

# Aerobic Miles PROGRAM

**G**ood health doesn't just happen. It is the result of healthy living each day. According to recommendations from The Centers for Disease Control and Prevention (CDC) and the American College of Sports Medicine (ACSM), **“Every adult should accumulate 30 minutes or more of moderate-intensity physical activity on most, preferably all, days of the week.”** Using the steps in the **FITT** Principle, develop a physical activity regimen you would like to follow.

## The FITT Principle

The **FITT** principle refers to: **F**requency, **I**ntensity, **T**ype, and **T**ime. When developing your goals, keep the **FITT** principle in mind. By changing one or more of these variables each week, you will soon feel better, look better, and have more endurance.



Goal Setting Worksheet															
Recommendation	Your Goal														
<p><b>F</b> <b>Frequency of participation</b> Aim for most, preferably all, days of the week</p>	<p>_____ days each week</p> <p>SUN    MON    TUES    WED    THURS    FRI    SAT</p>														
<p><b>I</b> <b>Intensity of exercise</b> (easy, moderate, vigorous) Start with an easy to moderate intensity, and work your way up to a moderate to vigorous intensity (as your health allows). Consult your doctor if you have health problems or concerns.</p> <p>The <b>“Talk Test”</b> is an easy way to monitor your approximate intensity and perceived exertion during physical activity. Find your level in the column to the right. <i>Source: The Centers for Disease Control and Prevention (CDC)</i></p>	<p><b>Intensity of Exercise (The Talk Test)</b></p> <p><input type="checkbox"/> <b>Easy</b> – when active at a light intensity, a person should be able to sing while taking part in the activity.</p> <p><input type="checkbox"/> <b>Moderate</b> – At a moderate intensity, a person should be able to comfortably carry on a conversation while participating in the activity.</p> <p><input type="checkbox"/> <b>Vigorous</b> – A person taking part in vigorous activity will still be able to talk, but will find conversation difficult due to heavy breathing.</p>														
<p><b>T</b> <b>Type of activity</b> Participate in activities you enjoy such as:</p> <table border="0"> <tr> <td><b>Moderate Activity</b></td> <td><b>Vigorous Activity</b></td> </tr> <tr> <td><input type="checkbox"/> Active gardening</td> <td><input type="checkbox"/> Bicycling (12+ mph)</td> </tr> <tr> <td><input type="checkbox"/> Aerobics to music</td> <td><input type="checkbox"/> Golf (carrying clubs)</td> </tr> <tr> <td><input type="checkbox"/> Bicycling (10 mph)</td> <td><input type="checkbox"/> Running</td> </tr> <tr> <td><input type="checkbox"/> Golf (walking)</td> <td><input type="checkbox"/> Skiing</td> </tr> <tr> <td><input type="checkbox"/> Hiking</td> <td><input type="checkbox"/> Swimming laps</td> </tr> <tr> <td><input type="checkbox"/> Walking</td> <td><input type="checkbox"/> Tennis</td> </tr> </table>	<b>Moderate Activity</b>	<b>Vigorous Activity</b>	<input type="checkbox"/> Active gardening	<input type="checkbox"/> Bicycling (12+ mph)	<input type="checkbox"/> Aerobics to music	<input type="checkbox"/> Golf (carrying clubs)	<input type="checkbox"/> Bicycling (10 mph)	<input type="checkbox"/> Running	<input type="checkbox"/> Golf (walking)	<input type="checkbox"/> Skiing	<input type="checkbox"/> Hiking	<input type="checkbox"/> Swimming laps	<input type="checkbox"/> Walking	<input type="checkbox"/> Tennis	<p><b>Name a few activities you will enjoy doing:</b></p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p>
<b>Moderate Activity</b>	<b>Vigorous Activity</b>														
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<p><b>T</b> <b>Time of physical activity</b> Aim for 30–60 minutes of physical activity each day. Start with 15–20 minutes and work up to at least 30 minutes daily.* More time is recommended for those who want to lose weight or achieve a higher level of fitness. *It's OK to break sessions into 2 or 3 shorter sessions.</p>	<p>_____ Minutes per day</p>														

Source: CDC/ACSM recommendation for physical activity. ACSM's Guidelines for Exercise Testing and Prescription.

**\*Refer to Aerobic Miles Goals and Tips on the next page to help with your FITT goal setting.**

## Tips to Help You Reach Your Fitness Goal

### 1. Choose moderate-intensity activities you enjoy.

By choosing activities that you enjoy, you will be more likely to stick with them. Add new activities every few weeks to help yourself stay motivated.

### 2. Start with small steps.

Set goals that challenge you but that you are confident you can accomplish.

### 3. Log your progress daily.

It helps to keep you on track – and seeing progress is motivating! (See included Physical Activity Log).

### 4. Gradually increase the time spent doing an activity.

Adding a few minutes to your physical activity every day

or week, will help you reach the recommended minimum of 30 minutes of physical activity per day in no time!

### 5. Reevaluate your progress often.

Do more of what is working. If something isn't working, try a new approach.

### 6. Vary your activities.

This will help hold your interest, and broaden the range of benefits. Try exploring new activities on a regular basis.

