Creating A Personal Fitness Plan

**What is Physical Fitness?**

Physical Fitness is the ability to carry out daily tasks actively, without undue fatigue, and with ample energy to enjoy leisure-time pursuits. Physical activity should be an integrated part of your day; both planned and part of daily living. Regular exercise and physical activity is the path to health and well-being.

A comprehensive, safe and effective fitness program should include three components: **Cardiovascular/Aerobic exercise**, **Muscular Strength/Resistance Training**, and **Flexibility Exercise**.

• **Aerobic exercise** benefits your cardiovascular system and is an important part of weight management.

• **Resistance training** can improve strength and posture, reduce the risk of low-back pain and injury, and is an important component of a weight-management program.

• **Proper stretching / flexibility exercise** is needed to maintain joint range of motion and reduce the risk of injury and muscle soreness.

Each person should write their own realistic personal fitness plan based on their interests. Then follow the plan. Be sure to always warm-up and cool down before and after each activity. Walking is one of the best ways to accomplish this.

**Cardiovascular/Aerobic Exercise**

Cardiovascular exercise also called cardio respiratory exercise, or just 'cardio' involves movement that gets your heart rate up to improve oxygen consumption by the body. It is an essential part of every exercise program to get in shape, keep you healthy and fit, lose weight or maintain weight, lower cholesterol, and help to prevent other diseases and disorders.

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| **Benefits of Regular Exercise** | |
| Reduces your risk of heart disease, high blood pressure, osteoporosis, diabetes and obesity | Reduces some of the effects of aging |
| Keeps tendons and ligaments flexible for easier range of motion and movement | Helps relieve stress and anxiety |
| Contributes to your mental well-being and helps treat depression | Increases your energy and endurance |
| Helps you maintain a normal weight by increasing your metabolism (the rate you burn calories) Running and jogging are two of the most effective ways to lose fat and maintain weight. | Helps you sleep better |

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| **Recommendations**  \* 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week, approximately 30 minutes a day.  **--OR---** | |
| \*1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week  **---OR---** | |
| \*An equivalent mix of moderate- and vigorous-intensity aerobic activity | |
| **Level of Intensity** | **Type of Aerobic Exercise** | |
| **Moderate-Intensity**  A person doing **moderate-intensity** aerobic activity can talk, but not sing, during this activity | Brisk walking (3 mph or faster)  Water aerobics  Bicycle riding slower than 10 mph  Tennis (doubles)  Ballroom dancing  General dancing | |
| **Vigorous-Intensity**  A person doing **vigorous-intensity** activity cannot say more than a few words without pausing for a breath | Race walking, jogging, running  Swimming laps  Tennis (singles)  Aerobic dancing  Bicycling 10 mph or faster  Jumping rope  Heavy gardening (continuous digging or hoeing with heart rate increasing)  Hiking uphill or with a heavy backpack | |

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