

# My Healthy Active Living Action Plan

Name: \_\_\_\_\_

## Read the Resource package to answer the following questions, word search and cross word

You have taken the important first step on the path to physical fitness by seeking information. The next step is to decide that you are going to be physically fit. This pamphlet is designed to help you reach that decision and your goal.

The decision to carry out a physical fitness program cannot be taken lightly. It requires a lifelong commitment of time and effort. **Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of fitness and the risks of unfitness, you will not succeed.**

**Patience is essential.** Don't try to do too much too soon and don't quit before you have a chance to experience the rewards of improved fitness. You can't regain in a few days or weeks what you have lost in years of sedentary living, but you can get it back if you persevere. And the prize is worth the price.

In the following pages you will find the basic information you need to begin and maintain a personal physical fitness program. These guidelines are intended for the average healthy adult. It tells you what your goals should be and how often, how long and how hard you must exercise to achieve them. It also includes information that will make your workouts easier, safer and more satisfying. The rest is up to you.

### Fitness and Exercise Introduction

Today, there is a growing emphasis on looking good, feeling good and living longer. Increasingly, scientific evidence tells us that one of the keys to achieving these ideals is fitness and exercise. But if you spend your days at a sedentary job **(There are fewer jobs that require physical exertion. We've become a mechanically mobile society, relying on machines rather than muscle to get around.)** and pass your evenings as a "couch potato," **(we've become a nation of observers playing video games and watching games played) with more people (including children) spending their leisure time a lot less active.** it may require some determination and commitment to make regular activity a part of your daily routine.

### Problems with an Immobile Society

Getting moving is a challenge because today physical activity is less a part of our daily lives. **Consequently, statistics show that obesity and the problems that come with it (high blood pressure, diabetes, stroke, etc.) are on the rise.** But statistics also show that preventive medicine pays off, so don't wait until your doctor gives you an ultimatum. Take the initiative to get active now.

## **Equal Opportunity Benefits**

Exercise is not just for Olympic hopefuls or supermodels. In fact, you're never too unfit, too young or too old to get started. Regardless of your age, gender or role in life, you can benefit from regular physical activity. **If you're committed,**

**exercise in combination with a sensible diet can help provide an overall sense of well-being and can even help prevent chronic illness, disability and premature death. Some of the benefits of increased activity are:**

**Improved Health \* increased efficiency of heart and lungs \* reduced cholesterol levels \* increased muscle strength \* reduced blood pressure \* reduced risk of major illnesses such as diabetes and heart disease \* weight loss**

**Improved Sense of Well-Being \* more energy \* less stress \* improved quality of sleep \* improved ability to cope with stress \* increased mental acuity**

**Improved Appearance \* weight loss \* toned muscles \* improved posture**

**Enhanced Social Life \* improved self-image \* increased opportunities to make new friends \* increased opportunities to share an activity with friends or family members**

**Increased Stamina \* increased productivity \* increased physical capabilities \* less frequent injuries \* improved immunity to minor illnesses**

## **The Fitness Formula**

**If you're interested in improving your overall conditioning, health experts recommend that you should get at least 30 minutes of moderately intense physical activity on all or most days of the week.**

Examples of moderate activity include brisk walking, cycling, swimming or doing home repairs or yard work. If you can't get in 30 minutes all at once, aim for shorter bouts of activity (at least 10 minutes) that add up to a half hour per day. Instead of thinking in terms of a specific exercise program, work toward permanently changing your lifestyle to incorporate more activity. Don't forget that muscles used in any activity, any time of day, contribute to fitness. **Try working in a little more movement with these extras:**

**Take the stairs instead of the elevator. \* Park at the far end of a parking lot and walk to the office or store. \* Get off public transportation a few blocks before your stop. \* Get up from your desk during the day to stretch and walk around. \* Take a brisk walk when you get the urge to snack. \* Increase your pace when working in the house or yard. \* Mow your own lawn and rake your own leaves.**

## **Diet and Action - the Fitness Combo**

**Did you know you need to burn off 3,500 calories more than you take in to lose just one pound?** If you're overweight, eating your usual amount of calories while increasing activity is good for you, but eating fewer calories and being more active is even better. The following chart gives you an idea of the calories used per hour in common activities. Calories burned vary in proportion to body weight, however, so these figures are averages.

Before making any major dietary changes, you should check with your doctor. But there are plenty of small changes you can make on your own, such as avoiding sweets and salty foods and cutting down on fat in your diet, especially saturated fat.

