

CFP Lifestyle Reset Program

TYPES OF EXERCISE

Aerobic Activity

At least 150 minutes of moderate aerobic activity, 75 minutes of vigorous aerobic activity or a combination of the two spread throughout the week is recommended.

Moderate intensity aerobic activity:

- Target heart rate is about 50-70% of maximum heart rate.
- You can talk but not sing during the activity.

Vigorous intensity aerobic activity:

- Target heart rate is about 70-85% of maximum heart rate.
- You will not be able to say more than a few words without pausing for a breath.

Strength Training

Muscle strengthening activity for all major muscle groups at least 2 times per week. Do 1 to 3 set with 12 to 15 repetitions until muscle fatigue for the major muscle groups including legs, hips, back, abdomen, chest, shoulders, and arms.

TARGET HEART RATE

Target Heart Rate

Knowing your target heart rate will help you know if you are doing too much or not enough.

Maximum Heart Rate Calculation:

220 minus your age

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	185 bpm
40 years	90-153 bpm	180 bpm
45 years	88-149 bpm	175 bpm
50 years	85-145 bpm	170 bpm
55 years	83-140 bpm	165 bpm
60 years	80-136 bpm	160 bpm
65 years	78-132 bpm	155 bpm
70 years	75-128 bpm	150 bpm