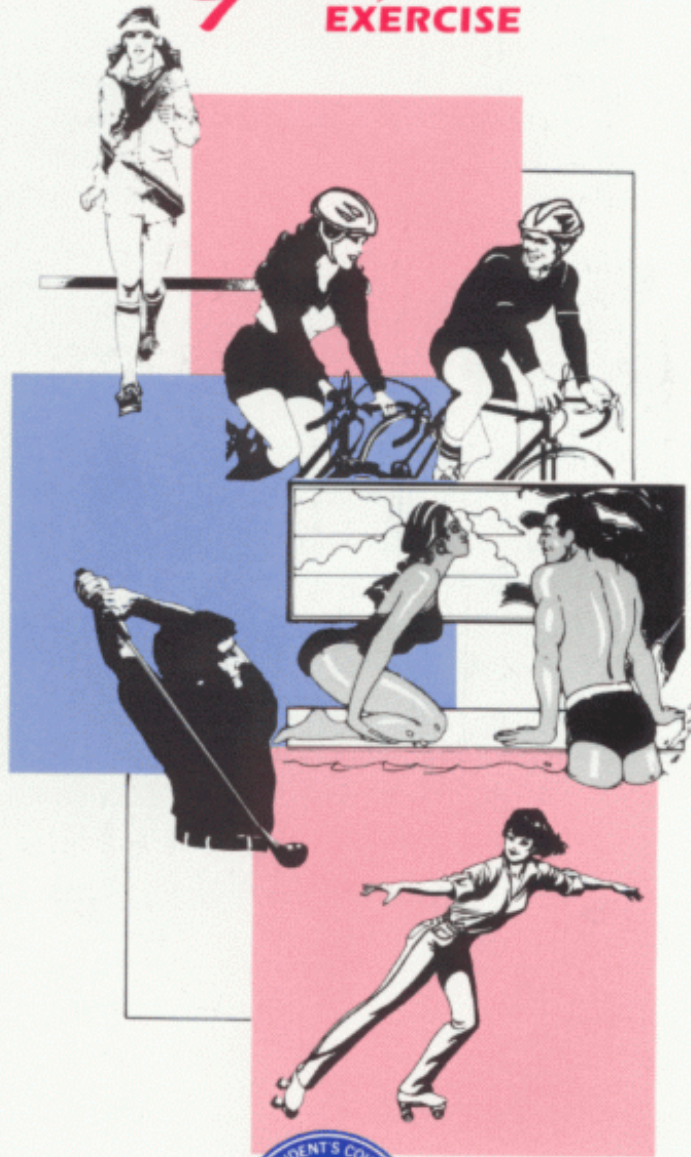


*Introducing*

**the Physician's**

***Rx*:  
EXERCISE**



**Your own exercise plan for  
a whole new you!**



Regular exercise has been shown to be effective in the prevention and treatment of a wide variety of medical conditions, including coronary heart disease, high blood pressure, osteoporosis, diabetes, arthritis, certain forms of cancer, anxiety, and depression.

To achieve health and fitness, the Presidents Council on Physical Fitness and Sports supports the recommendations of the American College of Sports Medicine, which combine three elements for a balanced fitness program.

**1. Aerobic Fitness-** for weight management and a healthier heart and lungs

**2. Muscle strength and endurance-** or stronger muscles and bones

**3. Flexibility-** for a full range of body motion and injury prevention

With regular exercise you will look feel, think, and sleep better. You will even feel better about yourself For many patients, exercise can be excellent medicine at practicable no cost.

I am giving you an exercise prescription and urge you to start today. I will be happy to monitor your progress with you and help you in any way I can. Good luck, and have fun!

## Three-Part Plan for Your Physical Fitness

### 1. Exercise for Aerobic Fitness

Aerobic-type exercise and activities improve the function and efficiency of your heart, lungs, and blood vessels. Start out with short workouts, and then gradually progress to 20 or 30 minutes three to five times a week. Try a variety of activities such as walking, jogging, swimming, biking, and tennis.

### 2. Exercise for Muscle Strength and Endurance

Using resistance builds muscle tone and strength, helps improve posture, and makes muscles and bones more resistant to injury. Keep your movements slow and controlled, and train only every other day or twice a week. Calisthenics, such as push-ups, sit-ups, or moderate weight lifting, builds strength and muscle endurance.

### 3. Exercise for Flexibility

Proper stretching every day reduces the chance of muscle strain and injury. Move body joints through a full range of motion, gently and slowly stretching each muscle group. Hold each stretch until you feel a slight pulling sensation, but not pain. Breathe comfortably, holding the stretch for 15 to 20 seconds. Repeat several times.



### Handy Habits

Check the things you can do right away. Make these simple tasks part of your daily life, like combing your hair or brushing your teeth.

- Use a rocking chair instead of a regular chair.
- Find something you like to do that involves repetitious movement.
- Avoid elevators and climb the stairs.
- Park in the farthest part of the parking lot and walk to your destination.
- Breathe deeply and forcefully several times a day to aerate your entire lung.
- Go dancing, particularly square dancing, for fun and good exercise for all ages.

### Start-up Hints

- Take your exercise prescription regularly – three to five times a week.
- Pick a partner or exercise buddy and stay motivated.
- Plan ahead and set aside a regular exercise time.
- Keep track of your exercise program and be proud of yourself every day that you do it
- Update your friends and family on your successes.
- Train, don't strain. Start slowly and gradually build up.
- Watch your diet and eat wisely.

The President's Council on Physical Fitness and Sports encourages you to follow your doctor's exercise prescription. Regular physical activity is an excellent way to maintain good health and fitness throughout life. In order to reward your commitment to fitness you may wish to sign up for and earn one of more than 50

**PRESIDENTIAL SPORTS AWARDS**, which cover categories from aerobic dance to weight training.

Anyone aged 10 or older is eligible for an award. To qualify, individuals maintain a log of activities for four months. Upon earning an award, participants receive a personalized presidential certificate, a blazer emblem, and other award materials.

To find out more about this program and receive information on fitness fundamentals, please write to the following address:

President's Council on Physical  
Fitness and Sports

**c/o Rx: EXERCISE**

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