### **No More Excuses**

**You can probably come up with plenty of excuses for why you're not more active. You're too young, you're too old, you're too busy, you're too tired or you're in pretty good shape - for your age. But with few exceptions, these excuses are pretty flimsy. There are activities for the young and old and for those with little time. So the next time you think about getting fit, don't ask "Who has time?" Instead, ask yourself "Who doesn't want to feel better?"**

### **Building a Fitness plan using the rules relate to the Frequency, Intensity, Type and Time (FITT)**

These four principles of fitness training are applicable to individuals exercising at low to moderate training levels and may be used to establish guidelines for both cardiorespiratory and resistance training.

The FITT principle is used to guide the development of unique and bespoke fitness plans that cater for an individual's specific needs.

#### **1. Frequency**

Following any form of fitness training, the body goes through a process of rebuild and repair to replenish its energy reserves consumed by the exercise.

**The frequency of exercise is a fine balance between providing just enough stress for the body to adapt to and allowing enough time for healing and adaptation to occur...**

**CardioRespiratory Training** The guidelines for cardiorespiratory training (also called aerobic conditioning) is a minimum of three sessions per week and ideally five or six sessions per week. Experts suggest that little or no benefit is attained over and above this amount. Of course athletes often fall outside the suggested guidelines but even elite performers must give themselves time to rest.

**Resistance Training** The frequency of resistance training is dependent upon the particular individual and format of the program. For example, a program that works every body part every session should be completed 3-4 days a week with a day's rest between sessions. On the other hand, a program that focuses on just one or two body parts per session, in theory you could be completed as frequently as six days per week. Many bodybuilders follow such a routine.

#### **2. INTENSITY**

The second rule in the FITT principle relates to intensity. **It defines the amount of effort that should be invested in a training program or any one session.**

Like the first FITT principle - frequency - there must be a balance between finding enough intensity to overload the body (so it can adapt) but not so much that it causes overtraining.

Heart rate can be used to measure the intensity of cardiorespiratory training.

Workload is used to define the intensity of resistance training.

Cardio Respiratory Training Heart rate is the primary measure of intensity in aerobic endurance training. Ideally before you start an aerobic training program a target heart rate zone should first be determined. The target heart rate zone is a function of both your fitness level and age. Here's a quick method for determining your target heart rate...

Heart Rate & Maximum Heart Rate Heart rate is measured as beats per minute (bpm). Heart rate can be monitored and measured by taking your pulse at the wrist, arm or neck. **An approximation of maximum heart rate (MHR) can also be calculated as follows:  $MHR = 220 - \text{age}$ .** Target Heart Rate For beginners a target heart rate zone of 50-70 percent of their maximum of heart rate is a good place to start. So if, for example, you are 40 years old that gives you a predicted maximum heart rate of 180 (220 - 40). Multiply 180 by 50% and 70% and you reach a target zone of 90bpm - 126bpm. For fitter, more advanced individuals, a target heart rate zone of 70-85 percent of their maximum of heart rate may be more appropriate. Staying with the example above, that 40 year old now has a heart rate zone of 126bpm - 153bpm. There are limitations with heart rate and the heart rate reserve method, while no means flawless, may be a more accurate way to determine exercise intensity.

**Resistance Training For resistance training, workload is the primary measure of intensity. Workload can have three components: 1. The amount of weight lifted during an exercise 2. The number of repetitions completed for a particular exercise 3. The length of time to complete all exercises in a set or total training session** So, you can increase workload by lifting heavier weights. Or you could increase the number of repetitions with the same weight. Finally, you could lift the same weight for the same number of repetitions but decrease the rest time between sets. However, only increase the intensity using one of the above parameters. Do not increase weight and decrease rest time in the same session for example.

### **3. TYPE**

The third component in the FITT principle dictates what type or kind of exercise you should choose to achieve the appropriate training response...

**Cardio Respiratory Training Using the FITT principle, the best type of exercise to tax or improve the cardiovascular system** should be continuous in nature and make use of large muscle groups. Examples include running, walking, swimming, dancing, cycling, aerobics classes, circuit training, cycling etc.

**Resistance Training This is fairly obvious too. The best form of exercise to stress the neuromuscular system is resistance training.** But resistance training does not necessarily mean lifting weights. Resistance bands could be used as an alternative or perhaps a circuit training session that only incorporates bodyweight exercises.

#### **4. TIME**

The final component in the FITT principle of training is time - or **how long you should be exercising for**. Is longer better?

Cardio Respiratory Training Individuals with lower fitness levels should aim to maintain their heart rate within the target heart rate zone for a minimum of 20-30 minutes. This can increase to as much as 45-60 minutes as fitness levels increase.

