

My Healthy Active Living Action Plan ~OUTDOOR ED. STYLES

Name: _____

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 performance in Algonquin Park, be it hiking, portaging and/or canoeing

PART B – KNOWLEDGE/SKILLS NEED TO ACHIEVE GOALS

Complete the chart below to indicate the specific knowledge/skills that you will need to know in order to achieve your fitness goal (s)

Knowledge	Skills
-	-
-	-

PART C – OVERCOMING CHALLENGES AND BARRIERS

1. Challenges or Barriers might prevent me from meeting your fitness goal? What actions or steps could I take to overcome these challenges?

CHALLENGES / BARRIERS	HOW TO OVERCOME
-	-
-	-

2. Who can help you overcome these challenges in the home/school/community?

HOME	SCHOOL	COMMUNITY
-	-	-

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

PART D – ACTION STEPS

BUILD AN EXERCISE PROGRAM USING F.I.T.T. TRAINING PRINCIPLES.

(In the table below indicate what the principle is and what the definition is for it – refer to appendix 2)

	PRINCIPLE	DEFINITION
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TRAINING PRINCIPLES NOTES:

- You need to do at least _____ minutes, for a good cardio work out
- To increase muscle size you must do _____ weight and _____ reps to exhaustion
- To improve muscle tone you must do _____ weight with _____ reps

Complete the following Fitness Sport training Programs Below for Cardio and Strength
Choose a sport and indicate to me how you would train for that sport by completing the following chart below using the principles we have learned and reviews above. (refer to appendix 2 for help)

Sport - Canoe and Portaging

Area of Fitness to Improve your performance in that sport	CARDIO
FREQUENCY	
INTENSITY	
Type of Exercise	
Reps & sets or time you exercise (FITT)	
Indicate how you know your exercise program is working	

Sport - Canoe and Portaging

Area of Fitness to Improve your performance in that sport	STRENGTH
FREQUENCY	
INTENSITY	
Type of Exercise	
Reps & sets or time you exercise (FITT)	
Indicate how you know your exercise program is working	

Appendix 1 – GOAL SETTING

Does goal setting real work ?

To b 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 to easy or you lose interest in them
- Goals must not be to 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:
 - gives sense of organization
 - promotes commitment to the goal
 - helps you pace your efforts

Action Plans – Goals – Setting Steps

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

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.

Analyze where you are now

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

Appendix 2 – F.I.T.T. FORMULA RESOURCE PACKAGE

Component	Flexibility	Muscular Strength	Muscular Endurance	Cardio-respiratory
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	1 st set 50% of 10 RMx10 2 nd set 75% of 10 RMx10 3 rd 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. PNF – 3x (10 sec. push, 10 sec. relax)	10 seconds to 2 minutes per set	2 min. – 5 min. per set	Beginner (20 min) Intermediate(30 min) Advanced(45+ 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
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				