

Date: 7/14/2023
Name: July Sunshine
DOB: 07/04/2022

Exercise Prescription and Guidelines:

Frequency: 5-7 days a week

Intensity: Target Heart Rate: *** bpm
RPE 11 – 14 (moderate-intensity level of exercise)
(Rate of Perceived Exertion scale/chart)

How Much: At least 150 minutes of exercise every week
(For example: Six 15-min sessions or Three 30 min sessions)

Type of Exercise: *** walking, strength training

Directions: Warm-up for 5 minutes before any type of exercise to help minimize the stress on your heart
Cool-down by reducing your exercise intensity and stretching at the end of your exercise session

Review: Your program should be re-evaluated:

- Every 6 months
- After any type of exercise stress test
- Changes in medications, especially heart medications
- Changes or new onset of chest discomfort or other symptoms