

GET FIT
DON'T
QUIT

**LETS GET FIT IN
2017!!**

The word HEALTH is derived from the same word root as WHOLE and HOLY

➔ When you are *healthy* you are:

- **Whole**
- **Fulfilled**
- **Connected/ interconnected**
- **Aware of the larger whole**
- **HAPPY**

Health

PHYSICAL HEALTH

- Plenty of exercise
- Proper nutrition
- Absence of disease
- Adequate sleep every day
- Regular periods relaxation
- Absence of abuse of body: violence, drugs



The Body is functioning as it was designed to function!!!!

Physical Health



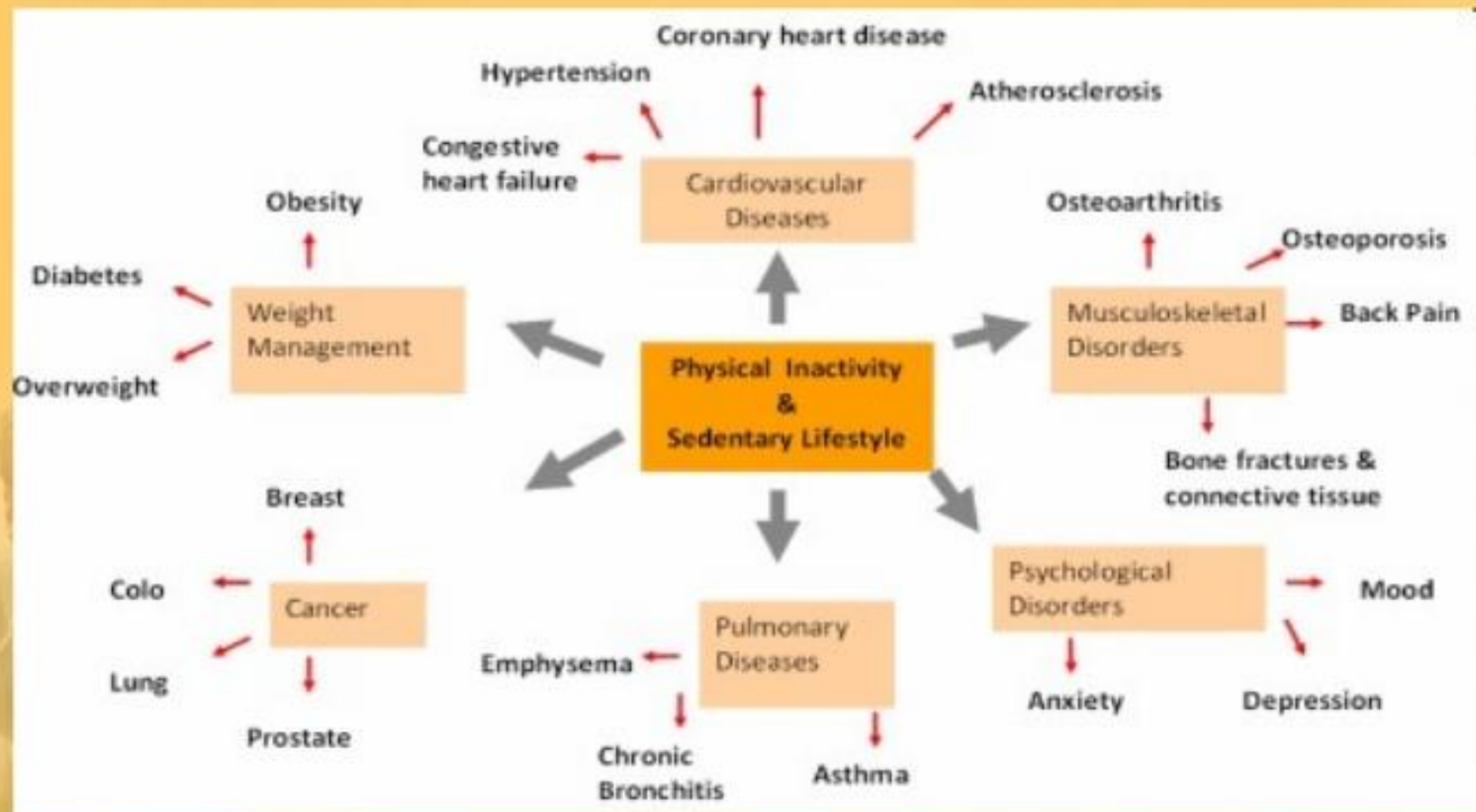
- No or irregular physical activity (couch potato)
- Sitting, reading, watching TV and computer use for much of the day with little or no vigorous physical exercise
- National guidelines recommend no more than two hours each day using electronic media for recreation

