


- **ExRx Bundle:** All 41 exercise programs (ExRx) are ideal for young adult, midlife, and older individuals living with chronic disease, have risk factors for heart disease, disability, or want to maintain good health and prevention!
- Programs are in easy to print PDF format and provided digitally upon purchase:
 - Colorfully illustrated strength exercises with instructions
 - Exercise components for warm-up, strength, aerobic, cool-down and stretching included
 - Exercise prescription specific for age and condition, and progression
 - Goals and safety tips

Adult Exercise Programs (17)

Arthritis
 Cancer
 COPD (Chronic Obstructive Pulmonary Disease)
 Depression
 Diabetes
 Fibromyalgia
 Heart
 Hypertension
 Low Back Pain
 Musculoskeletal
 Osteopenia
 Parkinson's Disease
 Peripheral Arterial Disease (PAD)
 Stroke
 Weight
 Multiple Sclerosis
 Strength Wellness Program (adults)

 *MyFitScript™ is a partner of Healthstar Physicians, P.C. to integrate prescriptive exercise programs within primary care practice for Diabetes.*

Senior Exercise Programs (18)

Alzheimer's Disease
 Arthritis
 Cancer
 COPD (Chronic Obstructive Pulmonary Disease)
 Depression
 Diabetes
 Heart
 Heart Failure
 Hypertension
 Incontinence
 Low Back Pain
 Musculoskeletal
 Osteoporosis
 Parkinson's Disease
 Peripheral Arterial Disease (PAD)
 Stroke
 Weight
 Strength Wellness Program (seniors)

MyFitScript™ is a partner of AFRESH

 
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Health and wellness for disadvantaged older adults: The AFRESH pilot study

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Special Considerations (4)

Wheel Fitness: Unique upper body strength program designed for individuals in a wheelchair.
Aqua Fitness: A water approach to exercise for those with arthritis or weight bearing limitations.
Hear Fitness: Unique stress and tension reducing exercise program for the hearing impaired.
Back Fitness: Specific just for back strength and flexibility.

Cardio and Stretch (2)

Walking Program - 12-week progressive walking program with safety tips, stretching exercises.
Flexibility Program - Stretching program designed to increase overall range of motion, flexibility, better mobility, and balance.

The ACTIVE Solution for your Patient/Client!

- ExRx for specific condition/age for muscle strength!
- Walking/Step Program for cardiovascular conditioning!
- Flexibility Program and balance exercises to reduce injuries!

The ExRx Bundle provides the foundational exercise program for the 'what to do' when exercise is recommended by the healthcare team.

The **PRO Bundle** advances to include provider/staff education and Train-the-Trainer resources and a toolkit for patients that provide the 'how to', behavioral change tools, and education!



Rolanda L. Lister, MD, Obstetrician-Gynecologist

"MyFitScript series is comprehensive and educational. As a maternal fetal medicine expert, I believe this series is pivotal to educating moms about the myriad of benefits that come from participating in exercise. I know the information shared in this series has the potential to improve the health and well-being of all mothers."

Wayne Westcott, PhD, National Strength-Training Consultant, Author

"MyFitScript is a highly educational and motivational resource that prepares healthcare and fitness professionals to work effectively with seniors in the area of exercise...I am pleased to recommend."

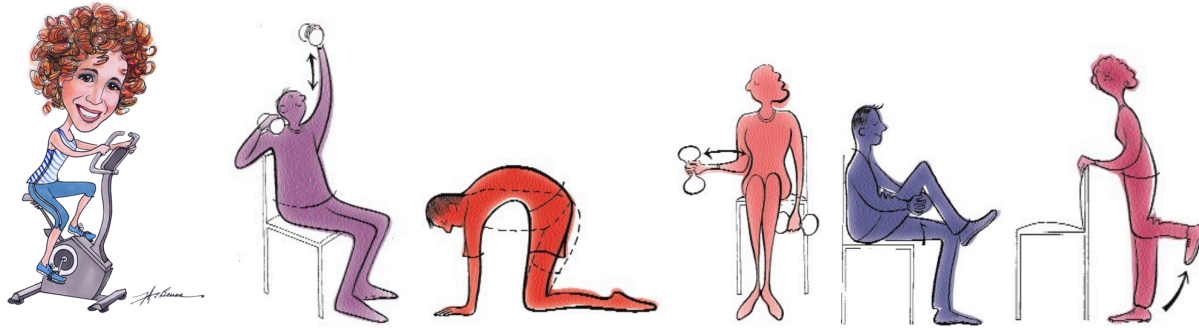
Rozmond Lewis, MD, Primary Care

"The MyFitScript program is a wonderful addition for any patient's care with chronic health conditions that are a barrier to good common-sense exercise. My patients have been much healthier overall because of the program".

www.myfitscript.com

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Exercise Prescriptions (ExRx)



Each exercise prescription is based on recommendations & guidelines for aerobic and strength conditioning based on age and condition.

Exercise Components

Goals for exercise and condition are displayed followed by the recommended frequency, intensity, duration, and type of exercise. Recommended stretches are displayed! Monitor level of difficulty with industry standards that allow safe and effective progression of exercise. Borg Rate of Perceived Exertion Scale (RPE); Karvonen Heart Rate Reserve chart.

MYFITSCRIPT Osteoporosis

The overall goal of the exercise program is to improve upper and lower body muscular strength and endurance to help conserve bone mass and improve fitness level. Start with low workload and progress slowly. Avoid forward flexion/stooping. For individuals with severe osteoporosis and risk of hip fracture, see your physician prior to exercise.

WARM UP

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

MUSCULAR STRENGTH

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

AEROBICS

- F. • 3-5 days per week
- I. • RPE 9-13
- T. • 20-30 minutes
- E. • Weight bearing activities, walking, cycling, swimming

COOL DOWN

- 7-10 minutes

Borg RPE Scale
6
7
8
9
10
11
12
13
14
15

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	Heart Rate 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	146-155	142-151	139-147

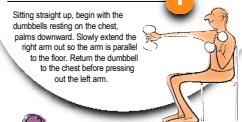
Note: Heart rate range based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting rate of 70.



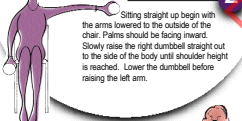
- Prevent falls and increase mobility
- * May slow age-related decline in bone mass
- * Increase/maintain range of motion
- * Increase/maintain activities of daily living

DRAFT

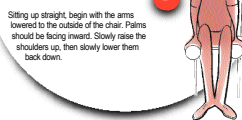
ALT. CHEST PRESS



SIDE SHOULDER RAISE

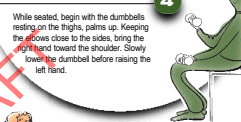


SHOULDER SHRUGS

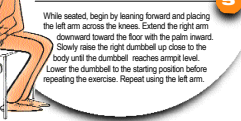


MYFITSCRIPT

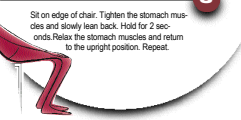
BICEPS CURL



ONE ARM ROW



ABDOMINAL CURLS



SENIOR OSTEOPOROSIS

Exercise Instructions

Each exercise program comes with up to 12 colorful MyFitScript signature caricatures with instructions that are easy to follow.

