



## COIN Weight Loss Program

### Moderate to Vigorous Physical Activity (MVPA)

**Your goal is to achieve at least 180 minutes of MVPA each week and to track it on FX well.** Below is an overview of the program’s exercise recommendations using **The F.I.T.T. principle.**

#### F.I.T.T.

<b>Frequency</b>	<b>Most days of the week (&gt;5)</b>	
<b>Intensity*</b>	<b>Moderate to vigorous level</b>	<b>At least 180 minutes/week</b>
<b>Time</b>	<b>At least 30 minutes/day**</b>	
<b>Types</b>	<b>Aerobic exercise</b> (Activity that focuses on your heart and lungs): e.g., fast walking, elliptical, swimming, biking, etc.	

\*See RPE Chart below. Activity that is at an intensity level/RPE  $\geq 4$  and occurs in 10-minute bouts or more counts toward your 180 minutes/week of MVPA. We are recommending you avoid exercising in the 9-10 zone.  
 \*\*While this program recommends at least **30 consecutive minutes** of daily moderate intensity aerobic exercise, remember: **three 10-minute brisk walks** throughout the day is another way to complete this goal.

Rate of Perceived Exertion (RPE)	
10	Maximal Effort Unable to talk
9	High Intensity Very heavy breathing; Can say only one word
7-8	Moderate-High Intensity Breathing is labored, but manageable; can speak in 3-4 word statements
4-6	Moderate Intensity Breathing rate is elevated; can talk in short sentences
2-3	Low intensity Breathing is easy; can talk easily
1	No activity

To help with **weight loss** you will focus on intensity, moving from a 4 to closer to a 7-8, and for a longer period of time as your fitness progresses. Remember, things like gardening and yoga and light housework are great to get you moving but don’t count towards your minutes of MVPA. To count, it has to be aerobic (getting your heart pumping and keeping it pumping) for at least 10 minutes at an intensity level of 4-8 RPE. We want you to avoid working in the 9-10 zone. This isn’t associated with fat burning and optimal weight loss and may also be unsafe for some.

**REMEMBER:** Track your MVPA through



on the FX Well website