Exchanging even just 30 minutes of TV for something physical will deliver health benefits!!

Sedentary Lifestyle



Effects that physical inactivity and a sedentary lifestyle have on your health



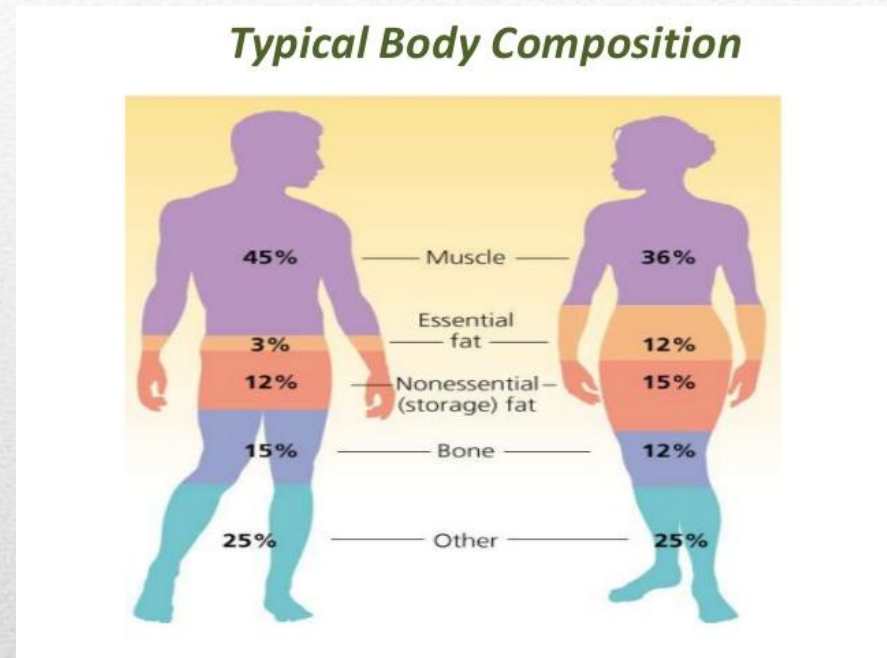
FITNESS

Exercise activities that IMPROVE your physical HEALTH and help you to stay HEALTHY!

The five components are:



- Relative amount of muscle, fat, bone and other vital parts of the body
- Body composition is important to consider for health and managing your weight
- Having a poor body composition has many negative physical and psychological effects



BODY COMPOSITION

BODY COMPOSITION & HEALTH

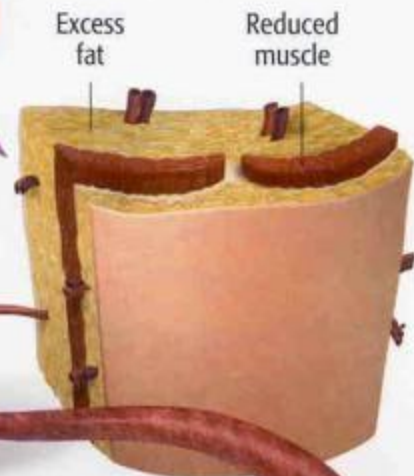
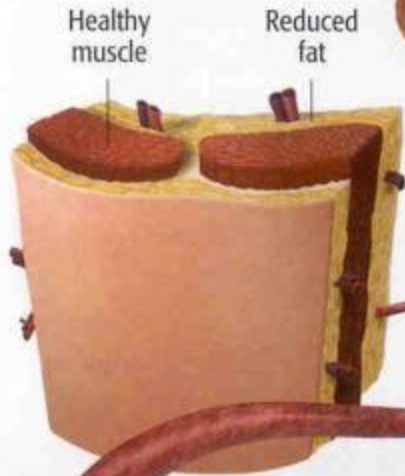
HEALTHY

A *healthy* body composition program helps a person weigh less and look thinner by causing excess fat to be lost and muscle to be retained. Healthy body composition produces significantly better overall health.