Beyond the 45-60 minute mark there are diminished returns. For all that extra effort, the associated benefits are minimal.

This also applies to many athletes. Beyond a certain point they run the risk of overtraining and injury. There are exceptions however - typically the ultra-long distance endurance athletes.

In terms of the duration of the program as a whole, research suggests a minimum of 6 weeks is required to see noticeable improvement and as much as a year or more before a peak in fitness is reached.

Resistance Training The common consensus for the duration of resistance training session is no longer than 45-60 minutes. Again, intensity has a say and particularly grueling strength sessions may last as little as 20 - 30 minutes.

Perhaps the most important principle of training (that ironically doesn't have it's own letter in the FITT principle) is rest. Exercising too frequently and too intensely hinders the body's ability to recover and adapt. As a rule of thumb, the harder you train, the more recovery you should allow for. Unfortunately many athletes don't have that luxury!

#### **Sports Training Principles**

The FITT principle is designed more for the general population than athletes. Sport-specific training should be governed by a more in-depth set of principles.

These include:

1. Specificity
2. Overload
3. Frequency
4. Intensity
5. Time
6. Type

#### **Goal Setting Using S.M.A.R.T. goals**

To be an effective your goals must be S.M.A.R.T. Goals should be:

**Specific** – Is it clear ?

Clarify exactly what it is that you want to accomplish or be able to do

Wanting to make a change and doing it are two different things: identify the target

**Measurable** – How will you know when you are there?

Goals need to be progressive – a series of progressions or small steps – so you know where there has been change

Know your starting point – e.g. lose 10 lbs. – so you can see where you are now, where you have come from and how much it is going to take to get to your final goal

**Attainable** – Is it possible?

Must be a goal that you can accomplish and it is within your abilities to control.

Must be personally owned and not imposed by others

**Realistic** – Is it probable or likely ?

A realistic goal is one that can be reached

Goals must not be too easy or you lose interest in them

Goals must not be too hard or you become discouraged and give up

**Time Frame** - What are the time lines ?

Establish a time frame to complete your goals

**Using timelines: 1. gives sense of organization, 2. promotes commitment to the goal 3. helps you pace your efforts**

### **Action Plans Principles for Goals Setting Steps**

#### **1. Identify a goal**

Wanting to improve yourself in some way is essential before you can start setting goal Goals are personal – other cannot set goals for you

#### **2. Believe in Yourself**

Wanting to change is different from doing it

If you believe you cannot do something, you probably never will

If you believe you can do something you have a better chance of accomplishing it.

#### **3. Analyze where you are now**

Need to know your starting point to set long and short term goals

## F.I.T.T. FORMULA RESOURCE CHART

Component	Flexibility	<b>Muscular Strength</b>	Muscular Endurance	<b>Cardio-respiratory</b>
Definition	Range of motion possible at the joints	Amount of force that can be exerted by a single contraction	Ability of a muscle group to sustain or repeat muscle contractions	Efficiency of the heart, blood vessels & lungs in delivery of oxygen to muscles and removing waste
Benefits	Helps prevent muscle and joints injuries	Posture: greater force can be applied in sports and daily life	Can continue activity for a long period of time	Stronger heart, eliminate wastes quicker and speedier recovery from activity
Activities that develop component	Static Stretching	Lifting canoes & packs,	portaging, paddling, sit-ups, pushups, rock climbing, traversing on ropes, piggy-backs	Paddling, hiking, swimming
Improvement	Static Stretching	Progressive resistance (high weights, low reps)	progressive resistance (low weight, high reps)	Participation in aerobic activities

### F.I.T.T. PRINCIPLE

Frequency – the number of times the average person train in a week	3-7 / wk.	3-4 /wk	Beginner (3/wk.) Intermediate(4-5/wk) Advanced(5-6/wk)	Beginner (3/wk.) Intermediate(4-5/wk) Advanced(5-6/wk)
Intensity – how much you OVERLOAD your body with respect to heart rate and force exerted	Not pass the point of discomfort	1st set 50% of 10 RMx10 2nd set 75% of 10 RMx10 3rd set 100 % of 10 RMx10 HYPERTROPHY	45-60 % of 10 RM x (12-25 reps) x3-5 sets	Beginner (60%) Intermediate(70%) Advanced(75-80%)  % - max. heart rate

