


The Center for Women
Obstetrics & Gynecology

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FITNESS & NUTRITION

Screening Test	Ages 18-39 years	Ages 40-49 years	Ages 50-65 years	Ages 65+
Exercise	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
Folic Acid	400 mcg/day	400 mcg/day	400 mcg/day	400 mcg/day
Calcium	1000 mg/day	1000 mg/day	1200-1500 mg/day	1200-1500 mg/day