UNHEALTHY

An *unhealthy* body composition program may help a person weigh less and look thinner, but it causes muscle to be lost and excess fat to be retained. Unhealthy body composition produces increased risk to other serious health concerns.



Healthy body composition **reduces** the risk of developing high blood pressure, high cholesterol, cardiovascular disease, insulin insensitivity, type 2 diabetes, hormone imbalance, and more.

Healthy blood pressure

Unhealthy body composition **increases** the risk of developing high blood pressure, high cholesterol, cardiovascular disease, insulin insensitivity, type 2 diabetes, hormone imbalance, and more.

High blood pressure

CARDIO ENDURANCE

Do you have the energy you need for...

1) Climbing flights of stairs?



2) Hiking several miles (including hills)?



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3) Playing or running with your kids & dog?



CARDIOVASCULAR

The ability of the **circulatory and respiratory** systems to bring oxygen to the skeletal muscles, allowing the body to do vigorous activity over a long period of time.

<u>Outdoor</u>	<u>Indoor</u>	
Running	<u>Gym</u>	<u>Non-Gym</u>
Hiking	Treadmill	Aerobics DVD
Walking	Swimming	Interval Training DVD
Swimming	Circuit Training	Dancing
Biking	Aerobics or Dance Class	Circuit Training
	Elliptical Trainer	Jump Rope
	Rowing Machine	
	Stationary Bike	
	Stair-master	

Why Is Cardiovascular Fitness Important?

- It will increase your energy level
- It will help you feel and look good
- Creates body fat loss
- Helps with stress reduction
- Improves health
- Can extend your lifespan
- Forms more arteries in the heart
- Clears fats from the bloodstream
- Lowers chance of atherosclerosis
- Strengthens the heart muscle
- Decreases chance of heart disease or stroke
- Improves self concept



Strength, Endurance & Power

- Muscular Strength

- Ability to generate force against some resistance
- Important to maintain normal levels for normal healthy living
- Imbalance or weakness can impair normal function

- Muscular Endurance

- Ability to perform repetitive muscular contractions against some resistance

- Power

- Ability to generate force quickly
- Combination of strength & speed
- Performance is limited without power

STRENGTH

Do you have the strength you need to...



2) Lift your child?

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1) Carry groceries?



3) Move furniture?



MUSCULAR ENDURANCE

Do you have the stamina you need to...

1) Get your yard work done?



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2) Play sports with your friends?



3) Wash or wax your car?



