



## **Unit V – Wellness, Fitness and First Aid**

### **Chapter 1 - Choosing the Right Exercise Program For You**

#### **Section 3 – Choosing the Right Exercise Program**



# What You Will Learn to Do

Develop a personal exercise program



# Objectives

1. Identify the benefits of regular exercise
2. Determine the essential components of a good exercise program



# Key Terms

**Cardiorespiratory -**

Of or relating to the heart and the respiratory system



# Weather Considerations



Make sure your clothing is appropriate for the weather. You should feel slightly cool before exercising.

On warm, sunny days, wear light-colored clothing and **dress lightly**.

The lighter or more sun-sensitive your skin, the more **sunscreen** you'll need.



# Weather Considerations



When it is cold, clothing should protect from **frostbite**.

Cover your head and hands.

You may need a sweat suit, but don't overdo the thickness of clothing.

**Layers of clothing** are better because you can remove layers to regulate body heat.



# Exercise Myths and Facts

**MYTH:** “No pain, no gain!” Exercising to the point of feeling pain is the only way to improve your abilities.

**FACT:** Pain is a danger signal, a signal that you are causing harm. Sharp or sudden pain should be a signal to stop.

**MYTH:** Sit-ups and other abdominal exercises will decrease fat in the stomach area.

**FACT:** You cannot “spot reduce” or lose fat just in one area.



# Exercise Myths and Facts

**MYTH:** Drinking fluids before exercising can cause stomach cramps.

**FACT:** Plain water will not cause cramps. Without adequate water, you can become dehydrated, which can lead to muscle cramps and other more serious problems.

**MYTH:** Being thin is a sign of fitness.

**FACT:** Thin people who do not exercise are likely to have poor heart, lung and muscular fitness. Cardio-vascular fitness is a better sign of fitness.



# Exercise Myths and Facts

**MYTH:** If women lift weight, they will develop muscles.

**FACT:** Women usually have less muscle tissue and more fat tissue than men. They also have a balance of hormones that is different from men, and that prevents the development of large muscle mass.

**MYTH:** Exercise is unsafe for older people.

**FACT:** The health of elderly people can benefit greatly from moderate exercise.



# Choosing the Right Exercise Program

Base your exercise program on your current fitness, interests, needs and abilities.



Make sure your new activity does not put you at risk, then get help from an exercise specialist to select the best exercises for you.

Specific pointers can make the activities safer and more effective.



# Choosing the Right Exercise Program

Your exercise program should have three parts:

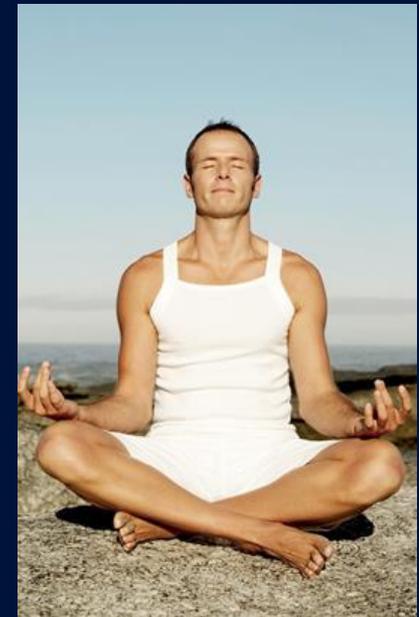
Warm-up



Conditioning



Cool-down





# Choosing the Right Exercise Program

## The Warm-up Period

- Allows for a slow increase in heart rate
- Sends extra blood through muscles to warm them
- Lasts for 5-7 minutes, and includes:
  - Slow walking
  - Mild stretching
  - **Calisthenics**





# Choosing the Right Exercise Program

## The Conditioning Period

- Brings on cardiorespiratory endurance and/or muscle strengthening endurance.
- Push your body to normal limits, then a little beyond.
- As you strengthen, your normal limits will change.



### Weight training

For bulk—add weight

For strength—add reps

Give muscles a day off between workouts.



# Choosing the Right Exercise Program

## The Cool-down Period

4 to 6 minutes of slow walking, easy calisthenics, and mild stretching.

This period allows your heart rate to slow down, relaxes muscles and cools the body.

Stretching muscles can relieve cramps and soreness.





# Weekly Physical Fitness Training Program



Monday	Tuesday	Wednesday	Thursday	Friday
Warm-up/ Stretching	Warm-up/ Stretching	Warm-up/ Stretching	Warm-up/ Stretching	Warm-up/ Stretching
Strength Training	Aerobics Conditioning	Strength Training	Unit fun run	Assessment of goal Measurement session
Running	Cool-down/ stretching	Running	Cool-down/ stretching	Cool-down/ stretching
Cool-down/ stretching		Cool-down/ stretching		

Note that Tuesdays and Thursdays are **recovery** days.



# Sticking With an Exercise Program

People know how important exercise is, but they have trouble staying with a program.

Tips to make it easier to keep your fitness resolution:

- Think of fitness as part of a daily routine
- Set realistic and specific goals
- Exercise at least three times a week
- Keep track of your progress
- Make the routine fit your personality
- Choose a convenient place for exercise
- Wear comfortable clothing and shoes
- Stay positive and have fun!

