

**Introduction:**

Adequate physical activity is dependent on having a well-rounded program that encompasses all aspects of improving health and preventing disease. A well-rounded program includes cardiovascular fitness, muscular strength and endurance, flexibility, posture, and maintenance of body composition. A sensible approach for getting started in an exercise program is to think carefully about your motivations, goals, and needs, select activities that will meet those needs, and apply the FITT formula to these activities.

**Standards:**

**PANPE1d:** self-assess performance of alternative physical activity skills and evaluate and adjust alternative physical activity learning plan

**PANPE2a:** identify the health and fitness benefits of selected alternative physical activity

**PANPE2b:** evaluate personal fitness requirements for participation in selected alternative physical activity

**Objectives:**


- Identify individual attributes that should be taken into account before beginning a fitness program.
- Identify proper guidelines, principles and lifetime activities to include in a fitness plan.
- Describe the FITT principles.
- Describe the important factors to think about before starting a fitness program.
- Discuss strategies for beginning to design your own individualized fitness program.
- Discuss how your fitness needs may change over the life span.

**Guiding Questions:**

How can regular exercise affect your physical fitness throughout your life?  
What role will good personal health play in disease prevention and maintaining a high quality life?  
How are health related and skill related activities connected?

## Fitness Escapade Prelude

Fitness Escapade Prelude

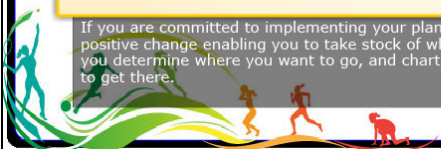


Riding bikes; Shutterstock

Before you start a fitness program, consider the following factors:

- Do you have any special health constraints?
- Are you healthy enough to start a fitness program?
- What types of activities do you enjoy?
- How much of your activities are planned?

If you are committed to implementing your plan, it can be an invaluable blueprint for positive change enabling you to take stock of where you are now. A plan can help you determine where you want to go, and chart a course of how to get there.

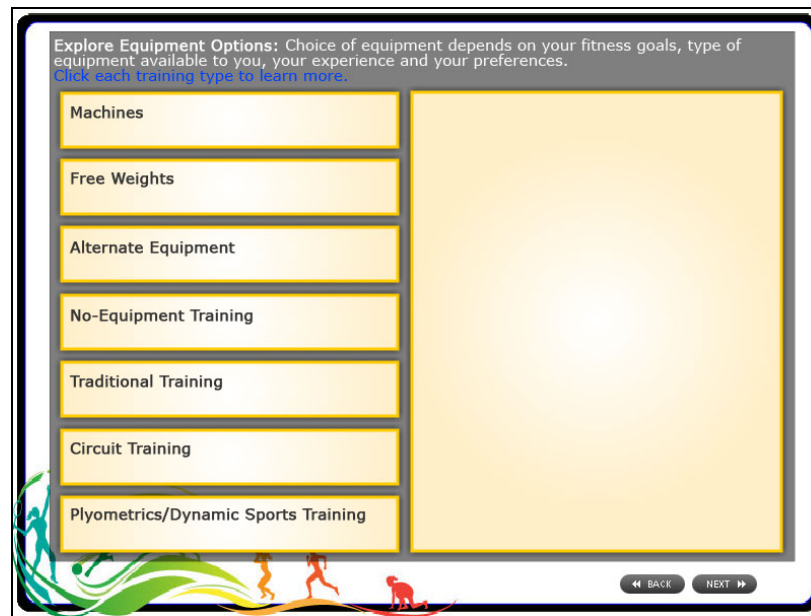


NEXT >>

Riding bikes; Shutterstock

**Before you start a fitness program, consider the following factors:**

- Do you have any special health constraints?
- Are you healthy enough to start a fitness program?
- What types of activities do you enjoy?
- How much of your activities are planned?



### Explore Equipment Options

Choice of equipment depends on your fitness goals, type of equipment available to you, your experience and your preferences.

### Free Weights

Personal trainers and exercise physiologists consider free-weight exercise to be a more advanced approach to resistance-training in part because it allows the body to move through its natural range of motion and promotes the use of postural and stabilizing muscles. The exercises use dumbbells, weights intended for use by one hand as well as a variety of barbells, a long bar with weight plates on each end.

Lifting free weights; Shutterstock

### Alternate Equipment

Resistance bands made of tubing or flat strips of rubber allow you to gain muscular strength and endurance throughout a range of motion. Stability balls are large vinyl balls on which you sit, lie down, or balance. They help you to develop core trunk muscles. Medicine balls are heavily weighted and help you increase resistance, whether used individually, with a partner, or in a group.

Exercising on Pilates ball; Shutterstock

**No-Equipment Training**

Calisthenics can be performed without any equipment because they use your own body weight to provide the resistance.

Jumping jacks; Shutterstock

**Traditional Training**

Program can include exercises on a combination of machines, exercises with free weights, and calisthenics. All of these exercises typically include a set number of repetitions-the number of times a particular exercise is performed-and sets, which include a fixed number of repetitions, interspersed with rest periods.

Lifting free weights; Shutterstock

**Circuit Training**

In circuit weight training, you move from one station to another in a set pattern (the "circuit"). Some circuits include stations for aerobic exercises along with the resistance-training stations.

Lifting weights; Shutterstock

**Plyometrics/Dynamic Sports Training**

Athletes may include plyometric exercises, which mimic the quick, percussive movements needed in many sports. They are characterized by a rapid deceleration of the body followed by a rapid acceleration in the opposite direction. Power lifting is a type of resistance training in which an individual lifts a heavy weight quickly. It should be performed only by experienced athletes. Many athletes also include speed and agility drills, which improve muscle responsiveness, speed, footwork, and coordination.

