• Turn in MyPyramid Assignment

• Reminders:
  - Exam #1 next Tues

• Today: Chapter 4 – The Joy of Fitness

• Homework Assignment #3
FDA Approved Super Pill for Good Health

- **Suggested Use:** For best results, should be taken for the rest of your life
- **Recommended Dosage:** Take a minimum of 3-4 times per week
- **Scientifically Proven to:** Decrease blood pressure, decrease risk of cardiovascular disease, aid in digestion, aid in weight control, reduce risk of obesity, reduce stress, aid in restful sleep, release natural endorphins, reduce risk of osteoporosis, add quality years to your life
- **Refills:** Unlimited
What is Physical Fitness?

Define the following terms:

• Cardiorespiratory fitness
• Flexibility
• Body composition
• Functional fitness
Inactivity Epidemic

• 1 in 4 Americans reports NO physical activity
• Americans average >30hrs of TV per week
• Inactivity
  - Doubles risk of cardiovascular disease
  - Increases risk of diabetes, obesity, colon cancer, high BP, osteoporosis, depression
Why Exercise?

• Nothing can do more for your body!

"What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?"
How much is enough?

• Moderate cardio 30 min / day, 5 days / wk
OR

• Vigorous cardio 20 min / day, 3 days / wk
AND

• 8-10 strength exercises with 8-12 reps each, 2 days / wk
Describe the Following Principles of Exercise:

• Overload Principle

• Progressive Overloading

• Specificity Principle

• Reversibility Principle

The doctor said he needed more activity. So I hide his T.V. remote three times a week.
The Progressive Overload

4 Dimensions:

- **Frequency** – how often
- **Intensity** – how hard
- **Time** – how long
- **Type** – what kind

Fig 4.3, pg 87
Improving Fitness

- What are the 3 Stages of an Aerobic Workout? Describe each.

- Define: Strength, Endurance, Isometric, Isotonic

- Describe these 4 types of stretching: Static, Passive, Active, Ballistic
Are you working hard enough? (But not too hard)

- Resting heart rate = heart rate at rest
- Maximum heart rate = 220 – your age
- Lower limit of target heart rate = 0.55 x your maximum
- Upper limit of target heart rate = 0.65 x your maximum
Improving Muscular Fitness

**Best way to reduce body fat is to strengthen muscle!**

- Overloading is key again!
- To build strength: few reps with heavy load
- To build endurance: more reps with lighter load
- Recovery is crucial!
Flexibility

- Static: ability to achieve and maintain an extended position

- Dynamic: ability to move a joint through a range of motion
Benefits of Stretching & Flexibility

- Injury prevention
- Relief of muscle strain
- Relaxation
- Relief of muscle soreness
- Improved posture
How to work on flexibility

- Yoga: breathing, stretching, strength building
  http://inlandyogacenters.com

- Pilates: flexibility, core strength

- T’ai Chi: gently works muscles, improves balance, concentration, & energy flow
Safe & Healthy Exercise

• Start slowly!!
• Be careful in the heat
  - Heat cramps: caused by loss of electrolytes
  - Heat exhaustion: mild heat illness
  - Heat stroke: body temp over 106°
Avoid Injuries!

Acute: result of sudden trauma
Overuse: result of overdoing a repetitive activity

- Get proper instruction
- Use proper equipment and safety gear
- Exercise with others
- Avoid overtraining
If you do get injured…PRICE

• Protect
• Rest
• Ice
• Compress
• Elevate