

PERSONAL FITNESS PLAN FORM

Name: _____ Date: _____
Please Print - First Middle Initial Last

Employer: _____ Employee ID or Social Security Number: _____

WHERE YOU ARE TODAY

- I currently do not exercise regularly.
- I am considering starting an exercise program and am currently investigating options available to me.
- I have recently (within 30 days) begun to exercise but do so inconsistently.
- I currently exercise regularly but have only begun doing so in the past six (6) months.
- I currently exercise regularly and have done so for at least six (6) months.

TYPES OF EXERCISE

Your exercise program should include three types of exercise – Aerobic (Cardiovascular), Strength Training (Resistance) and Flexibility (Stretching).

- **Aerobic (Cardiovascular) exercise** involves continually moving large muscle groups. The action causes you to breathe deeper and your heart works harder to pump blood throughout your body. Aerobic exercise should be rhythmic and repetitive and occur at least three times a week. The great thing about aerobic exercise is you can tailor it to where you are in your fitness program; beginner, intermediate or advanced. Examples of Aerobic exercise include
 - **Low Intensity:** Slow walking, golfing with a cart, dusting, vacuuming, gardening, light stretching
 - **Moderate Intensity:** Brisk walking, casual swimming, mowing with a power mower
 - **High Intensity:** Running (11-12 min/mile), bicycling >10 mph, swimming laps, weight-circuit training
 - **Very High Intensity:** Running (<10 min/mile), vigorous swimming, bicycling (>20 mph)
- **Strength training (Resistance) exercise** is physical activity intended to increase muscle strength and mass. Examples include lifting weights, using resistance bands and exercises involving lifting your own body weight, i.e. push-ups; weight-bearing aerobic classes.
- **Flexibility (Stretching) exercise** increases freedom of movement and improves posture. In addition, it releases muscle tension and soreness, enhances relaxation and reduces your risk of injury during exercise. Examples include Yoga, Ballet, Pilates and Tai chi.

GETTING STARTED

Before you begin any exercise program it is always best to meet and speak with your physician about any possible medical problems you may have that might limit the type or frequency of your fitness program.

SETTING YOUR GOALS

Specify up to three (3) short-term goals:

1. _____
2. _____
3. _____

Specify up to three (3) long-term goals:

1. _____
2. _____
3. _____

STARTING YOUR PLAN: If you are beginning a fitness program, your start date is: _____

PLANNING FOR EXERCISE

Detail your weekly workout plan below. Include the number of minutes you will perform each type of exercise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cardio _____	Cardio _____	Cardio _____	Cardio _____	Cardio _____	Cardio _____	Cardio _____
Strength _____	Strength _____	Strength _____	Strength _____	Strength _____	Strength _____	Strength _____
Stretching _____	Stretching _____	Stretching _____	Stretching _____	Stretching _____	Stretching _____	Stretching _____

A Healthier You: Developing Your Personal Fitness Plan

Dear Aetna HealthFund (HRA) Member,

Welcome and congratulations on your decision to start a Personal Fitness Plan. Your efforts are rewarded in two ways.

First, as a member of the Aetna HealthFund (HRA), you can earn incentive contributions to your HRA account by participating in various programs – including the Personal Fitness Plan. Once you complete and submit the Personal Fitness Plan form you will earn a \$250 incentive reward to your HealthFund (HRA) account.*

Reminder – This is one of many incentive rewards that are available to HRA members. To ensure additional funds will be available in your HealthFund (HRA) account throughout the year, complete your incentives EARLY in the plan year. To learn more about other incentive programs available, refer to the sheet entitled “Incentive Rewards” found in the left hand pocket of your Welcome Kit.

Second, committing to and continuing a Personal Fitness Plan will help you achieve your goal of better overall health.

The Personal Fitness Plan form was designed to provide you a brief overview of the different types of exercise a fitness program should include. There is also a Monthly Fitness Log on the reverse side of this sheet; use this to keep and retain a record of your daily activity and progress you make.

First and foremost, you should consult your physician before beginning any new exercise program. Once you’ve been given sound advice from your physician, it is recommended that you do moderately intense physical activity for at least 30 minutes at least three days a week, if not more. Your exercise program should include three types of exercise – Aerobic (Cardiovascular), Strength Training (Resistance) and Flexibility (Stretching). Experts agree that regular exercise can help keep your mind and body healthy, as well as ward off chronic conditions such as heart disease, stroke and diabetes. Exercising your heart, muscles and bones to improve and maintain overall health is essential to decreasing your risk for disease and injury. Exercise can also reduce stress and improve your overall sense of well-being.

You’ve taken the first step – develop a plan that will ensure you begin to improve or maintain your good health. Complete the form and submit it to:

Kara Spence
The A.I. Group
P.O. Box 80568
Athens, GA 30608

Congratulations on choosing the new Aetna HealthFund (HRA) and taking the first steps toward better health!

**Each covered adult on your plan (includes employee and/or legal spouse or same sex domestic partner (SSDP)) is eligible to earn a \$250 incentive reward to your HRA by completing and submitting the form. Incentives will be posted to your HealthFund (HRA) account within six weeks of receipt by the A.I. Group.*

MONTHLY FITNESS LOG MONTH _____

The Monthly Fitness Log is yours to keep. Use this calendar to record your daily activity over the course of the next 30 days. This will help you see how far you've come.

Detail your weekly workout plan below. Include the number of minutes you will perform each type of exercise.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____	<input type="checkbox"/> CARDIO ____ STRENGTH ____ STRETCH ____ LIST EXERCISE _____
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