

# The Set-Routine Repeater

## ✓ Your Goal: Change the Pace

- Use the FIT principles to change the pace of your current exercise routine. FIT stands for:
  - ▶ **Frequency:** the number of times you will be doing planned aerobics each week.
  - ▶ **Intensity:** the vigor, or pace, of your aerobics activity. (Measure intensity 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. A 6 or 7 feels like you're walking quickly to catch a train; this level of activity is a beneficial challenge to your body.)
  - ▶ **Time:** the duration of your aerobics.

### Using the FIT Principles to Change Your Exercise Pace

- Frequency:** Change the pace by exercising more frequently. If you take an aerobics class twice a week, start going three or four times per week.
- Intensity:** If your intensity level is lower than a 6 or 7 on the intensity scale, change the pace by switching to activities that require more exertion.
- Time:** Change the pace by spending more time being active. For example, you might increase the length of your workouts by 10%. If you work out 40 minutes at a time, three times per week (120 minutes in a week), add another 12 minutes to the week's total (12 = 10% of 120). Each of the three weekly sessions would now last 44 minutes.

## ✓ Your Goal: Vary Workout Type

- Vary your type of exercise by trying new, and possibly more intense, activities.
  - ▶ If you always jump on the treadmill at the club, try other aerobics equipment.
  - ▶ If you always work out by yourself, sign up for a class.
  - ▶ Challenge yourself by signing up for a race-walking group or fitness run.
  - ▶ Shake up your walking routine by walking on hiking trails, or just add music to your workout.

### Activities by Intensity Level

- **Light activities:** walking slowly (strolling), cycling (mild effort), golf using a power cart, swimming (slow treading), bowling, light stretching, yoga, beginner pilates
- **Moderate activities:** walking briskly, cycling (moderate effort), golf (pulling a cart or carrying clubs), swimming (moderate effort), doubles tennis, ice skating, aerobic dancing, step aerobics, dance lessons, circuit weight training
- **Hard/vigorous activities:** walking vigorously or briskly uphill, running, cycling fast, spinning classes, swimming (crawl), singles tennis, hiking, cross-country skiing, snowshoeing, downhill skiing, skipping rope, kickboxing, stair climber/stepper, or elliptical trainer

## ✓ **Your Goal: Add Weight Lifting**

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

### **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: Try Exercise Tools**

- Try an exercise tool, such as a heart rate monitor, that can help increase the intensity of your workout and better monitor your fitness level.
- Consider using other tools to make exercise more fun and less routine. Examples include:
  - ▶ A pedometer to track how many steps you take during your daily routines
  - ▶ A stability or bosu ball to help you get a better core workout