

Figure 3. Components of physical activity program

Physical activity phases	Level 1 Induction (Week 2-6) Duration, Target intensity	Level 2 Development (Week 7-12) Duration, intensity	Level 3 Maintenance (Week 13-23) Duration, intensity
Warm-up phase: Involving all parts of the body: neck, upper limbs, lower limbs	10 minutes, 50% of MHR	10 minutes, 50% of MHR	10 minutes, (MHR) 50%
Aerobic phase: Walking, running, dancing or bicycling.	20 minutes (THR) 55%	30 minutes (THR) 55-75%	40 minutes (THR) 60-75%
Recovery phase: Gradually reduce the intensity. Stretch, bend and rotate body parts starting with the neck and concluding with the ankles, emphasizing deep breathing.	5-10 minutes	5-10 minutes	5-10 minutes

MHR: Maximum heart rate (220-age). THR: Training Heart Rate.

Reference: Fox III, SM Naughton, JP and Haskell, WL. ***Physical activity and the prevention of coronary heart disease.*** *Ann Clin Res* 1971; **3**:404-432