Design a Fitness Plan

Why Design a Plan?

- ☆ A fitness plan is an excellent tool that helps a person manage his/her fitness goals
- ☆ An effective method to define strengths & weaknesses
- ☆ Learning to design, implement, and track a fitness plan is a lifetime skill that helps improve health levels

Benefits

- ☆ Great motivational tool
- ☆ A written plan tells you what you need to do…it takes the guess work of "What do I feel like doing?"
- ☆ Tracks fitness progress

Assignment:

1) Client History: Name, Age, Gender, Height, Weight, Diseases
2) Assessment Results: See below
3) Write 3 fitness goals based on the information from the assessments completed
4) Develop a week long fitness plan to accomplish (at least get a start on) those goals
    a. Each day must have:
        i. Warm-up
        ii. Activity
        iii. Cool-Down
    b. Make sure activities are improving all five fitness components (cardio-respiratory, muscular strength, muscular endurance, flexibility, and body composition)

Fitness Plan Includes:

- ☆ Individuals' strengths & weaknesses
    - ☆ Personal Assessment (ex. fittogether.org)
    - ☆ Health fitness standards
        - Muscular Endurance: The ability of the muscles to contract over a long period of time
        - Muscular Strength: The amount of force that muscles can apply in a given contraction
        - Cardio-Respiratory: Ability of the heart, blood vessels, lungs, and blood to deliver oxygen and nutrients to all of your body's cells while you are physically active (ex. Mile run)
        - Body Composition The ratio of lean body tissue (muscles and bones) to body tissue
        - Flexibility : The ability of the joints to move through their full range of motion

Basic Fitness Principles

- ☆ Overload Principle: Increase the overload by manipulating the FIT principle
- ☆ Progression Principle: Gradually increase the level of exercise by manipulating the FIT principle
- ☆ Specificity Principle: An explicit activity targeting a particular body system must be performed to bring about fitness changes in that area (ex. Perform aerobic activities that stress cardio-respiratory system if you want to improve aerobic fitness)
- ☆ Regularity Principle: Based on the old adage, "Use it or lose it" (ex. We lose any fitness gains attained through physical activity if we do not continue to be active)
- ☆ Individuality Principle: The body needs limited time between bouts of exercise (ex. Too little recovery = injury & Too much recover time = Loss of acquired benefits of physical activity)

Steps in Fitness Plan:

- ☆ Warm-Up: Increase blood flow to the heart, increase muscle flow, increase body temperature, reduces the risk of injury and soreness
    - ✓ 5-10 minute cardio-respiratory activity
    - ✓ Stretch
- ☆ Activity (FIT Principle): See above
- ☆ Cool Down: Taper intensity gradually until your breathing returns to normal, prevents muscle cramping

American College of Sports Recommended Recovery Time

- ☆ Strength & Endurance: 3 ALTERNATING days per week
- ☆ Flexibility: Daily activity/5 days per week minimum
- ☆ Aerobic: 5-7 Days per week/3 days per week minimum

CARDIO-RESPIRATORY	MUSCULAR STRENGTH & ENDURANCE	FLEXIBILITY
F: 3-5 days/week I: THR Zone T: 20-60 minutes/session	F: 3 ALTERNATING days/week I: 8-12 reps/3 sets T: 30-60 minutes/session **Strength:** 80% 1RM **Endurance:** 40-50% 1RM	F: Daily I: Hold 15-30 seconds/3-5 Reps T: 15-20 minutes

Steps in Fitness Plan:

- ☆ Warm-Up: Increase blood flow to the heart, increase muscle flow, increase body temperature, reduces the risk of injury and soreness
  - ✓ 5-10 minute cardio-respiratory activity
  - ✓ Stretch
- ☆ Activity (FIT Principle): See *BASIC FITNESS PRINCIPLES* above
- ☆ Cool Down: Taper intensity gradually until your breathing returns to normal, prevents muscle cramping

EXAMPLE:

Personal History:

Bob Smith
42 years old / 6'2"/ 198 pounds
Considers himself "active"
Does not smoke or have any medical issues that he is aware of

Assessment Results

- ☆ Personal Assessment/fittogether.org: See attachment
- ☆ Health fitness standards
  - Muscular Endurance: The ability of the muscles to contract over a long period of time
  - Muscular Strength: The amount of force that muscles can apply in a given contraction
  - Cardio-Respiratory: Ability of the heart, blood vessels, lungs, and blood to deliver oxygen and nutrients to all of your body's cells while you are physically active (ex. Mile run)
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Fitness Goals:

1) Cardio-Respiratory
2) Strength
3) Flexibility

Weekly Fitness Plan

Monday:

Warm-up
Activity
Cool Down