### Appendix 2 – F.I.T.T. FORMULA RESOURCE PACKAGE (Continued)

Time (duration) – how long you train for	Ballistic – 1 sec. Static – 3 to 60 sec.	10 seconds to 2 minutes per set	2 min. – 5 min. per set	Beginner (20 min) Intermediate(30 min) Advanced(45+
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	PNF – 3x (10 sec. push, 10 sec. relax)			min)
Type (mode) – the type of activity used in training (aerobic, anaerobic)	Aerobic Ballistic, static, PNF	Anaerobic (Isometric, Isotonic, Isokinetic, plyometric)	Anaerobic & Aerobic (Isometric, Isotonic, Isokinetic, plyometric)	Aerobic – 20 + min. (Continuous activity)
Energy System & Source	Aerobic – ATP and glycogen	Anaerobic – ATP (produce lactic acid) Creatine Phosphate	Aerobic – ATP and glycogen & Anaerobic – ATP (produce lactic acid)	Aerobic – ATP and glycogen
<p>Calculating training target HR = RHR + (0.6 [MHR-RHR]) takes into consideration of person's fitness level)  MHR = 220 – AGE (Maximum heart rate)  THR = MHR x % intensity (doesn't taken into consideration of person's fitness level) (Training heart rate)  RHR = # OF BEATS / 15 SECONDS x 4</p>				

### **Short Answer and Fill in the Blank or Box**

#### **PART A – YOUR GOAL**

Your Goal is to develop 2 exercise programs that will improve your cardio and strength aspects of fitness to enhance your canoe trip

#### **PART B – KNOWLEDGE/SKILLS NEED TO ACHIEVE GOALS**

**1. What must you be convinced of in order for you to succeed at an exercise program?**

**2. What is key essential for succeeding at an exercise program?**



**3. What are the two reasons attributed to our society not being physically fit?**

**a.**

**b.**

**4. What are three conditions on the rise, as a result of a less active society?**

**a.**

**b.**

**c.**

**5. What are 5 benefits as a result of proper exercise and a good diet?**

**a.**

**b.**

**c.**

**d.**

**e.**

**6. What is the definition of the fitness formula?**

**7. What are four ways you can add extra movement to your day without going to the gym?**

**a.**

**b.**

**c.**

**d.**

**8. To lose one pound, how many calories burn off?**

**PART C – OVERCOMING CHALLENGES AND BARRIERS**

**9. What are 3 common excuses for why people are not more active.**

- a.**
- b.**
- c.**

**10. Challenges or Barriers might prevent me from meeting your fitness goal? Write 2 of the 4 answers you recorded in question 9 about why people are not active and then come up with solutions so they can be active.**

CHALLENGES / BARRIERS / EXCUSES	HOW TO OVERCOME / SOLUTIONS
a.	a.
b.	b.

**11. On your own who can help you overcome these challenges in the home/school/community?**

HOME	SCHOOL	COMMUNITY
a.	b.	c.

**12. If I have trouble sticking to my program how will I get back on track?**

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## **PART D – ACTION STEPS**

BUILDING OF YOUR EXERCISE PROGRAM USING F.I.T.T. TRAINING PRINCIPLES.

**13. In the table below indicate what the principle is and what the definition is for it**

	PRINCIPLE (what does the letter stand for)	DEFINITION (give a very brief definition of the principle)
F		
I		
T		
T		

**14. What is the frequency of exercise a fine balance between?**

**15. How do you measure the intensity of a cardio workout and a resistance training work out ?**

**a. cardio training –**

**b. resistance training –**

**15. The two main types of training are cardio and resistance training, which bodily systems does each system train of the body?**

**a. cardio training –**

**b. resistance training –**

**16. When dealing with a more Sport-specific training what 2 more in-depth set of principles should we include to govern our workouts?**

**a.**

**b.**

**17. When setting goals they must be effective. What are the 5 principles that govern us making smart goals?**

**S. -**

**M. -**

**A. -**

**R. -**

**T. -**

**19. Complete the following charts below, which are exercise programs to help improve your performance on a canoe trip.**

**A. refer to the F.I.T.T. FORMULA RESOURCE CHART, to cut and paste answers into the cardio and muscular strength charts below to improve your performance on canoe trip to Algonquin Park**

**B. By thinking critically deduce a way you could show that you have improved you cardio and muscular strength in space provided**

Chart #1	
Area of Fitness	<b>Cardio</b> allows you to portage and paddle longer
FREQUENCY	
INTENSITY	
Type of Exercise	
Reps & sets or time you exercise (FITT)	
Indicate how you know your exercise program is working	

Chart #2	
Area of Fitness	<b>Muscular Strength</b> which allows you to lift heavier packs and canoes as well as pull more water with your paddle
FREQUENCY	
INTENSITY	
Type of Exercise	
Reps & sets or time you exercise (FITT)	
Indicate how you know your exercise program is working	