

My Checklist

## Physical Activity

Talking to My Healthcare Team

Hi \_\_\_\_\_ ,

☒ I've been participating in Bold, an online exercise program designed for older adults.

I've been exercising with Bold, and I'd like to talk to you today about my physical activity, specifically related to the CDC's guidelines.

CDC Guidelines for Physical Activity for Older Adults:

- 150 minutes of moderate-intensity physical activity or 75 minutes of vigorous-intensity physical activity (or a mix of both) per week.
- 2 days of muscle-strengthening activity per week.
- Activities to improve balance.

Here's a typical week of physical activity for me:

Type of activity	Number of times or minutes spent per week
Bold classes, some of my favorites include:	
Walking outside or inside	
Going to the gym	
Daily chores	
Playing sports	
Other (fill in):	

I'd also like to know if you have any other suggestions to increase or maintain my weekly physical activity.

I'd like to talk about how physical activity plays into my overall health, including medications, diet, and sleep.