



## PrescriptionPLUS Lifestyle Program

# EXERCISE

### Facts

- ▼ Aerobic exercise achieves the best results for you in terms of overall fitness.
- ▼ Select activities that:
  - are moderate in intensity
  - can be kept up for long periods of time
  - use large muscle groups
- ▼ Good examples of aerobic exercise include:
  - walking
  - rowing
  - jogging
  - cycling
  - swimming
  - cross-country skiing

### What Exercise Can Do for You

- ▼ Exercise burns calories.
- ▼ Aerobic exercise burns fat.
- ▼ Exercise can increase muscle mass.
- ▼ Moderate exercise decreases appetite.
- ▼ Exercise helps reduce stress and depression, common triggers of overeating.

### Exercise and Your Health

- ▼ Regular exercise:
  - helps reduce high blood pressure
  - helps control cholesterol levels
  - helps reduce high lipid levels in the blood
  - helps control diabetes
  - strengthens the heart
  - helps motivate smokers to quit smoking
- ▼ Regular weight-bearing exercise helps decrease your risk of developing osteoporosis.
- ▼ Exercise helps you to sleep better.
- ▼ Regular exercise helps keep your digestive system regular and prevents constipation.
- ▼ Exercise can help persons with arthritis move around more easily.

### Exercise Recommendations for Weight Control

- Frequency:** Five times per week
- Intensity:** 60-85% of maximum heart rate or moderate intensity that still allows you to talk while exercising
- Time:** 30 to 60 minutes of aerobic activity per session
- Type:** Continuous aerobic activities such as walking, stationary cycling, swimming, rowing, cross-country skiing, or jogging

### Sample Types of Exercise and Calories Burned per Hour

150 lb. person	Approximate calories burned
Running (7.5 MPH)	850
Swimming (2 MPH)	500
Bicycling (9 MPH)	400
Walking (3 MPH)	330
Aerobics (moderate)	400
Tennis	450
Office work	140
Housework	300
Lawn mowing	450

**CONSULT WITH YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM.**



**ADIPEX-P** <sup>®</sup> <sub>C</sub>  
(phentermine HCl 37.5 mg)

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