

SMART Exercise

Overview: Regular moderate- to high-intensity exercise is recommended for all adults and children, although low-intensity exercise is certainly better than none. Aiming for 30 minutes of exercise daily is a good general plan. Exercise not only fosters physical health but additionally improves mental health and function by various biochemical processes. Like mindfulness, the more exercise the better, with additional benefits demonstrated with increasing amounts.

Details: At least 150 minutes per week of moderate-intensity aerobic activity is recommended for adults, or 75 minutes of vigorous activity. This means approximately 30 minutes 5 days a week of moderate exercise, or 15 minutes 5 days a week of high intensity. For kids and teens, that should be doubled. Ideally, add a moderate- to high-intensity muscle-strengthening activity (such as resistance training or weights) at least 2 days per week.

ASSESSMENT: Fill out this one-week exercise log and compare answers to recommendations. At the end of each day, log the minutes for low, moderate, and high-intensity exercise. Repeat monthly or as needed.

Intensity	Mon	Tue	Wed	Thu	Fri	Sat	Sun	TOTAL (in minutes)
Low								
Moderate								
High								

Education: Exercise Intensity

Low-intensity exercise: These are done at a comfortable pace without needing to stop to take breaths.

Heart rate does not increase to 50% about resting – see moderate-intensity exercise below.

- Casual walking (less than 2.5 miles per hour)
- Washing dishes, wading in the pool, stretching

Moderate-intensity exercise: These activities push your body past its normal level of activity. You'll probably start to get warm and may sweat. You won't be able to have a full conversation without taking some breaths.

Heart rate is around 50% greater than the resting heart rate (resting x 1.5). Eg, if the patient's resting pulse is 75, then aim for getting above 112.5 (75 x 1.5). Note, if the resting pulse is over 100, or the patient is over 65 years old, review the maximum recommended heart rate below.

- Brisk walking at least 2.5 miles per hour
- Water aerobics
- Dancing (ballroom or social)
- Gardening
- Tennis (doubles)
- Biking slower than 10 miles per hour

High-intensity exercise: Vigorous activities will push your body further. You'll get warm and sweat. You won't be able to talk much without getting out of breath quickly.

Heart rate is between 70 and 85% of maximum recommended heart rate by age (220 - age). Eg, if the patient is 72, max heart rate is 148 bpm (220-72), and they should aim for between 104 and 126.

- Hiking uphill or with a heavy backpack
- Running or swimming laps
- Vigorous aerobic dancing
- Heavy yardwork such as continuous digging or hoeing
- Tennis (singles)
- Cycling 10 miles per hour or faster

Exercise Strategies: Consider the following ideas when picking SMART goals below.

Make active choices	Start small – take the stairs, a 10-minute walk at lunch, or park far away and walk
Start small	Begin with 1-2 days a week for 15-30 minutes and add time each week
Try intervals	Try walk-run, starting with mostly walking and increasing running interval over time
Try yoga	Consider taking a yoga class online or in person
Join a group	Join a biking or running group or take classes online or in person
Use an app	Noom, Simple, BetterMe, MyFitnessPal, MyFoodDiary
Do a workbook	Healthy Exercise Habits Workbook: From Planning to Action to Results
Add resistance*	Do strengthening activities 2x a week (eg, weights, push-up/sit-ups, or resistance)
Hire a trainer*	Get some expert advice online or in person at the gym or with an outside expert
For all exercise, try to make it fun. Pick something you might enjoy or did in the past. Add a soundtrack, podcast, audiobook, or TV series. Consider using the buddy system for accountability and to make the activities more fun.	

* Consult with your medical provider before considering this option to understand any risks involved

SMART GOAL: Create a goal based on what you are doing now, past successes, or any new ideas.

S	Specific action and frequency	
M	Measure of progress	
A	Accountability partner or plan	
R	Relevant to what goal(s)	
T	Time to start and follow-up	

ACTIVITY LOG: Over the next 1-4 weeks, track your progress around the new behavioral goal and make notes on what goes well and poorly. Choose 1 goal or change/increase the goal weekly.

Week 1 Goal				Week 2 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			
Week 3 Goal				Week 4 Goal			
Day	Yes	No	Notes	Day	Yes	No	No
M				M			
T				T			
W				W			
Th				Th			
F				F			
S				S			
Su				Su			

Repeat every 1- 4 weeks – when goals are achieved, return to **Health and Lifestyle Scorecards**