Top 10 Muscular Strength and Power Exercises

DIPS



SIT UPS



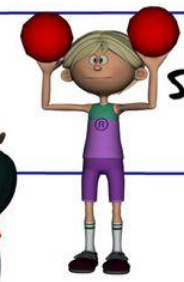
PUSH UPS



POWER KICKS



SHOULDER PRESSES



VERTICAL JUMPS



POWER LUNGES



SQUAT JUMPS



PULL UPS



STANDING SQUATS



Top 10 Muscular Endurance Exercises



CLIMBING WALL



CRAB PUSH UPS



BURPEES



CURL UPS



PLANK

V SIT



BRIDGE

LEG RAISES



WALL PUSH UPS



WALL SIT



FLEXED

ARM HANG

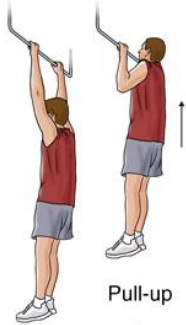
Strength Training: Upper Body Exercises



Bench press



Lat pull-down



Pull-up



Triceps extension



Dip



Curl

Strength Training: Lower Body Exercises



Squat



Strength training lunge



Calf raise



Leg curl



Leg extension



Crunch

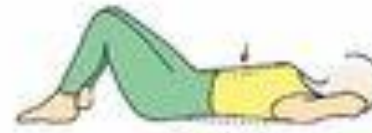
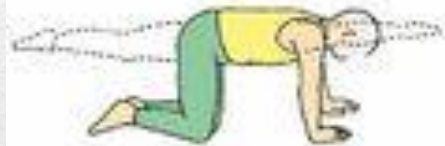
Low Back Pain Exercises



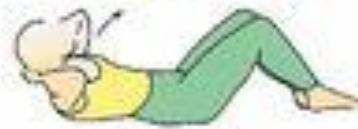
Standing hamstring stretch



Cat and camel



Pelvic tilt



Partial curl



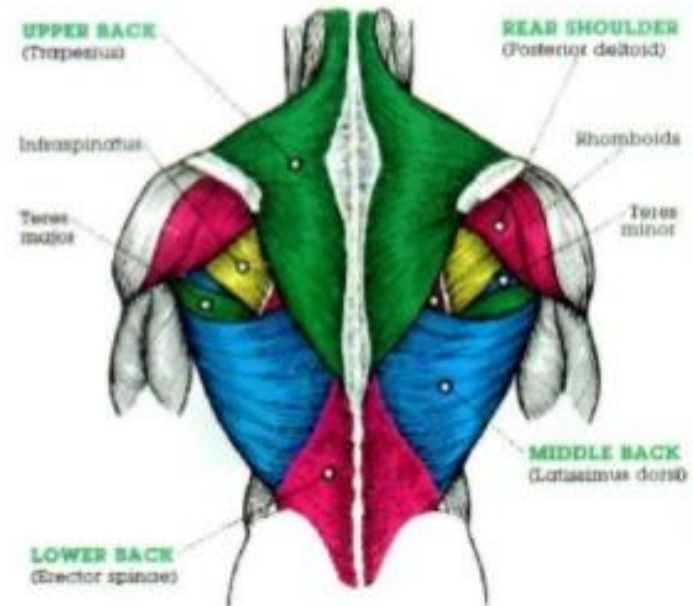
Piriformis stretch



Extension exercises

BENEFITS OF MUSCULAR TRAINING

- Reduce lower back problems
- Increased confidence
- Increased performance
- Reduced bone and muscle loss
- Helps with weight control



FLEXIBILITY

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Do you have the flexibility necessary for...

1) Squatting to the floor?



2) Reaching overhead?



3) Sitting on the floor to play with kids?



4) Working in tight or awkward spaces?

6 STATIC STRETCHES FOR FLEXIBILITY

#1 STANDING SINGLE HAMSTRING STRETCH

1. Stand up straight with your feet and legs together.
2. Bend forward until your head is parallel with your waist and then slowly step your right leg back, making sure that your heels are in line with each other.

3. Slowly slide your hands and your head down your left leg, reaching for the floor or as far as they will go, and then hold this position for 1 minute.

4. After 1 minute, stand up straight and repeat steps 1-3 with alternating legs.



#2 STANDING DOUBLE HAMSTRING STRETCH

1. Stand up straight with your feet and legs together.

2. Slowly slide your hands and your head down your legs, reaching for the floor or as they will go, and then hold this position for 1 minute.



#3 SEATED SIDE HEAD TO KNEE STRETCH

1. Sit with your right leg out straight to your right side and your left leg bent with the knee pointing out to your left side.

2. Clasp your hands above your head and slowly bend your body to the right, reaching for your right foot or as far as you can go, and then hold this position for 1 minute.

3. After 1 minute, sit up with your left leg out straight to your left side and your right leg bent with the knee pointing out to your right side and repeat step 2 with your left leg.



#4 WIDE LEGGED FORWARD BEND

1. Stand up with your legs wide out to the side.
2. Slowly bend forward at the waist, reaching for the floor with your hands or as they will go, and then hold this position for 1 minute.