**Be sure to check with your doctor before beginning any diet or exercise program.**



# Assessing Cardiovascular Fitness and Determining Target Heart Rate

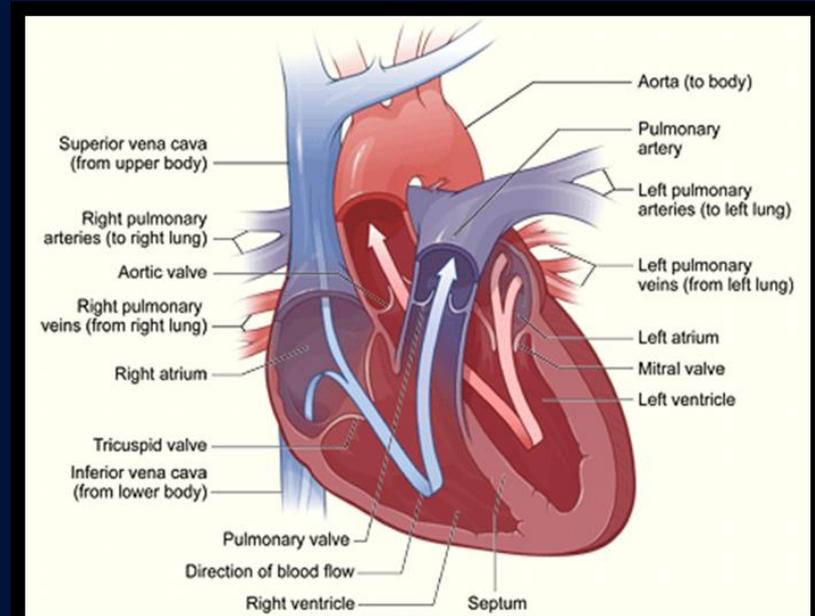
During exercise, the heart and lungs must supply considerably more oxygen.

## At Rest

5 quarts of blood/minute

## During Vigorous Exercise

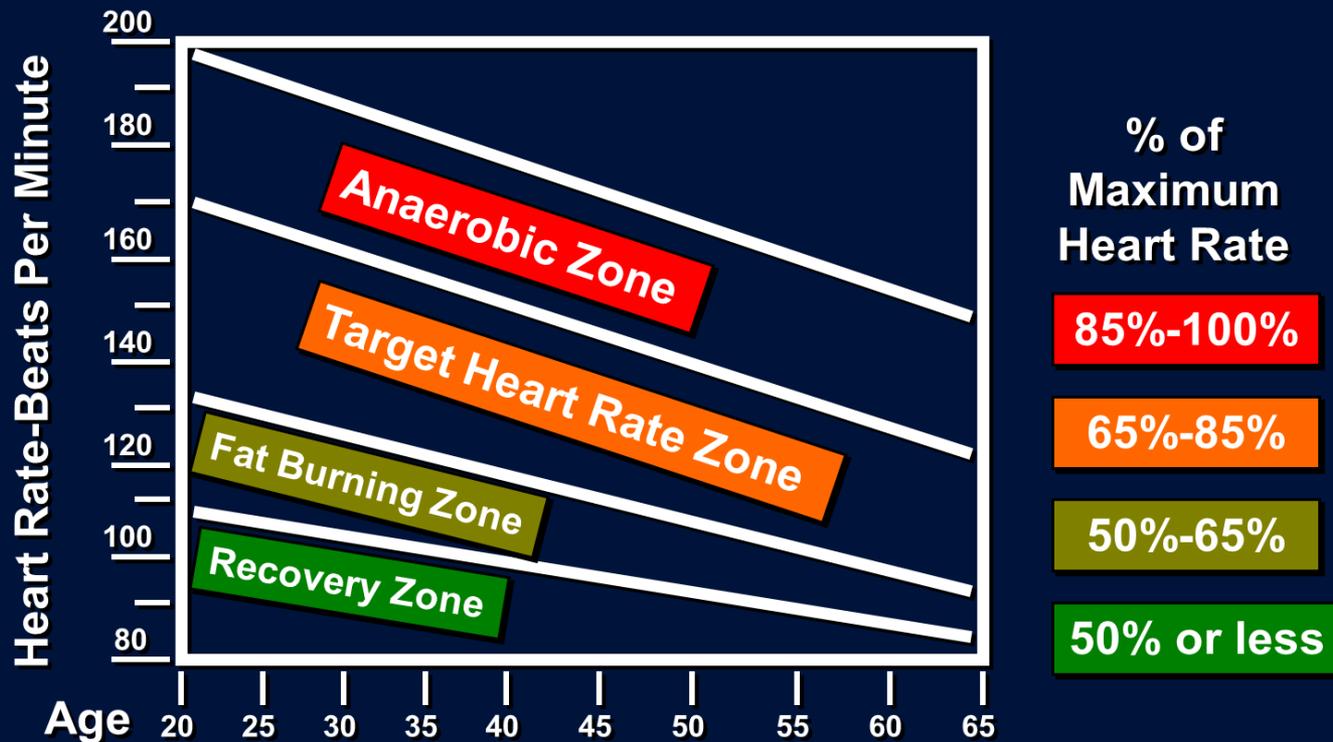
20-25 quarts of blood/minute





# Assessing Cardiovascular Fitness and Determining Target Heart Rate

Your target heart rate is the rate you need to maintain during exercise to improve your cardiovascular fitness.





