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Staying  
Fit

Fitness

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# RESOURCES

## **FOOD, DIETING AND WEIGHT LOSS**

[www.vrg.org](http://www.vrg.org)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.caloriecontrol.org](http://www.caloriecontrol.org)  
[www.tasteforliving.com](http://www.tasteforliving.com)  
[www.healthychoice.com](http://www.healthychoice.com)  
[Www.wheatfoods.com](http://Www.wheatfoods.com)  
[Www.mypyramid.gov](http://Www.mypyramid.gov)

## **GENERAL HEALTH**

[www.eatright.org](http://www.eatright.org)  
[www.drkoop.com](http://www.drkoop.com)  
[www.onhealth.com](http://www.onhealth.com)  
[www.4women.com](http://www.4women.com)  
[www.shape.com](http://www.shape.com)  
[Www.mayohealth.com](http://Www.mayohealth.com)

## **FITNESS**

[www.runnersworld.com](http://www.runnersworld.com)  
[www.fitnesszone.com](http://www.fitnesszone.com)  
[www.acefitness.org](http://www.acefitness.org)  
[www.runningnetwork.com](http://www.runningnetwork.com)  
[www.humankinetics.com](http://www.humankinetics.com)  
[www.sportsci.org](http://www.sportsci.org)

<b>NAME</b>	<b>RANK</b>
<b>PHONE</b>	<b>AGE</b>
<b>INSTRUCTOR</b>	<b>DATE</b>

## **PAR-Q**

*Physical Activity Readiness Questionnaire*

	<i>Y</i>	<i>N</i>
1. Has a doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?		
2. Do you feel pain in your chest when you do physical activity?		
3. In the past month, have you had chest pain when you were not doing physical activity?		
4. Do you lose your balance because of dizziness or do you ever lose consciousness?		
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?		
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?		
7. Do you know of any other reason why you should not do physical activity?		
<b>YES to one or more questions</b>		
Talk with your doctor by phone or in person <b>BEFORE</b> you start becoming much more physically active.		
<b>NO to all questions</b>		
If you answered <b>NO</b> honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming much more physically active. Begin slowly and build up gradually.		

## TRAINING HEART RATE

Regular exercise can help improve the way you feel, look and work. However, if you are not exercising correctly, you can become disappointed at a lack of results and lose interest in your exercise program. Whether you exercise to maintain your fitness level, train for competition or to lose weight, you need to know your heart rate in order to achieve the most out of your workout. Anytime you perform aerobic activity you should be monitoring your heart rate. Whatever your goal is, either fat-burning or aerobic endurance, will determine the heart rate level you should be exercising at. Training between 60%-75% of your maximum heart rate will be beneficial for decreasing body fat, whereas training between 70%-85% of your maximum heart rate will increase your cardiovascular endurance as well as decrease body fat.

1. The first thing you need to do is to find your resting heart rate. Do this when you first wake up in the morning (naturally, not by an alarm clock).
  - a. Use your middle and index finger to monitor your pulse. Find your Carotid Artery (located on either side of neck) or your Radial Artery (located on the thumb side of your wrist)
  - b. Count for 60 seconds (or use clock). The number you get will be your Resting Heart Rate.

### Karvonen Method (Heart Rate Formula)

$$220 - (\text{age}) - (\text{MHR})$$

$$(\text{MHR}) - (\text{RHR}) = (\text{HRR})$$

$$(\text{HRR}) \times .85\% / (\text{RHR}) = (\text{High End Heart Rate})$$

H/R = Heart Rate  
 MHR = Max H/R  
 RHR = Resting H/R  
 HRR = H/R Reserve

(RHR \_\_\_\_\_)

### **FIND YOUR HEART RATE**

$$220 - \frac{\quad}{(\text{Age})} = (\quad) \text{ MHR}$$

$$\frac{\quad}{(\text{MHR})} - \frac{\quad}{(\text{RHR})} = (\quad) \text{ HRR}$$

$$\frac{\quad}{(\text{HRR})} \times 60\% + \frac{\quad}{(\text{RHR})} = \frac{\quad}{(\text{Low End H/R})}$$

$$\frac{\quad}{(\text{HRR})} \times 85\% + \frac{\quad}{(\text{RHR})} = \frac{\quad}{(\text{High End H/R})}$$

# SETTING PERSONAL GOALS

Basic Goal	Definition	Other Training Goals
Muscular Endurance	The ability of a muscle or muscle group to perform repeated contractions against load for an extended period of time	A well accepted training method for beginners promotes muscle tone; aids in injury prevention and rehabilitation; promotes good posture; promotes healthy body composition.
Muscular Hypertrophy	Increase in muscle size/muscle mass	Increase muscle mass; increase general strength; promote sport performance; promote healthy body composition
Muscular Strength	The maximal force muscle or group muscle can generate in one maximal effort	May aid in injury prevention; promotes good posture; improves sport performances; promotes healthy body composition; increase general strength

# WEIGHT PROGRAM

## *WEIGHT TRAINING CIRCUIT MACHINES*

- # Leg Press - Quadriceps, Gluteus Maximus, Gastrocnemius
- # Row - Latissimus Dorsi, Posterior Deltoid, Trapezius, Rhomboids
- # Shoulder Press - Deltoids, Upper Pectorialis Major, Triceps
- # Leg Extension - Quadriceps
- # Leg Curls - Gastrocnemius
- # Lat Pull Down - Latissimus Dorsi, Rhomboids, Teres Major, Biceps
- # Chest Press - Pectoralis Major, Anterior Deltoid
- # Bicep Curl - Biceps Brachii, Brahioradialis
- # Triceps Press - Anterior Deltoid
- # Abdominal Crunches - Retus Abdominis
- # Adductor
- # Abductor
- # Back Extension - Erector Spinae

# FITNESS 101

## *THE BASICS OF AN EXERCISE PROGRAM*

### **1. Warm up and cool down**

Begin and end an exercise session with 5-10 minutes of a low intensity aerobic activity to increase/decrease blood circulation, and stretch all major muscles.

### **2. Stretching (see Stretching booklet)**

### **3. Cardiovascular exercise**

Makes the heart muscle stronger and work more efficiently. The key to healthy weight loss and reduction of body fat.

#### **THE F.I.T PRINCIPLE:**

**Frequency** - 3.5 times per week

**Intensity** - Exercise between 60%-85% of maximum heart rate.

**Time** - Beginners should start with 10 minutes of continuous aerobic activity, and build gradually to 20-60 minutes.

### **4. Strength Training**

Increases lean body mass, muscular strength, and muscular endurance.

#### **(Circuit Training)**

##### **GUIDELINES:**

- Exercise all major muscles
- Three times/week, every other day
- Exhale on positive; inhale on negative
- Two count on positive; pause one second;
- Four count on negative
- Keep tension on muscle, do not let weights touch stack

