Planning an Exercise Program

**Total Calories Daily** - approximate calculation
- Sedentary lifestyle: Desired wt X 12
- Moderately active: desired wt. X 15
- Very Active lifestyle: desired wt X 20-25

**Components of Fitness**
- Cardiovascular
- Muscle strength, Muscle endurance
- Flexibility and Body Composition

**F.I.T.- Frequency** (how often?)  **Intensity** (how hard?)  **Time** (how long?)

Training Principles - Overload, demanding more than accustomed to doing.
Specificity, body response is specific to demand

List your goal(s) long term

(example - lose fat, gain muscle, maintain present fitness level, lower blood pressure, manage my diabetes, improve bone density, improve stamina, pass physical coming soon, get strong for self defense and confidence, improve posture, prevent low back pain, do a pull up, hike Mt. Whitney, run a marathon)

**Cardio Activities** (list them)

Activity includes? (check one)  Me only _____  1-2 others _____  Group _____

Time of day or night? (morning, night?) list time period

**Cardiovascular** Workout - Frequency-

- Intensity-

- Time-

**Muscle conditioning activities** (list them)

Muscle Strength & Muscle Workout, Frequency-

- Intensity (heavy, light) ________

- Time (reps) ________
Stretching activities (list them)

Flexibility
- Frequency-
- Intensity-
- Time-

Consistency—for success, it is important to establish consistency in your program.

Cross training—participate in a variety of activities, and vary exercises within the activities you choose.

Leisure activity I enjoy

Stress reduction activities

List the things you do, or don’t do, during each day to walk more steps and burn more calories. How do you prevent living a lazy lifestyle?

1.
2.
3.
4.
5.

When using your body throughout your lifestyle, expect that you will have setbacks such as strains, sprains, and aches. When it occurs, follow R.I.C.E. REST< ICE< COMPRESS< ELEVATE

Cooper/08 (pc)