

# EXERCISE GUIDELINES

## JB PAL - POWER ABILITY LEARN



MADE WITH INFORMATION FROM THE NHS, LEVEL 3 DIPLOMA IN PERSONAL TRAINING AND PROGRAMMING AND SUPERVISING EXERCISE WITH DISABLED CLIENTS



### AEROBIC IN 18-64 YEARS OLD:



**150 MINUTES  
OF MODERATE  
AEROBIC  
ACTIVITY**

OR

**75 MINUTES OF  
VIGOROUS  
AEROBIC  
ACTIVITY**

OR

**COMBINATION  
OF MODERATE  
AND VIGOROUS**

#### HOW?

30 minutes of  
moderate  
activity 5 days a  
week

OR

15 minutes of  
vigorous  
activity 5 days  
a week



Moderate = walking, riding a bike,  
dancing, tennis, hiking



Vigorous = running, swimming, sports  
e.g. rugby, aerobics

#### Exceptions and considerations

- Ages 65 and above should perform exercised to enhance balance and reduce falls three times a week.
- Those who are less fit should do lower intensity and shorter sessions
- Beginners should increase gradually
- Those with disailites sometimes have different requirements and guidelines, chat with a PT to work out yours.

### STRENGTH IN 18-64 YEARS OLD:

ACTIVITIES THAT STRENGTHEN ALL MAJOR MUSCLE GROUPS **TWICE/THREE TIMES A WEEK**



LEGS, HIPS, BACK, ABDOMEN, CHEST, SHOULDERS AND ARMS.



THINK **FITT** WITH  
YOUR GOALS



FREQUENCY  
INTENSITY  
TIME  
TYPE



**ADDING STRETCHING  
2-3 DAYS A WEEK TO  
INCREASES  
FLEXIBILITY OF  
JOINTS**

**COMBINING THESE WILL MEAN  
YOU ARE MEETING THE  
RECOMMENDED AMOUNTS AND  
FEELING GOOD!**