

## Pathway Fit® Exercise Guidelines

We always recommend that patients move more throughout the day by parking their cars farther away, taking the stairs and incorporating increased activity. This should be a part of a regular healthy lifestyle, but it is not exercise. To count as exercise, the activity should make your patient hot, sweaty and hurt a bit. This can be accomplished through high intensity interval training and resistance training. Depending on a person's Pathway Fit® results, enhanced benefits from endurance training or strength work may be indicated. Here's how to position exercise with your Pathway Fit patients:

### Definitions:

- ✓ High intensity interval training (known as *HIIT* or *bursting*) – HIIT involves hard physical efforts for short intervals or *bursts* of time, combined with longer periods of recovery. For example, a person might sprint, stair climb or bike for 30 to 60 seconds until breathless or muscle fatigue occurs. This is immediately followed by exercising at an easy pace twice the amount of bursting time to bring the heart rate back down to resting levels and buffer the accumulated lactic acid.
- ✓ Endurance training – This includes all forms of steady state aerobic training, such as walking, cycling, running, hiking, etc. We recommend that this be done as an interval style of training by having your patient extend his or her burst training workout or tack on additional steady state exercising to their HIIT workout.
- ✓ Strength Training – Any sort of resistance training using weights, body weight, stretch bands, or vigorous yoga routines.

The following guidelines can be used to support exercise results from the Pathway Fit test:

Exercise*	Duration and Frequency	Benefits
<b>HIIT or Burst Training</b>  <i>Note: min/max bursting for all patients = 3 days per week on alternating days.</i>	<ul style="list-style-type: none"> <li>✓ If no benefit for endurance training, accumulate a minimum of 4 minutes of bursting per session.</li> <li>✓ If endurance training is recommended, incorporate 4- to 8-minute bursting session into suggested endurance training.</li> <li>✓ If endurance training highly recommended, incorporate 8-minute session into suggested endurance training.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fat burning</li> <li>✓ Burns calories</li> </ul>

Exercise*	Duration and Frequency	Benefits
<b>Endurance Training</b>	<ul style="list-style-type: none"> <li>✓ If no benefit indicated, individual may simply do HIIT training 3 days a week for 4 total burst minutes or more.</li> <li>✓ If recommended, 3 days of endurance training + burst minutes.</li> <li>✓ If highly recommended, at least 5 to 6 days of endurance training plus HIIT minutes.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Fat burning</li> <li>✓ Burns calories</li> </ul>
<b>Strength Training</b>	<ul style="list-style-type: none"> <li>✓ All individuals should hit each of the 4 body parts pushing, pulling, hips, thighs and core at least 2 times per week. If increased benefit is indicated, do three each body part three times a week and increase the workload.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Builds strength</li> <li>✓ Tones and tightens muscle</li> <li>✓ Builds bone</li> </ul>
<b>Move More</b>	<ul style="list-style-type: none"> <li>✓ Pedometer – begin measuring steps each day; minimum goal is 10,000.</li> </ul>	<ul style="list-style-type: none"> <li>✓ Overall health and weight management</li> </ul>

## Other

- ✓ **Weight Loss Response to Exercise**
  - Provides even more motivation for patients to consistently exercise, ideally 5 to 6 days per week
- ✓ **Blood Pressure Response to Exercise**
  - Focus on cross-training from all above exercises
- ✓ **HDL Cholesterol Response to Exercise**
  - Same as Weight Loss Response to Exercise
- ✓ **Loss of Body Fat Response to Exercise**
  - Same as Weight Loss Response to Exercise
- ✓ **Insulin Sensitivity Response to Exercise**
  - Same as Weight Loss Response to Exercise