FITNESS UNIT

**OBJECTIVE:** to increase student awareness of the importance of exercising, along with

the appropriate ways for individuals to exercise in order to reap maximum benefits.

# PREPARATION FOR EXERCISING

*(extremely important to engage in a light warm-up followed by stretching before intense exercise)*

* *The purpose of the warm-up is to slowly elevate the pulse to an aerobic level // 5 minutes*
* *Individual should break a sweat in order to warm the muscles before stretching*
* *Benefits of warm-up: Allows greater delivery of oxygen to working muscles; Increases blood flow to muscles; Decreases number of injuries to muscles, ligaments, tendons; Improves CV response to sudden, strenuous exercise; Leads to earlier sweating, which reduces risk of high body temperature during exercise*

## FREQUENCY, INTENSITY, TIME/DURATION

(important to exercise at the appropriate F/I/T in order to gain maximum benefits)

FREQUENCY: at least 3 x per week , no more than 2 days between workouts

\***Improve cardiorespiratory endurance & keep body fat at optimal levels**

\*If initiating an exercise program, every other day is appropriate

INTENSITY: exercise at 60-80% of your maximum heart rate

HRmax – max attainable HR at point of exhaustion from all out exertion

HRmax = 220 – age HRmax = \_\_\_\_\_\_\_\_\_

### 

Training/Target HR – exercise at THR to develop & maintain a healthy level of

CR fitness & proper body composition; between

60 – 80% of HRmax

THR = (HRmax \* Intensity %)

THR (60%) = \_\_\_\_\_\_\_\_\_\_\_

THR (80%) = \_\_\_\_\_\_\_\_\_\_\_

TIME/DURATION: Avg. 20-30 minutes of INTENSE exercise

#### COOL DOWN

*(slowly reduce pulse rate by slowing movement & stretching // 5 minutes)*

* *Muscles & blood lactic acid levels diminish more rapidly / faster recovery from fatigue*
* *Prevents blood from ‘pooling’ in legs / reduces possibility of delayed muscular stiffness & tendency toward dizziness & fainting*

##### BENEFITS OF EXERCISE

Decrease CV/heart disease, hypertension (high bp)

Decrease stress levels

Increase mental alertness/capacities

Weight Control

Muscle strength / Body composition

Decrease cholesterol

*\*\*BREATHING\*\* Important to take in enough oxygen, however you must exhale the carbon dioxide in*

*order to rid the toxins in your body. Toxins prevent the intake of oxygen. Try breathing in twice &*

*exhaling 3 times (establish a breathing pattern for yourself)!!! Control your breathing!!!*

*\*\*PACE\*\* Pace is a rate of movement. Set a moderate, steady pace (consistent) to maintain throughout*

*the exercise period!!!*