell before raising the left hand.



## SIDE SHOULDER RAISE

Sitting straight up begin with the arms lowered to the outside of the chair. Palms should be facing inward. Slowly raise the right dumbbell straight out to the side of the body until shoulder height is reached. Lower the dumbbell before raising the left arm.

## **Exercise Program Features**

## Each exercise program\* comes with:

- \* 12 exercises with instructions
- \* Rate of Perceived Exertion (RPE) chart
- \* Heart rate range chart
- \* F.I.T.E. exercise prescription specific for age and chronic condition or disability
- \* Components for warm-up, cool-down, stretching, strength and cardiovascular conditioning

Visit www.myfitscript.com Library

for more information on how to use your program.

It's YOUR move!

<sup>\*</sup>Some programs may vary due to goals