



# ***Planning a Fitness Program***

Chapter 3 Lesson 3

# ***Planning a Fitness Program***

- If you've started and stopped fitness programs in the past, take some time to assess why you stopped and what changes you need to make to avoid this happening again.
- Listing alternatives to exercise regimes you've tried in the past can help you to stay motivated.
- Example: instead of following an aerobics video, try walking, jogging, or cycling on alternating days to avoid monotony.

# ***Getting Started***

- Plan your exercise a week ahead of time and mark your activities on a calendar.
- Gradually increase the duration of your workouts so you don't burn yourself out. If 45 minutes of aerobic activity is too much to start with, try 20-minutes and work your way up.
- Reward yourself for reaching your goals. Buy tickets to a concert, or clothes. After you see the result of your workouts, you'll be motivated enough by the results alone.

# Selecting the Right Activity

- A number of factors affect the kind of fitness program you follow. These include:
- **Where you live-** consider the local terrain. Which kinds of activities are best for the region. Consider temperature, hills, flat land.
- **Your range of interests-** pick activities you like. Remember activities should be enjoyable.
- **Your level of Health-** take into account any diseases or ailments that may be restricting your exercise program.
- **Time and place-** Build a program around your daily routine. If you're a morning person pick a time early in the day to go for a jog.
- **Personal Safety-** Avoid running after dark. Avoid high crime areas.
- **Comprehensive planning-** pick activities that address all 5 areas of your health.

# **Cross-Training**

- Definition-*combining various exercise routines to help work different body systems.*
- Example: boxers use various exercises to get themselves in top physical shape including: jogging, swimming, jumping rope, and weightlifting.

# **Basics of an Exercise Program**

- Every exercise program from cycling to aerobic class should follow the same guidelines and include the same basic parts and stages. Consider the following:
- **Overload-** *working the body harder than it normally worked.*
- This may be done by increasing repetitions or sets of an exercise. Overload builds muscular strength
- **Progression-** *gradual increase in overload necessary for achieving higher levels of fitness.*
- As it gradually becomes easier to do an activity, you take on greater challenges to improve.
- **Specificity-** *particular exercises and activities improve particular areas of health related fitness.*
- Resistance training build muscle but does little to improve cardio-respiratory fitness. Swimming or running will help to meet this area of need.

# ***The Warm-Up***

- Definition- engaging in activity that prepares the muscles for the work that will come.
- By going for a brisk walk before exercise the body's internal temperature will rise and allow the muscles to become more elastic.
- Warming up helps to decrease the risk of injury during exercise.

# ***The Workout***

- This part of the exercise program is where you perform the activity at its highest peak. In order to be effective you must follow the F.I.T. formula.
- Frequency- how often you do the activity each week
- Intensity- how hard you work at the activity during a session
- Time- how much time you devote to a given session

# *Frequency*

- Workouts should be scheduled three to four times each week with only one or two days off between sessions. Frequency also depends on your fitness goals.
- In general exercising more than three times a week should help you to become physically fit.

# ***Intensity***

- To improve fitness you need to work your muscles at a level of intensity that permits you to achieve overload.
- It's important to remember to build gradually. Too much too soon without enough recovery time in between sessions can be harmful.
- With aerobics programs you want to be sure your exercising with a target heart rate between 60% and 80% of your maximum heart rate.

# ***Duration***

- Time spent doing aerobic exercises should be built up gradually. The goal in aerobics is to spend 20-30 minutes working at your target heart rate range.
- In weight training rest two minutes in between sets and be sure to use a full range of motion when performing each exercise.

# ***The Cool Down***

- Definition- engaging in activity to gradually decrease activity.
- The reason you need to cool-down is because vigorous activity causes increased blood flow to the muscles. If you stop suddenly, the blood pools-or collects in those muscles resulting in less blood flow to the brain. This can lead to dizziness and fainting.
- The best way to cool down is to slow down as you continue the activity for the last five minutes. You have cooled down adequately when your heart rate is within 20-30 beats of your regular heart rate.

# ***Monitoring Your Progress***

- One simple question you can ask yourself is “do I feel better”.
- Many people keep a fitness journal in which they list their goals and keep track of their frequency, intensity, and duration. By doing so you can compare your figures every 6-12 weeks to monitor your progress.

# ***Your Resting Heart Rate***

- Another way to monitor your progress is through your resting heart rate.
- Resting Heart Rate- the number of times your heart beats in one minute when you are not active.
- A person of average fitness should have a resting heart rate between 72-84 beats per minute. After only 4 weeks of an exercise program that rate can decrease 5-10 times per minute. An athlete at the top of his or her form can have a resting heart rate as low as 40 beats per minute.