# Test Your Cardiovascular Fitness

Before you do a test or start an exercise program, be sure to have a physical exam, including a check of your blood pressure and resting heart rate.



Do not attempt a test if you have a history of health problems, without clearance from a doctor.



# Test Your Cardiovascular Fitness

## The Test

Walk or run for **one mile** as fast as you can.

Have a partner use a watch with a second hand to measure your time in minutes and seconds.





# Compare Your Results to Recommended Results

Compare your score to the table...

Your time should be no greater than the minimums.

Mile Walk/Run Times in Minutes/Seconds		
AGE	GIRLS	BOYS
14	10:30	7:45
15 - 18	10:30	7:30



# Take Your Resting Pulse and Determine Your Target Heart Range

Determine your resting heart rate by counting your pulse beats for one minute. Let's say that number = 72.



Subtract your resting heart rate from 200 (an approximate maximum heart rate).  **$MHR\ 200 - RHR\ 72 = 128$**

Multiply that figure by 0.6 and also by 0.8.

$$128 \times 0.6 = 76.8$$

$$128 \times 0.8 = 102.4$$





# Take Your Resting Pulse and Determine Your Target Heart Range

Now add your resting heart rate (72) back into the two numbers from the previous step...

$$128 \times 0.6 = 76.8 + 72 = 148.8$$

$$128 \times 0.8 = 102.4 + 72 = 174.4$$

The two new sums give you the upper and lower limits of your **target heart rate range**.



# Choose an Appropriate Cardiovascular Exercise Program

Ask your physical education teacher to help you select appropriate exercise activities for you.

Start moderately, and progress into higher intensity exercises.





# Choose an Appropriate Cardiovascular Exercise Program

Do your exercises 3 to 4 times each week.

Be sure to take your pulse rate frequently to see if you are staying within your **target heart range**.

Your heart rate begins to slow immediately after you stop exercising, so count your pulses for only 6 seconds, then multiply by 10 to get your count for 60 seconds/1 minute.

After exercising regularly, re-take the one-mile run/walk test to check your progress.



# Apply the Skill

1. Do warm-up stretches; complete the timed one mile walk/run; record the results.
2. Determine your target heart rate ranges.



3. After a physical checkup, design a cardiovascular fitness program that will improve your fitness level.



# Fitness Throughout Life

One of the most important and challenging things you will do for yourself will be to start exercising while you are young and **continue the practice for life.**

Don't be discouraged thinking it's too difficult or time consuming. There may be activities you already which are some form of fitness exercise and can be fun – like **aerobic dance class.**





# Fitness and Recreation

Do you do any of these things?

- Ride a bike with friends
- Take a brisk walk in the morning
- Jump and turn to fast music
- Get together with friends for
  - a hike
  - a basketball game
  - a swim



If so, you already participate in activities that contribute to your physical fitness.



# Fitness and Aging



Bodies undergo physical changes as they age, but that should not prevent you from being physically fit.

Even if it started late, moderate exercise can help reduce or eliminate many physical problems associated with age.



# Fitness and Aging

Some older people think they need to avoid exercise so they won't get injured. That is a mistake.

Exercised bones and muscles stay stronger and can reduce the risk of **osteoporosis**.

Older people who get little exercise are less healthy than those who remain active.



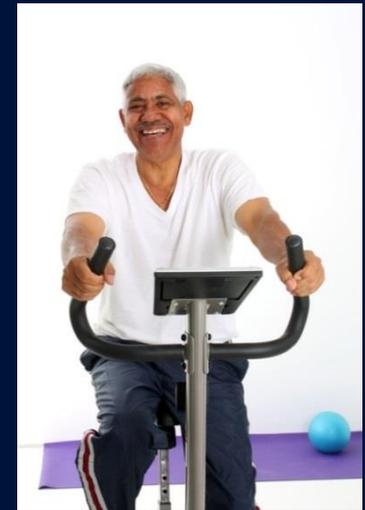


# Fitness and Aging

Moderation is especially important in a fitness program for older adults.

Exercise issues for older people:

- Possible circulatory system problems
- Lower target heart rate
- Need less stress on bones and muscles



However, with care and moderation, older people can continue to benefit from regular exercise.



# Finding Ways to Get Fit

Still cannot plan and carry out a fitness plan?

Then increase your level of activity by making a game of it...

- Bike or walk instead of riding in a car or bus
- Use stairs instead of elevators
- Pick up your walking pace or job

A little exercise is much better than none. Every little increase is beneficial.



# Conclusion

Regular exercise is important in maintaining your health; you feel better, look better, and help fight disease.

Different exercise programs have different benefits, but the important thing is to stay active.

It is easy to get out of shape, so take the stairs, bike, walk, or bowl. Turn off the TV and have fun with your friends; it's all a benefit to you and your health.



# Questions?

