Advanced Fitness Program

We recommend a warm-up and cool-down activity each time you exercise. We suggest using a comfortable walking pace for 5-10 minutes before and after each activity.

**Tips**

If at any point you don’t feel ready to move to the next stage, spend another week in your current stage. This does not equal failure.

*See *Know Your Limits* for exercise intensity on page 2

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**Ready to Workout**

**Advanced Fitness Program**

**Week 1 & 2**

- **200 minutes weekly**
  - Moderate intensity walking* for a total of 40 minutes per day, 5 days per week.

**Week 3**

- **225 minutes weekly**
  - Continue moderate intensity walking.* Increase to 45 minutes per day, 5 days per week.

- **250 minutes weekly (moderate)**
  - Continue moderate intensity walking.* Increase to 50 minutes per day, 5 days per week.

- **-or- 125 minutes weekly (vigorous)**
  - Begin vigorous intensity jogging* for 25 minutes per day, 5 days per week.

**Week 4**

- **275 minutes weekly (moderate)**
  - Continue moderate intensity walking.* Increase to 55 minutes per day, 5 days per week.

- **-or- 135 minutes weekly (vigorous)**
  - Continue vigorous intensity jogging.* Increase to 27 minutes per day, 5 days per week.

**Week 5**

- **300 minutes weekly (moderate)**
  - Continue moderate intensity walking.* Increase 60 minutes per day, 5 days per week.

- **-or- 150 minutes weekly (vigorous)**
  - Begin vigorous intensity jogging* for 25 minutes per day, 5 days per week.

**Week 6**

- **300 minutes weekly (moderate)**
  - Continue moderate intensity walking.* Increase 50 minutes per day, 5 days per week.

- **-or- 200 minutes weekly (moderate)**
  - Increase 50 minutes per day, 5 days per week.

- **30 minutes weekly (vigorous)**
  - Continue vigorous intensity jogging.* Increase 30 minutes per day, 5 days per week.

**Maintenance**

- **-or- 120 minutes weekly (vigorous)**
  - Increase 20 minutes per day, 5 days per week.

- **-or- 150 minutes weekly (vigorous)**
  - Continue vigorous intensity jogging* for 30 minutes per day, 5 days per week.

**-or- 200 minutes weekly (moderate) PLUS**

- **50 minutes weekly (vigorous)**
  - Combine moderate* and vigorous* activities on alternate days of the week.
Know Your Limits

The “Talk Test” is an easy way to judge the intensity of your activity.

**LIGHT**
No noticeable changes in breathing. You can carry on a full conversation or even sing.

**MODERATE**
Breathing effort increases without being out of breath. You can have a conversation but not sing.

**VIGOROUS**
Breathing is deep and rapid. You can’t say more than a few words without pausing for breath.

Extra Tips

Once the Advanced Fitness Program is complete, please choose one of the following two options:

1. Continue the maintenance stage of the Advanced Fitness Program.
2. Continue on the Flexibility and Resistance Training Program (stretching and weights) for added health benefits!
# Keep Track of Your Progress

Use this form to write down the amount and intensity of the exercise you are doing. You can compare your weekly total to the total weekly time goals provided in the program. If you don’t meet the designated goal, refer back to Losing Focus: Don’t Give Up!

<table>
<thead>
<tr>
<th>Week</th>
<th>Day 1</th>
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**Weekly Total**

| minutes | intensity |       |       |       |       |       |       |
Congratulations!

If you have made it to this portion of the *Fitness Prescription*, you have either completed the Beginner Fitness Program, Advanced Fitness Program, or both! This is a wonderful accomplishment, and you should be very proud of yourself!

Now is a great time to reward yourself. Don’t choose food rewards. Instead think of things that will be a treat but also keep you on the road to continued health. Some great choices are:

- **NEW EXERCISE CLOTHES**
- **A GREAT PAIR OF ATHLETIC SHOES**
- **A MASSAGE**
Sources