#5 CAMEL POSE

1. Kneel on the mat with your knees 6-12 inches apart, your body upright and your hands on your hips.

2. Place your hands on your heels, curl your upper back as far as it will go and hold this position for 1 minute.



#6 DOWNWARD DOG

1. Kneel on the mat, lean forward and place your hands out in front of you, making sure that your knees are parallel with your butt and your hands are parallel with your shoulders.

2. Curl your toes, straighten your arms and legs, push your butt up towards the sky and hold this position for 1 minute.



WANT MORE HEALTH TIPS & FITNESS TIPS, THEN HEAD OVER TO...

FreeFitnessTips.co.uk



Shoulders
Clasp hands behind back
Push chest forwards
Soft knees



Triceps
Place one hand down the centre of the spine. Gently pull the elbow backwards. Feel the stretch down the back of your upper arm



Upper back
Soften knees and tuck bottom under. Clasp hands and push forwards. Spread shoulder blades apart. Chest (addition) Forearm raised slightly on fixed object. Lunge stance Move body forward beyond elbow. Lats (addition) Relaxed elbow. Lean slightly over away from arm Pull elbow towards lean.



Calves
Feet pointing straight ahead
Push back heel down to the ground
Straighten back knee



Quads
Keep the body straight-hips and shoulders in line
Pull the heel towards bottom
For advanced stretch extend the hip backwards



Hamstrings
Pull leg towards vertical
Straighten knee



Gluteus max
Sit upright
Keep supporting hand close to bottom
Rotate torso towards knee



Gluteus med & min
Cross legs while supine
Pull supporting leg in
Feel stretch in side of bottom



Lower back & glutes
Reach behind knees
Lift bottom
Pull knees right into chest



Knee rolls
Keep knees and feet close together
Gently roll to one side, hold
Repeat on the other side



Adductors
Seated position
Soles of feet together
Downward pressure on knees with elbows

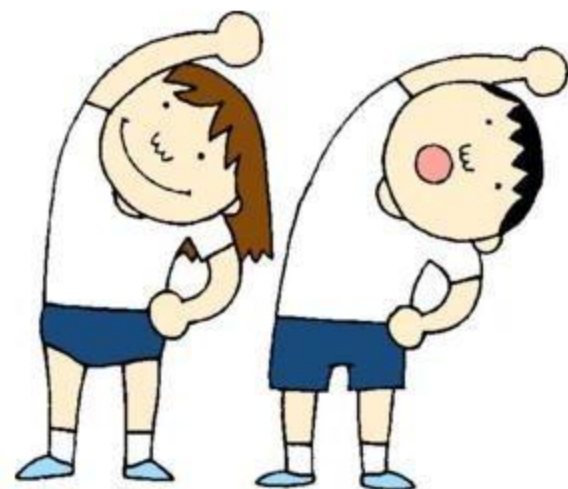
The Knowledge

- ✓ Ease into the stretch
- ✓ Hold for 15s to maintain flexibility
- ✓ Hold for longer for development
- ✓ Always stretch when fully warmed up
- ✓ Stretch every muscle group

Benefits of Flexibility and Stretching Exercises

• Which benefits would help you?

- Joint Health
- Protection against low-back pain and injuries
- Reduction of post-exercise muscle soreness
- ✓ Potential relief of aches and pains
- Improved posture
- Improve athletic performance
- Enhances range of motion
- Relaxation



How often should you exercise for the full benefits??

