

Your Exercise and Activity Plan			
Name	Mrs Mary Smith	Assessment Date	Jan-11-2008
Gender	Female	Date of Birth	Oct-01-1960

Click on the summary chart to read more detailed text below.

Summary	Current Jan-11-2008	Previous Not available
Activity Level	Low	
Fitness Level	Low	
Quality of Life	Moderate	

Activity Level

Your level of physical activity and exercise is considered *low*. This means that you are averaging about 3,000 to 4,000 steps per day or the equivalent in other activities.

Increasing your activity level can improve your health in many important ways. It can reduce blood pressure, improve cholesterol, and help with weight loss. Even small changes can make a big difference.

- **Your goal** is to walk 6,000 steps (about 3 miles) each day or to complete other equivalent activities. This gives a weekly target of 42,000 steps or 21 miles.

To reach your goal...	Here's how...
1. Build up to your target slowly over several weeks: <ul style="list-style-type: none"> • This will help you avoid getting sore or overtired. • The better you feel, the more likely you will stick with the program. 	<ul style="list-style-type: none"> • During week 1, add about 500 steps (or 1/4 mile) to your day for a total of 3,500 steps. • During week 2, add another 500 steps to your day. • By week 6 you will be walking 6,000 steps a day.
2. Find ways to add steps to your daily routine:	<ul style="list-style-type: none"> • Use the stairs instead of the elevator. • Park farther from the store or your workplace. • Walk around the block at lunchtime.
3. Track your progress:	<ul style="list-style-type: none"> • Every week, enter your steps, minutes, or miles of activity. • Compare your current weekly total with previous weeks to get a picture of your progress.
4. Don't give up!	<ul style="list-style-type: none"> • If you don't reach your target on some days, renew your commitment and start again. • Get support from your coworkers, family, and friends.

Fitness Level

Your level of fitness is considered *low*. Increasing your fitness level will improve your heart and lung health and endurance.

Step up the pace by...	Here are examples...
Adding intensity to your usual activities a few times a week.	<ul style="list-style-type: none"> • Walk faster • Swim laps instead of swimming leisurely • Bike faster