

# The Fresh Starter

## ✓ Your Goal: Increase Your Confidence

- Know that a total physical fitness program has three components: **aerobics** (activities that increase heart and breathing rates, such as walking, jogging, biking, and swimming); **resistance training** (lifting weights); and **flexibility** (stretching).
- Start by choosing an easy activity, like walking, and setting small goals. You can begin by walking just 5 to 10 minutes at a time with a goal of getting at least 30 minutes of walking during the course of your normal day's routine.
- Know the basics of workout nutrition, such as staying hydrated and timing meals and snacks so you're energized for your workouts.

## ✓ Your Goal: Plan Aerobic Exercise

- Plan aerobics using the FITTE principles (see box).
- To lower your risk of injury, warm up before exercise and cool down after:
  - ▶ Before working out, simply march in place to warm muscles, then slowly increase your pace as you begin your workout.
  - ▶ As you reach the end of your workout, taper your pace to let your heartbeat return to normal. End by stretching your warm muscles.

### FITTE Principles

<b>Frequency:</b>	The number of times you will be doing planned aerobics each week. Aim for three to five periods of planned aerobics each week.
<b>Intensity:</b>	The vigor, or pace, of your aerobics activity. To build fitness, exercise at a level that is challenging to your body. You can find this level by rating your exertion on a scale from 0 to 10. Let 0 equal how you feel at rest, while 10 equals how you feel if you were working as hard as possible. Work out at an exertion rating of 6 or 7 (this is how you might feel when you're walking fast to catch a train that's about to leave the station). If you are new to exercising, you may want to start at a lower intensity (between 3 and 5) and progress from there.
<b>Time:</b>	The duration of your aerobics. Set a goal of at least 30 minutes of aerobics on the days that you exercise (60 minutes is recommended for greater weight-loss results). Remember that the number of calories burned is determined by how long you exercise (duration) and how hard you exercise (intensity).
<b>Type:</b>	The kind of activity you do. Choices include brisk or power walking, cardio machines, hiking, dancing, tennis, swimming, jumping rope, or using an aerobics video/DVD at home.
<b>Enjoyment:</b>	The pleasure you get from being active. Choose exercises that you find fun.

## ✓ **Your Goal: Build Muscle**

- Know the basics of safely starting a resistance training program.
- Devise a resistance training program plan, including where, when, for how long, and how often you will train.

### **Resistance Training Basics**

- You can use exercise machines, free weights, and/or resistance bands for resistance training. With all methods, get instruction on proper technique from an exercise video/DVD, a book, or a personal trainer.
- When using free weights:
  - ▶ Lift the weight to a count of 2 and lower it to a count of 3 or 4.
  - ▶ Breathe normally throughout the exercise.
  - ▶ Pick a weight load that you can move for 8 to 12 repetitions (reps). At the end of these reps, your muscles should feel tired. If you can't do at least 8 reps, the weight is too heavy. If you can easily do more than 12 reps, the weight is too light. You are ready to increase the amount of resistance by 5% to 10% when you can do 12 reps using the correct form and posture.
  - ▶ A minimum of one set of 8 to 12 reps, working until the muscle feels tired, is usually enough to see benefits.
- Set a goal to exercise each muscle group at least twice a week, with a minimum of two days of rest in between workouts.
- Work out in front of a mirror so you can check your form periodically.
- Stop if you feel pain!
- Carry a water bottle and be sure to drink enough between routines to stay hydrated.

## ✓ **Your Goal: Improve Flexibility**

- Know the benefits of regularly engaging in a stretching program: stretching releases tension, increases range of motion, and feels good.
- Learn how to stretch from a book, DVD, or class, or use a personal trainer.
- Do your stretching routine at least two or three times per week; five to seven days per week is best.