

CREATING YOUR PERSONAL FITNESS PLAN

What is Physical Fitness?

Physical fitness is the ability to carry out daily tasks actively without fatigue, and with enough energy to enjoy leisure-time activities. Physical activity should be an integral part of your day as planned and part of daily living. Regular exercise develops the path towards health and well-being.

Safe and effective personal fitness programs should include three areas:

1. **Cardiovascular exercise** increases heart rate and improves oxygen consumption by the body. Cardiovascular exercise is extremely beneficial to support your cardiovascular system (heart, lungs, circulatory) along with weight management.
2. **Strength training** can improve strength and posture, reduce risk of injury, and boost your metabolism to help manage or lose weight.
3. **Flexibility exercise** is needed to maintain joint range of motion and reduce the risk of injury.

Before You Begin Your Exercise Plan

Performing activities that require moderate effort is safe for most people. However, if you have a chronic health condition such as heart disease, diabetes, osteoporosis, arthritis, or other symptoms, be sure to consult with your doctor about the type and amount of physical activity suggested.

Cardiovascular Exercise

Cardiovascular exercise involves movement that increases your heart rate and oxygen consumption by the body. It is a critical component of every exercise program to lose or maintain weight, improve fitness level, or help to prevent or lower other diseases or disorders such as high cholesterol, blood pressure, and blood sugar.

For more information contact

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Recommendations

Adults need at least:

 2 hours and 30 minutes (150 minutes) of [moderate-intensity aerobic activity](#) (i.e., brisk walking) every week

OR

 1 hour and 15 minutes (75 minutes) of [vigorous-intensity aerobic activity](#) (i.e., jogging or running) every week

OR

  An equivalent mix of moderate- and vigorous-intensity [aerobic activity](#)

<http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html>

Level of intensity	Type of Aerobic Exercise
<p>Moderate-Intensity A person doing moderate-intensity aerobic activity can talk, but not sing during activity</p>	<ul style="list-style-type: none"> · Brisk walking (3mph or faster) · Tennis (doubles) · Dancing · Biking (slower than 10mph) · Water aerobics · Pushing a lawn mower · Gardening
<p>Vigorous-Intensity A person doing vigorous-intensity aerobic activity cannot say more than a few words without pausing to breathe</p>	<ul style="list-style-type: none"> · Jogging/running · Swimming laps · Tennis (singles) · Jumping rope · Water aerobics · Biking (faster than 10mph) · Hiking (uphill or with heavy backpack)

Benefits of Regular Exercise	
· Helps you maintain a normal weight by burning calories and increases metabolism	· Improves self-esteem
· Reduces blood pressure, cholesterol, triglycerides blood sugar.	· Helps relieve stress and promote relaxation
· Reduces the risk for heart disease, diabetes, osteoporosis, obesity.	· Helps relieve lower back pain
· Improves joint health- Increase muscular and connective tissue (ligaments, tendons, cartilage) strength.	· Increases energy

Sneak Exercise into Your Day

- Go for a walk during lunch or break time
- Break it up- exercise can be accomplished 10 minutes at a time
- Take the stairs instead of the elevator
- Do housework at a fast pace
- Speed walk your errands
- Park further away

Additional Resources

- Know your “Max Heart Rate” ($220 - \text{age} = \text{MHR}$)
- Know your [Target Heart Rate Zone](#)
- Measure your Physical Activity [Intensity](#)



Muscular Strength Training

Cardiovascular exercise improves cardiorespiratory function and health status in many ways; strength training also contributes to improving health and overall functioning. You do not need to be a bodybuilder to benefit from strength training.

Health Benefits:

- Increase strength of bones and connective tissue (tendons, ligaments, cartilage)
- Increases strength and muscle endurance
- Increase Basal Metabolic Rate (BMR= Number of calories burned throughout the day)
- Improves balance
- Increases self-esteem and self-confidence
- Improves mobility and flexibility
- Improves quality of life (makes daily routines easier)

Recommendations

Benefit	Frequency	Intensity	Time
Basic health benefits	2-3 days per week	Moderate	15-30 minutes per session
Greater health benefits	3-4 days per week	Moderate to high-intensity	15-60 minutes per session

Strength-training activities should work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms.)

Strength Training Options:

Strength training can be done at home, in the office, or at the gym. Consider these four options when strength training.

1. **Body weight-** Strength training can be accomplished with no equipment- use bodyweight to perform push-ups, sit-ups, pull-ups, squats and lunges.
2. **Resistance Tubing-** Resistance tubing is inexpensive, lightweight, and can be taken with you wherever you go. Resistance bands can be found in nearly all sporting goods sections.
3. **Free Weights-** Barbells and dumbbells are the original strength training tools. A wide variety of exercises can be performed with barbells and dumbbells.
4. **Machines-** Most fitness centers offer various machines. Machines are the safest form of resistance training, great for the beginner strength trainer.

Recommendations for Strength Training

- Align body properly
- Movements should be slow and controlled
- Control your breathing.
- Always start lighter and progress to heavier weights
- SAFETY IS MAIN PRIORITY! Ask a personal trainer or fitness specialist if you have any questions.

Additional Resources

- Get expert fitness advice from the American Council of Exercise (ACE) with free sample workouts ([Click Here](#))
- [Click Here](#) for strength training exercises and videos



Flexibility

Don't forget to stretch! Flexibility is an important aspect of general health and well-being. Inflexibility can inhibit activities of daily life, cause pain, and increase wear on joints. The benefits of stretching include reducing stress and tension, improved posture, muscle relaxation, prevention of injury, along with many more.

Recommendations:

- Stretching is recommended daily, even if you are not working out that day
- Always warm up before stretching. A "warm" muscle not only will stretch better but will also reduce the risk of injury. Do 5-10 minutes of low intensity activity prior to stretching. (Walking, biking, etc.)
- Hold stretches for 20-30 seconds without bouncing.

Additional Resources:

- [Stretches for upper and lower body](#)
- Use yoga to turn flexibility into a workout

Additional Resources to enhance your fitness plan

FIT FACTS	
Getting Started	Older Adult Fitness
Exercise Programs	Sports and Exercise Outdoors
Exercising with Health Challenges	Weight Management
Lifestyle and Motivation	Workplace Wellness
Nutrition and Supplements	Youth Fitness

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