

10 lbs. in 10 WKS.

PHYSICAL ACTIVITY

moderate intensity

(walking, double's tennis, yard work)

weekly
minutes

high intensity

(jogging, single's tennis, aerobic dance)

weekly
minutes

$\times 2^*$ =

TOTAL

(Add weekly moderate
and high intensity minutes)



Goal for overall health =
150 minutes a week

Goal for controlling weight =
300 minutes a week

STRENGTH BUILDING

current upper-body
sessions each week

current lower-body
sessions each week



Goal for everyone =
2 sessions each a week

*Multiply by 2 because a minute of vigorous physical activity is roughly equal to 2 minutes of moderate physical activity.