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| **Appendix 1:** Example of an Individualized Exercise Program  |
| **Date** | **# of sessions/week** | **Type of Activity** | **Time/Duration** | **Intensity** |
| May 1 – June 1 | 5 | Walking with mother | 45 min | 65% (130 bpm) |
|  | 5 | Walking to subway | 20 min | 65% (130 bpm) |
|  | 2 | Exercise Video | 20 min | 85% (170 bpm) |
| June 1 – July 1 | 6 | Walking with mother |  |  |
|  | 3 | Exercise Video | 20 min | 85% (170 bpm) |
| July 1 – August 1 | 7 | Walking – with hills/stairs if possible  | 45 min | 65% (130 bpm) to 85% (170 bpm) |
|  | 5 | Local fitness club (teen program) | 30 min | 85% (170 bpm) |
|  | 2 | Exercise Video | 20 min | 85% (170 bpm) |
|  | 4 | Swimming | 30 min | 65% (130 bpm) |
| Heart Rate: find pulse and count # of beats in a 10s period |