


The Center for Women
Obstetrics & Gynecology

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FITNESS & NUTRITION

<i>Screening Test</i>	<i>Ages 18-39 Years</i>	<i>Ages 40-49 Years</i>	<i>Ages 50-65 Years</i>	<i>Ages 65+</i>
<i>Exercise</i>	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training	Encourage regular program of aerobic and strength training
<i>Folic Acid</i>	400 mcg/day	400 mcg/day	400 mcg/day	400 mcg/day
<i>Calcium</i>	1000 mg/day	1000 mg/day	1200-1500 mg/day	1200-1500 mg/day