



Creating a Personalized-Exercise Plan Decision Tool



A. Include your healthcare provider in determining which exercise goals would be most beneficial for you and rank them with the numbers 1 thru 6 below (highest to lowest priority)

- _____ Physical strength
- _____ Increased muscle mass
- _____ Better balance
- _____ Improved bone density
- _____ Fat loss
- _____ Heart health

B. Identify types of exercise required for optimum result in each area:

1. Strength Building = slow powerful hip extensions
2. Balance = feet in motion on solid ground
3. Increase muscle mass = the squat
4. Bone density = walking and weighted marches
5. Fat loss = Fast moving exercise
6. Heart health = short term sessions of frequent fairly low intensity exercise.

C. Select an exercise program that has elements which meet your criteria

(Note: if there appear to be too many obstacles to a particular exercise program at this time, it consider selecting a different program)

1. Best exercises to support your personal goals
2. Requirements can be met within the scope of your resources.
 - Do you have the time?
 - Is the program affordable for you?
 - Will you be able to purchase special equipment if it is required?
 - If you are doing this at home, do you have the space?
 - Do you have the physical capacity to do the exercises?
 - Do you have the mental capacity to do the exercises?
 - Do you have medical restrictions that prohibit you from doing the exercises?
 - Will special transportation be required and is it available?

D. Once you are in the program.....

1. Ask questions of your exercise coach or guide
2. Get second opinions
3. Observe short and long term effects on yourself and others
4. Your exercise should not be painful unless a clinician has specified that it is required
5. Your exercise should not be fearful, dangerous or unpleasant
6. Watch for inconsistencies and contradictions in exercise information.
7. Don't be satisfied with detrimental side effects and mediocre or negative results. – **FIND A NEW PROGRAM!!**