A major obstacle to regular exercise for many people is having a suitable, convenient place to work out. [Mouse over the images to see some factors to consider when deciding where to exercise.](#)

<p><b>Exercise Facility Options:</b> Choose a facility based on its location, classes offered, equipment, cost, and any other amenities that is important to you.</p> <p>Don't overlook the facilities offered at your installation!</p> <p>Gym; Shutterstock</p>	<p><b>Neighborhood:</b> Some research suggests that urban sprawl may be partly to blame for the current obesity epidemic. When exercising in your neighborhood, choose streets with sidewalks, bike lanes, walking trails, street lights, and less traffic.</p> <p>Running up the stairs; Shutterstock</p>
<p><b>Safety:</b> To be safe, exercise with a friend or group, choose a neighborhood with less traffic, and wear reflective clothing. If you plan to hike or bike in a wilderness area, let someone know where you are going and how long you plan to be gone. Carry a cell phone, GPS, basic safety supplies, and food and water for a day. Bring any safety concerns at a fitness facility to the attention of the manager.</p> <p>Girls running in the country; Shutterstock</p>	<p><b>Weather:</b> If you are prepared, you can exercise in most weather conditions. The key is to pay attention to your body and take the necessary safety precautions.</p> <p>Guy hiking in the mountains; Shutterstock</p>

← BACK    NEXT →

**Neighborhood:** Some research suggests that urban sprawl may be partly to blame for the current obesity epidemic. When exercising in your neighborhood, choose streets with sidewalks, bike lanes, walking trails, street lights, and less traffic.

Running up the stairs; Shutterstock

**Weather:** If you are prepared, you can exercise in most weather conditions. The key is to pay attention to your body and take the necessary safety precautions.

Guy hiking in the mountains; Shutterstock

**Exercise Facility Options:** Choose a facility based on its location, classes offered, equipment, cost, and any other amenities that is important to you.

Don't overlook the facilities offered at your installation!

Gym; Shutterstock

**Safety:** To be safe, exercise with a friend or group, choose a neighborhood with less traffic, and wear reflective clothing. If you plan to hike or bike in a wilderness area, let someone know where you are going and how long you plan to be gone. Carry a cell phone, GPS, basic safety supplies, and food and water for a day. Bring any safety concerns at a fitness facility to the attention of the manager.

Girls running in the country; Shutterstock



**The Stairway to Lifetime Fitness:** To make good decisions about lifetime physical activity, you start at a level of dependence on others and develop a level of decision making as you progress to a level of independence.

### **Step 1 - Doing Physical Activity:**

Do activities that are planned by others, this makes getting started easier. Look for opportunities to participate in school activities, physical education classes, and community ventures.

Group doing Pilates; Shutterstock

### **Step 2 - Getting Fit:**

Learn to become responsible for your own physical fitness. Fitness is something that was often planned for you when you were young, and coaches instructed activities to get you fit for sports.

Group riding stationary bikes; Shutterstock

### **Step 3 - Self-Assessment:**

Before you can make good decisions about your own personal fitness and activities, you need to know your own personal fitness levels. Assessing your fitness levels allows for better fitness decision making & program planning.

Guy stretching by waterfront; Shutterstock

### **Step 4 - Self-Planning:**

Track your progress; use a weight-training log or a notebook. Use your own fitness and activity results to help plan your own program. Each personal fitness profile will be different for each individual.

List of goals; Shutterstock

### **Step 5 - Lifetime Activity:**

When you learn why physical activity is important, you will be able to decide what your fitness level needs are, and how you can plan them for a lifetime.

Riding bike at sunset; Shutterstock

### **Step 6 - Lifetime Fitness:**

When you have taken responsibility for your own lifetime fitness needs, you have moved away from dependence on others to keep you fit, to personal independence.

Cartwheel on the beach; Shutterstock

**Summary**

Throughout your life, you will reevaluate your fitness needs and learn to adjust your physical activity program as needed to maintain an optimal fitness level. A sedentary lifestyle, in which a person exerts physical effort only for required daily tasks and not for leisure-time fitness activities, increases the risk of obesity, high blood pressure, and other diseases.

Maintaining good health and wellness habits can help extend your overall life expectancy. That's because sound health and wellness choices-such as wearing a seat belt; avoiding smoking, drugs, and alcohol abuse; eating a healthy diet; and engaging in regular physical activity-reduce your risk of traumatic injury and chronic disease.



Stretching; Shutterstock



← BACK

**Summary:**

Maintaining good health and wellness habits can help extend your overall life expectancy. That's because sound health and wellness choices-such as wearing a seat belt; avoiding smoking, drugs, and alcohol abuse; eating a healthy diet; and engaging in regular physical activity-reduce your risk of traumatic injury and chronic disease.

Throughout your life, you will reevaluate your fitness needs and learn to adjust your physical activity program as needed to maintain an optimal fitness level. A sedentary lifestyle, in which a person exerts physical effort only for required daily tasks and not for leisure-time fitness activities, increases the risk of obesity, high blood pressure, and other diseases.

**Student Practice:**

**What's The Plan?**

In this activity, you will apply basic knowledge of resistance training.

**Instructions:** Read the following and provide a written response of at least two paragraphs.

**Scenario:** A friend is planning to start a weight training program and asks for your advice in getting started. She has no experience in lifting weights and is



new to the fitness facility. What advice might you offer to ensure that she gets off to a safe start?