

Organized

Planned

Weights/Resistance

Aerobic Activities

Organized Classes

Basics Guidelines

Three times a week

**Forty five minutes
to one hour**

**No more than 22 sets,
19 minutes aerobic**



Rest/Recovery

Planned

**48 Hours Between
Workouts**

Most Important Factor

Alternate Options

Hiking/Backpacking

Dancing

Swimming/Sports

Online/DVDs