**Raider Strong Lifestyle Program: Phase 2 Fitness Planning**

**Let’s Build a Fitness Plan**

We have been working out daily for some time now and I hope you have been recording your daily exercise time in your activity log sheet. Now it is a time to build and plan your very own fitness plan instead of doing others. This is phase 2 of our lifestyle program. Phase 3 will involve fitness testing and evaluation and phase 4 will include fitness goal setting. We will help guide you, answer questions and provide feedback in the coming weeks. We will start with a review of the health-related components of fitness and concentrate on building a plan to improve these components. Your health is very important and so we will concentrate on these 5 components.

**Warm-up/Cool-down**

You should always warm-up before beginning to exercise to prevent injury. An effective warm-up increases the muscle temperature. This increase in temperature improves circulation to the working muscles, increases muscle elasticity, and prepares tendons and ligaments for activity. The warmup should be long enough for you to begin to sweat. You should do some light aerobic exercise (exercise which increases the heart rate and raises the breathing rate) before starting to stretch.

**Health-Related Components of Fitness**

**1. Body Composition:** refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue, and organs) and fat mass. Good body composition has strong bones, adequate skeletal muscle size, a strong heart, and a low amount of fat mass.

Examples to lower fat: All cardiovascular activities, increase activity, change diet and weightlifting

**2. Aerobic Capacity: Cardiovascular endurance:** The total volume of oxygen an individual can inspire, deliver and utilize per kilo of body weight per minute of exercise. Measured as VO2 Max expressed in ml / O2 / kg / min. In other words, how well your heart, circulatory and respiratory systems work together over a long period of time.

Examples to increase cardiovascular endurance: Running, cycling and swimming

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**3. Muscular endurance:** The capacity of a muscle or group of muscles to contract for a long period of time. Examples to increase muscular endurance: Running, Swimming, Weightlifting (low weights)

**4. Muscular Strength:** The ability of a muscle or a group of muscles to exert maximal force during a contraction. Examples to increase muscular strength: Weightlifting (high weights), gymnastics and using playground equipment.

**5. Flexibility:** The ability of joints to move through their full range of motion (ROM). a warmup will increase the ROM achieved. Increases in flexibility are best achieved by post activity stretching.

Examples to increase flexibility: Stretching, Gymnastics.

**The FITT Principle:**

A well-designed personal physical activity plan will outline how often (frequency), how long

(time), and how hard (intensity) a person exercise, and what kinds of exercises (type) are

selected. The exercise frequency, intensity, time, and type (FITT principle) are key components

of any fitness plan or routine.

**Applying the FITT Principle:**

According to the FITT principle, an exercise routine should include exercises and activities that will improve the health-related fitness components:

cardiorespiratory endurance

muscular strength

Body Composition

muscular endurance

flexibility

**A Balanced Fitness Program: What to consider**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **F.I.T.T** | **Cardiovascular**  **Endurance** | **Flexibility** | **Muscular Endurance** | **Muscular**  **Strength** | **Body**  **Composition** |
| **F**  **Frequency** | 3-5 days per week | Do every day  Should be a part of every warmup and cool down | 3-4 times per week  Vary muscle groups | 3 times per week | 5 -7 days per week |
| **I**  **Intensity** | Stay in your target zone  Moderate- Vigorous  Begin in lower limit and increase gradually | Static stretches held for 15-30 sec  Slow and controlled | 15 or more reps/1-3 sets  Less than 60% of predicted Maximum Rep | 8-10 Reps/1-3 Sets | Combination of intensities |
| **T**  **Type of**  **activity** | Running, cycling, swimming, walking etc-  Continuous activities that use large muscles | Static stretches and controlled dynamic stretches | Medicine balls  Resistance bands  Free weights  Body Weight | Medicine balls  Resistance bands  Free weights  Body Weight | Cardiovascular  Anaerobic  Weight Training |
| **T**  **Time** | At least 30 min of continuous exercise | About 10 minutes | About 30 Minutes | About 15 minutes | Depends on intensity |

**Student Activity Sheet Name:**

**Date:**

**Planning Your Fitness Program**

**Use the chart below to outline your fitness program.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **F.I.T.T** | **Cardiovascular**  **Endurance** | **Flexibility** | **Muscular Endurance** | **Muscular**  **Strength** | **Body**  **Composition** |
| **F**  **Frequency** | 5 times per week  Run – Tues, Thurs, Sat, Sunday  Hike- Friday |  |  |  |  |
| **I**  **Intensity** | Target Zone  120-144 b/min  Run  Vigorous intensity  Moderate  Hike |  |  |  |  |
| **T**  **Type of**  **activity** | Running  Walking  Hiking |  |  |  |  |
| **T**  **Time** | Running- 40-120 min  Walking- 30 min  Hiking- 60 min |  |  |  |  |

This week we want you to focus on cardiovascular endurance. Fill in the boxes under **cardiovascular endurance** using the chart “A Balanced Fitness Program: What to consider”. See my example for help. We will plan a program for each component every week. Continue to fill in your exercise log.