


PRODUCT DESCRIPTION for PRO Bundle + BONUS program for Maternal Fitness!
Exercise for Prevention and Management of Chronic Disease

- **PRO Bundle:** All 41 exercise programs (ExRx Bundle) PLUS a maternal fitness ExRx (see Population-Specific Bundles).
- All programs 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



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

Cathy A. Maxwell¹, Corley Roberts², Kelsey Oesmann³, Sylvie Muhimpundu⁴, Kristin R. Archer⁵, Maulik Patel⁶, Mogos Mulubhan⁷, James Muchira⁸, Jeffrey Boon⁹, Marianna LaNoue¹⁰


Maternal Fitness Program (1)

Exercise program for Mama and baby for safe and fun fitness!



ExRx Mama – BONUS!
 (See Population Series for more Maternal Health programs and education)

MyFitScript™ is a partner of Reach Global "Save Moms" Campaign to Improve Maternal Health in Vulnerable Populations.


 <https://savemoms.global>

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.

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.

<p>The ACTIVE Solution for your Patient/Client!</p> <ul style="list-style-type: none"> • ExRx for specific condition/age • Consumer Toolkit (see FitKit description) • Walking/Step Program • Flexibility Program and balance 	<p>The PRO Bundle delivers a comprehensive exercise and educational program for clients/patients that includes all individualized strength exercise prescriptions (ExRx), a walking & step program for cardiovascular/aerobic component, a flexibility program for stretching and balance, AND a toolkit that provides education, worksheets, behavior change techniques, self-assessments, and motivational tools for success!</p>
	

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."

PRO Bundle includes...

Patient AND Provider Resources!

- Comes with ExRx Bundle of 41 exercise programs **PLUS** a BONUS ExRx for maternal fitness!
- Menu of individual exercises for customization.
- Provider/staff training & education: Self-learning presentations or schedule virtual sessions for an interactive learning experience!
- Implementation guidance & resources:
 - Forms for use in tracking measures and outcomes
 - Process steps and quality improvement measures integrated into current workflow
 - Referral form, action plan development, assessments and more!

- Consumer FitKit  Toolkit is the 'how-to' & 'what to do' for healthy lifestyle modification and exercise!

- Exercise components explained
- Behavior-change tools
- Worksheets and tracking tools
- Weight control tool 
- Supports exercise program

It's
YOUR
Move!

Train-the-Trainer presentations and learning!

- Assessments & Outcomes
- Health Coaching Techniques
- Fundamentals & Principles of Exercise

More topics and Population Bundles available!

"I am excited about the MyFitScript Diabetes program...this program will take things to another level...."

Presentations gave a solid overview.

Information was concise.

Great visuals!



Consumer Toolkit

MyFitScript Consumer FitKit toolkit is a great resource for patient engagement, accountability and improved outcomes!

A way to improve patient-provider partnerships and follow up visits!

A way to improve Consumer Assessment of Healthcare Providers/Systems - CAHPS®

*Supports all MyFitScript exercise programs & additional population-specific content options.



What's on the inside?

- Lesson plans and education
- Goal setting worksheets
- Risk Factor Assessment

One pound of fat
3500 Kcal

To lose one pound of fat you must:
= Burn off 3500 calories **OR**
= Reduce consumption of 3500 calories

Make it manageable!

500 kcal	500 kcal	500 kcal	500 kcal	500 kcal	500 kcal
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500 kcal = 7 days/week = 3500 kcal

Remember, more... **Little more**
250 kcal **or** **Little less**
250 kcal **or** **BIG results!**

What will you actively do today?
250 calories

What will you eat less of today?
250 calories

Fitness 4 Action Plan
4 Steps to a Fitness Action Plan

Step 1: Plan

Goal: _____

Why? _____

Timeframe: _____ Start Date: _____

Step 2: Do

Use the MyFitScript Activity Checklist to track and monitor your progress. You may also use a calendar to track each day you exercise and what you do. It's YOUR Move!

Step 3: Evaluate

Throughout your goal timeframe keep an eye on patterns and changes that may throw you off track. At the end of your goal period use the activity checklist to evaluate the impact on reaching your goal. Did you reach your goal or come close? What changes do you need to make to continue your goal? Was this goal realistic? New goal?

Step 4: Action

After you have assessed your activity levels and goal progress, make the necessary changes and continue your path! Don't stop just because you reached one goal. How to make it a part of your lifestyle and sustain it is the 'real' goal and that takes nothing but time!

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It's YOUR Move!

MYFITSCRIPT EXERCISE INTENSITY

How to use the Borg Rate of Perceived Exertion Scale (RPE)

How hard are you working?
How hard are you feeling?

Each MYFITScript exercise program incorporates a method for determining how hard you are working. The Borg Rate of Perceived Exertion Scale (RPE) is a scale of exertion or intensity as perceived by your heart rate. Some programs utilize a heart rate zone that allows you to monitor your workload and make intensity adjustments as needed. Other programs may allow you to use your rate to make intensity adjustments. The Borg RPE Scale is a wonderful tool to help you safely exercise within your prescriptive limitations.