- **CARDIO**

- At least 3-5x per week
- At least 30-60 minutes per session

- **STRENGTH**

- 3x per week ALL body parts (lower body, upper body, abs)
 - More often if you alternate body parts daily

- **FLEXIBILITY**

- Every day!!
-

Exercise Routine

- Every exercise routine should consist of:
 - Warm- up
 - Work-out
 - Cool-Down & Stretching
-

The Activity Pyramid

A Guide to Daily Exercise Planning

Cut Down On:
**Watching TV, Computer Time,
Video Games, Sitting for More
than 30 Minutes at a Time**

2-3 Times a Week:
**Leisure Activities - Golf, Bowling, Softball
Flexibility and Strength - Stretching, Yoga
Push-ups, Curl-ups, Weight Training**

3-5 Times a Week:
**Aerobic Activity (20+ minutes) - Brisk Walking,
Cross Country Skiing, Bicycling, Swimming
Recreational Activities (30+ minutes) - Soccer,
Basketball, Hiking, Tennis**

Everyday- As Much As Possible:
**Walk the Dog, Take the Stairs Instead of the Elevator,
Walk to the Store, Work in the Yard, Park Your Car Further
Away, Anything to Add Extra Steps into Your Day**



Reasons to Get a Workout Buddy:

1. They help you achieve your fitness goals!
2. Working out becomes more fun!
3. Makes trying new workouts less intimidating!
4. Keeps your form on point!
5. Competition makes you perform better!
6. Motivates and supports you!
7. Makes your workouts safer!
8. Brings variety to your workouts!

Get a Workout Buddy!

Reasons to get a FitBit!

1. Set up your health and fitness goals directly with the FitBit!
2. The FitBit holds you accountable!
3. Comes with a support system!
4. Gets you moving!!
5. Encourages better food choices!
6. Decreases dehydration!
7. Makes achieving your goals managable!

Get a FitBit!

Gym Memberships & Class packages discounts on Groupon!!!

Examples of current deals in Shelby, MI:

- 66% Off Unlimited CrossFit Classes (\$54)
 - 74% Off Two Months of BootcampCrossFit Lite at Crossfit Bloomfield
 - Personal Training Sessions up to 60% off
 - \$39 for FOUR Cycling Sessions at CycleBar Troy
 - 84% Off 5 or 10 Yoga classes at EnSoul Yoga
 - **\$10 per month Gym membership at Planet Fitness!!**
 - **AND SO MANY MORE!**
-

Visit diabetes.org Food & Fitness- Get And Stay Fit to set an exercise goal, make a plan, and OVERCOME barriers to activity!!

- Remember to balance your insulin doses with the food you eat and the activity you do!
- Plan ahead! Every step you take counts!

Exercise & Type 1 Diabetes

Make MOVEMENT a part of your cholesterol-lowering plan to prevent heart disease!

What Kind of Exercise Will Help?

- Aerobic aka Cardio AND Resistance Training
 - 40 mins of moderate-vigorous-intensity aerobic activities 3-4x a week
 - Strength (resistance) training 2x a week

Reduce High Cholesterol and Heart Attack Risk With Exercise!!

Aerobic exercise

- Moderate-intensity:
 - Walking briskly (3+mph)
 - Bicycling (10+mph)
 - Playing tennis (doubles)
 - Gardening
- Vigorous-intensity:
 - Racewalking, jogging, running
 - Swimming laps
 - Aerobic dancing
 - Hiking up hill

Strength Training

- Using machines, free weights, bands, or own body weight
- Exercise examples mentioned earlier (with pictures)

Reduce High Cholesterol and Heart Attack Risk With Exercise!!

Benefits of exercise as you age:

- Physical health benefits:
 - Helps you maintain or lose weight
 - Reduces illness and chronic disease
 - Enhances mobility, flexibility, and balance
- Mental health benefits:
 - Improves sleep
 - Boosts mood and self-confidence
 - Improves brain functions (helps prevent memory loss, cognitive decline, and dementia)

Stay Fit As You Age!!



GET A BUDDY!
GET MOTIVATED!
GET MOVING!



the body
achieves
what the mind
believes

- <http://www.everydayhealth.com/high-cholesterol/treatment/fitness-and-cholesterol/>
- https://www.tes.com/lessons/xF9ODM_e6-dJfg/health-related-fitness
- <http://greatist.com/fitness/take-it-easy-21-unexpected-low-impact-workouts>
- <https://www.helpguide.org/articles/exercise-fitness/exercise-and-fitness-as-you-age.htm>
- <http://www.diabetes.org/food-and-fitness/fitness/get-and-stay-fit/>

References
