

52 Weeks to a New You!

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Week 12: Health: Fitness, Flexibility and Freedom

Outline:

1. Reasons to be Fit
 - a. Economic impact of obese children on future health care costs
 - b. Increases in CVD deaths
2. Talk to your doctor first-before beginning exercise program if:
 - a. You've had a heart attack.
 - b. You have asthma or lung disease.
 - c. You have diabetes or heart, liver or kidney disease.
 - d. You feel pain in your chest, joints or muscles during physical activity.
 - e. You have arthritis or osteoporosis.
 - f. You've had joint replacement surgery.
 - g. You experience symptoms such as loss of balance, dizziness or loss of consciousness.
 - h. You take medication to manage a chronic condition.
 - i. You have an untreated joint or muscle injury, or persistent symptoms after a joint or muscle injury.
 - j. You're pregnant.
 - k. You're unsure of your health status.
 - l. OR IF TWO OR MORE APPLY:
 - i. You're a man older than age 45 or a woman older than age 55.
 - ii. You have a family history of heart disease before age 55.
 - iii. You have high blood pressure or high cholesterol.
 - iv. You smoke or you quit smoking in the past six months.
 - v. You're overweight or obese
3. Doing your own Fitness Assessment Test:
 - a. BMI Definition: Multiply weight by 703. Now take height in inches and square. Divide Weight number by squared height number:
 - i. Example: Betty weighs 150 and is 65 inches tall
 - ii. $150 \text{ lbs.} \times 703 = 105,450$
 - iii. $65 \text{ squared is } 65 \times 65 = 4225$
 - iv. $105,450 / 4225 = 24.96$
 - v. Round up – BMI is 25
 - b. BMI

BMI	MEN	WOMEN
Underweight	<20	<19
Healthy range	20-25	19-24
Overweight	26-30	25-30
Obese	>30	>30

4. **All other charts on powerpoint, DVD's and in workbook-coming in June.**

5. Cardiovascular Fitness Assessment

- a. Walk brisk mile (1.6m)-record time to walk mile and heart rate

ACTION ITEM: CREATE A FITNESS JOURNAL

6. Stretching Tips:

- a. Ballistic versus static stretching-never bounce
- b. Warm up first
- c. Always stretch after exercise
- d. Go slow-Pain free-Breath
- e. Flexibility and your heart
 - i. Researchers show a correlation in body flexibility and arterial flexibility
- f. Flexibility assessment: Alert-if you have back pain, contact your doctor
 - i. Sit and Reach 2 methods:
 1. Method 1:
 - a. Get a 12 inch box.
 - b. Put back against wall and box at your feet
 - c. Identify 'your zero'. Reach forward and identify where your normal extension is.
 - d. Mark 'your zero' with a piece of tape.
 - e. Place ruler at 'your zero' and reach beyond your zero
 - f. Do test three times and record best result
 - ii. FITT
 1. Frequency
 2. Intensity
 3. Time-duration
 4. Type-variety
 - iii. President's Challenge Sit and Reach Test
 1. Place yardstick on ground-place a piece of tape perpendicular at the 15" mark
 2. Sit with your legs straight out-12" apart
 3. Place heels at the 14" mark (legs typically move forward 1" as you begin stretch)
 4. Reach forward-try to go beyond the 15" mark-
 5. Do test three times and record best result
 - iv. Benefits of stretching
 1. Heart health
 2. Relieve stress
 3. Increased range of motion
 4. Potential for less injuries

7. Strength Test

- a. Push-ups for men on toes-do your max
- b. Push-ups for women on knees or against wall-do your max
- c. Abdominal strength test-
 - i. Lay on floor-knees bent-feet flat on floor
 - ii. Hands behind ears-don't clasp hands or hands on thighs and lift up until hands move up to the knees
 - iii. Raise up-do not put chin to chest-look up
 - iv. Record how many sit-ups in one minute

8. Balance Test-if unsteady, have a friend to stand by

- a. Look at one spot on floor
 - b. Lift one leg and stand on the other-time it-Repeat on the other leg-time it
- 9. All other charts on powerpoint, DVD's and in workbook-coming in June.**
10. Getting Started
- a. **Assess your fitness level**
 - b. **Set goals**
 - c. **Do what you like**
 - d. **Mix it up**
 - e. **Be smart-don't spend a lot of money**
 - f. **Make it happen**
 - g. 52 WEEKS TO A NEW YOU!!!
 - h. Get busy at home. Clean your house more frequently, do more gardening and yard work.
 - i. Walking is one of the most popular forms of exercise, and for a reason. It's easy to do and comes naturally. Remember-wealth's 2nd week-reduce clutter-organization reduces stress.
 - j. Begin exercising at least 10-20 minutes a day. It's all about the habits!
 - k. Take it one day at a time, with realistic goals.
 - l. Be smart with money- don't spend money on fitness until you establish habits.
 - m. Add entertainment such as music or TV to your indoor activity.
 - n. The more muscle you gain, the higher your metabolism.
 - o. Get family and friends to exercise with you.
 - p. Take your absorbable multi, antioxidant and omega 3!
 - q. Don't allow yourself to watch your favorite TV show unless you are doing an activity-push ups, sit-ups, stretching....
11. Charts
- a. 7 weeks to a 5K
 - b. Sample daily schedule
12. Impediments to success:
- a. I don't have enough time to exercise
 - b. Exercise is boring
 - c. I'm self-conscious about how I look when I exercise
 - d. I'm too tired to exercise after working all day
 - e. I'm too lazy to exercise
 - f. I'm not athletic
 - g. I've tried to exercise in the past and failed
 - h. I can't afford to buy expensive equipment or join a health club
 - i. I'm afraid I'll hurt myself if I exercise
 - j. My family and friends don't support my efforts to exercise regularly

WEEK 12: ACTION ITEMS

- 1. Take a personal fitness test-C, F, S, B
- 2. Create a fitness journal
- 3. Begin a 6 day exercise program-even if 10 minutes a day-it is all about habits at first!