

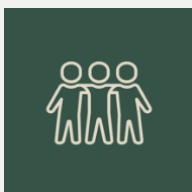





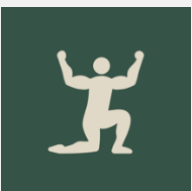
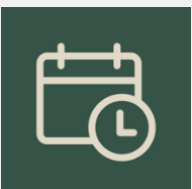






Exercise Guides

JB PAL – POWER ABILITY LEARN

	<p>There are guides to tell us how much exercise we should do.</p>
	<p>Cardio is activity to increase your heart rate.</p>
	<p>People aged 18 to 64 should do:</p>
<p>150</p> 	<p>- 150 minutes of medium exercise a week.</p>
<p>75</p> 	<p>OR</p> <p>- 75 minutes of hard exercise a week.</p>

	<p>Walking, riding a bike, dancing, tennis, and hiking are good.</p>
	<p>If you are older or have a disability you might need different activities.</p>
	<p>A fitness expert can help you with your needs.</p>
	<p>For strength you should work your muscles 2-3 times a week.</p>
<p>FITT</p>	<p>You can use FITT to help you with your plans and goals, FITT means:</p>
	<p>Frequency – how often you do it.</p>
	<p>Intensity – how hard you work.</p>

	Time – how long you do it.
	Type – what activity you are doing.
	You should add stretching 2-3 days a week. Stretching stops you getting hurt.

Example Week Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