The Borg RPE Scale is easy to use in exercise programming and testing and allows for a safe prescription based on your gender and fitness level. The RPE scale is used by Certified Personal Trainers and fitness professionals to prescribe regular moderate-intensity activity as recommended for adults. For moderate intensity activity, you should be able to talk to a friend while you exercise. For vigorous intensity activity, you should not be able to talk to a friend while you exercise. A good rule of thumb is that if you can talk and breathe comfortably, you are working at a moderate intensity. If you are unable to talk and breathe comfortably, you are working at a vigorous intensity. Regular exercise helps to improve your health and reduce your risk of chronic disease. Regular exercise helps to improve your health and reduce your risk of chronic disease. Regular exercise helps to improve your health and reduce your risk of chronic disease.

Borg RPE Scale	Intensity	Heart Rate Range (bpm)	Example
1-2	Very Light	50-60	Very light walking
3-4	Light	60-70	Light walking
5-6	Moderate	70-80	Moderate walking
7-8	Light to Moderate	80-90	Light to moderate walking
9-10	Moderate to Vigorous	90-100	Moderate to vigorous walking
11-12	Vigorous	100-110	Vigorous walking
13-14	Very Hard	110-120	Very hard walking
15-16	Extremely Hard	120-130	Extremely hard walking

Very Light 9-11
Light 12-13
Moderate 14-15
Vigorous 16-17
Very Hard 18-19
Extremely Hard 20-21

MYFITSCRIPT Activity Checklist

Begin with what you can easily perform and progress slowly to recommended levels. Record your goal at the start of each week. Record the totals that apply at the end of each week.

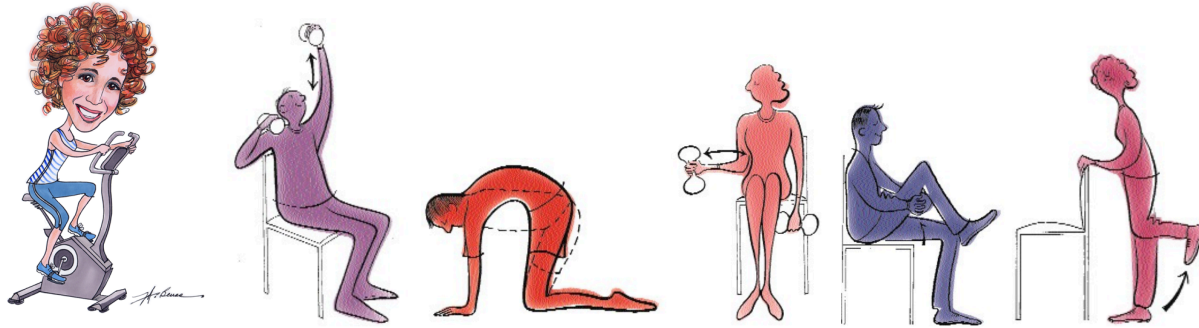
Name: _____ Date: _____
Week # _____

Goal	Activity	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Week Total
Goal: Aerobic	Duration	Duration	Duration	Duration	Duration	Duration	Duration	Duration	Total Duration
	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Distance	Total Distance
	Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps	Number of Steps
Goal: Muscle Resistance	Steps	Steps	Steps	Steps	Steps	Steps	Steps	Steps	Aerobic Days/Wk
	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Total Days
Goal: Flexibility	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Stretches	Total Days
	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Physical Activity & Movement	Total Days

Call 911 if you experience signs or symptoms: chest pain, shortness of breath, nausea, profuse sweating, unusual fatigue.

- Change readiness
- BMI, waist-to-hip ratio (WTH)
- Exercise 'how-to' and 'what to do'
- Exercise principles explained
- Intensity of exercise instructions
- MyFit500 weight control tool
- Finding motivation and your 'why'
- Safety
- Action plan worksheet
- Step program and tool
- Activity tracking tool

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

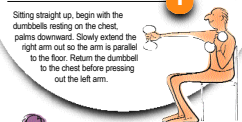
Note: Heart rate range based upon the Karvonen formula using an estimated maximum heart rate of 200 and an estimated resting rate of 70.

BENEFIT

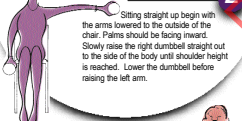
- Prevent falls and increase mobility
- * May slow age-related decline in bone mass
- * Increase/maintain range of motion
- * Increase/maintain activities of daily living

DRAFT

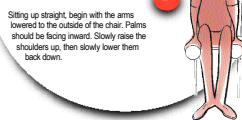
ALT. CHEST PRESS



SIDE SHOULDER RAISE

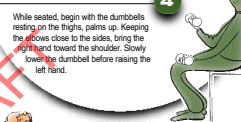


SHOULDER SHRUGS

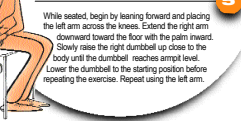


MYFITSCRIPT

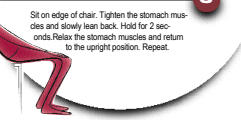
BICEPS CURL



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.