### 7. Be optimistic.

Think positively. You can do it!

### 8. Enlist an exercise buddy.

Having someone to exercise with will help you to maintain your self-discipline and make exercise more fun.

## Tips for People Who Have Been Inactive for a While

If...	Then...
You do not currently engage in regular physical activity	Begin by incorporating a few minutes of physical activity into each day, gradually building up to 30 minutes or more of moderate-intensity activities, such as walking.
You are now active, but less than the recommended levels	Try to be more consistent: <ul style="list-style-type: none"> <li>■ Aim for moderate-intensity physical activity for 30 minutes or more on 5 or more days of the week, or</li> <li>■ Choose vigorous-intensity physical activity for 20 minutes or more on 3 or more days of the week.</li> </ul>
You currently engage in moderate-intensity activities for at least 30 minutes on 5 or more days of the week	You may achieve even greater health benefits by increasing the time spent or intensity of those activities.
You currently engage in vigorous-intensity activities 20 minutes or more on 3 or more days of the week	Keep up the good work. Add new activities occasionally to keep your fitness program interesting.

Source: Centers for Disease Control and Prevention

## Aerobic Miles Goal (refer to Aerobic Mile Equivalents chart to calculate your miles)

My Goal* Check the box next to your goal	Aerobic Miles per Week	Aerobic Miles Completed After 12 Weeks (if Aerobic Miles/Week is maintained)	Fitness Level	Aerobic Miles Completed After One Year (If Aerobic Miles/Week is maintained)
<input type="checkbox"/>	6	72 Aerobic Miles	Getting Started	312 Aerobic Miles
<input type="checkbox"/>	10	120 Aerobic Miles	Good Fitness	520 Aerobic Miles
<input type="checkbox"/>	15	180 Aerobic Miles	High Fitness	780 Aerobic Miles
<input type="checkbox"/>	20 or more	240 + Aerobic Miles	Going the Extra Mile	1,040+ Aerobic Miles

**\*Start with this goal, and move up a level as you become more fit, if you so desire.**

## Commitment

**I am committed to getting regular physical activity to improve my health.**

To the best of my ability I will follow my action plan as described above.

Signature \_\_\_\_\_ Exercise Buddy/Witness \_\_\_\_\_

# Aerobic Mile EQUIVALENTS

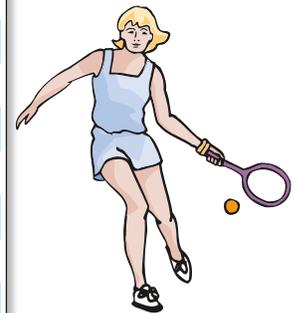
The following list details the minutes of sustained activity that equals the exertion of running one mile. For example, 30 minutes of vigorous walking yields benefits similar to running 2 miles. If you have not been exercising at all, you should try to begin with physical activity equal to 6 miles a week then gradually work up to 10 or 15.

*Find the activities that appeal to you and get started!*



## AEROBIC MILE CHART

Activity	Minutes to equal one Aerobic Mile		
	Easy	Moderate	Vigorous
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	30	20	15
Canoeing or rowing (4, 6, and 8 METS)	20	15	12
Dancing, social	30	20	15
Elliptical trainer	20	15	12
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running (12, 10, 8 min/mile)	12	10	8
Karate, Judo	15	12	10
Mountain climbing	15	12	10
Racquetball, squash	20	15	10
Rope skipping	11	10	8
SCUBA diving	20	15	10
Skating	20	15	12
Skiing, cross country	17	12	8
Skiing, down hill	20	15	12
Soccer	15	12	10
Stair stepping	15	13	11
Stationary Cycling (50-100-150 watts)	16	13	11
Swimming laps	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking (24, 20, 15 min/mile)	24	20	15
Water aerobics	20	18	15
Water skiing	20	15	12
Weight training	30	20	15



# Aerobic Miles PHYSICAL ACTIVITY LOG



Exercise Log For: \_\_\_\_\_ Start Date: \_\_\_\_\_

**Personal Goals (select one):**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> 6 aerobic miles/week  | <input type="checkbox"/> 8,000 steps/day   | <input type="checkbox"/> 150 mins/week  |
| <input type="checkbox"/> 10 aerobic miles/week | <input type="checkbox"/> 10,000 steps/day  | <input type="checkbox"/> ____ mins/week |
| <input type="checkbox"/> 15 aerobic miles/week | <input type="checkbox"/> _____ steps/day   |   |
| <input type="checkbox"/> 20 aerobic miles/week | <input type="checkbox"/> Other goal: _____ |   |

**Instructions:** Write down what you achieved in your fitness program every day (aerobic miles, steps per day, exercise minutes, or other goals).

WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	Weekly Totals	Weight/ BP
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
<b>13-week Total Aerobic Miles/End Weight</b>									

**Aerobic Miles Total**

Check the box next to the total aerobic miles you have completed over the past 13 weeks.

- 75 Aerobic Miles
- 125 Aerobic Miles
- 200 Aerobic Miles
- 250 Aerobic Miles

\_\_\_\_\_  
**Name (print)**

\_\_\_\_\_  
**Signature**