

# Exercise Prescriptions for Active Seniors

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**I. Mode of Activity:**     Jogging             Water aerobics             Rowing             Walking  
 Cycling             Swimming             Racket sports             \_\_\_\_\_

**II. Duration:**             20 minutes             40 minutes             \_\_\_\_\_ minutes

**III. Frequency:**            \_\_\_\_\_ times per week

**IV. Intensity:**             low             moderate             vigorous

Low-intensity exercise: <40%  $\dot{V}O_2$ max or Heart Rate Reserve (HRR) (Borg 10 = <40% HRR)

Moderate-intensity exercise: 40% to 60%  $\dot{V}O_2$ max or HRR (Borg 13 = 60% HRR)

Vigorous-intensity exercise: >60%  $\dot{V}O_2$ max or HRR (Borg 16 = 80% HRR)

Calculating Cardiovascular Training Zone:

A. Calculate patient's maximal heart rate (Max HR). \* 220-age in years = Max HR = \_\_\_\_\_beats per minute (bpm)

B. Take patient's resting heart rate (RHR) and record = \_\_\_\_\_bpm

C. Heart Rate Reserve (HRR) = maximum heart rate-resting heart rate = \_\_\_\_\_bpm

D. Estimate cardiovascular training zone = HRR X % intensity (eg, 40%) + RHR = Target Heart Rate in bpm

E. Cardiovascular training zone: **Try to keep the heart rate within 10 bpm of the calculated number**

\*Consider buying a heart rate monitor as a guide

## V. Progression of Conditioning

- Initial Phase
  - Duration: 4 to 6 weeks
  - Goal is to increase frequency, proper form, and form "good habits"
- Improvement Phase
  - Duration: 4 to 6 months
  - Goal is to gradually increase duration and intensity of exercise
- Maintenance Phase
  - Occurs after 6 months
  - Goal is to maintain cardiovascular fitness while avoiding overuse injuries

## Borg Relative Perceived Exertion Scale

6		
7	Very, very light	Low Intensity
8		
9	Very light	
10		
11	Fairly light	Moderate Intensity
12		
13	Somewhat hard	
14		
15	Hard	Vigorous Intensity
16		
17	Very hard	
18		
19	Very, very hard	
20		

## VI. Special Precautions

Coronary heart disease \_\_\_\_\_  
 Diabetes mellitus \_\_\_\_\_  
 Osteoarthritis \_\_\_\_\_  
 Asthma \_\_\_\_\_  
 Pulmonary disease \_\_\_\_\_  
 Obesity \_\_\_\_\_  
 Chronic illness \_\_\_\_\_  
 Other \_\_\_\_\_

## VII. Follow-up Appointment:

Primary Care Provider: \_\_\_\_\_  
 Office Phone Number: \_\_\_\_\_

A cardiovascular exercise prescription worksheet can help providers write an exercise prescription for geriatric patients. This form also allows documentation of other conditions that might influence exercise and provides space for scheduling follow-up appointments.