Now is the time for health & fitness!

You are about to embark on a journey...a journey toward better fitness. If you are like most people, this will be a journey that continues for the rest of your life. You will always be trying to improve some part of your health and fitness.

On this journey, you will be the one in control. You will determine how far, how fast and when you want to go. You will only be competing against yourself. This is a personal journey!

This booklet has been created as a map or guide for your journey. It will help you learn to assess your own level of fitness, set goals, and create exercise plans to help you realize your goals.

HealthMPowers wishes you much success as you embark on this fitness journey. Our hope is that you will embrace this opportunity and use it to enhance not only your life, but the lives of your families, friends and students!

So, shoot for the stars and begin your journey.

Name:__________________________________________

Start/End Date:__________________________________

School/Organization:______________________________

www.healthmpowers.org
THE REWARDS OF PHYSICAL ACTIVITY & FITNESS

Its no secret that regular physical activity and exercise can decrease one's risk of many unwanted health occurrences such as high blood pressure, diabetes, stroke, and even some form of cancers; But the good news doesn’t stop there. Regular exercise also provides many psychological benefits as well. People that exercise and stay in shape report less anxiety and depression as well as enhanced feelings of well being.

Even with the many benefits of regular exercise well documented it is up to each individual to identify the rewards of being physically fit that will be motivating and encouraging. We all have the power to succeed and be positive role models. Now is the time...now is the place. Please use the space below to identify why this fitness journey is important to you and why you will SUCCEED!

I am participating because...

I will succeed because...
Are You Ready?...
Its Time for Fitness Testing!

We are just about ready to start our Fitness Testing but would like you to know a few things first:

- It is totally up to you how many of the fitness tests that you choose to do. You can do all of them or just the ones that interest you.
- The fitness testing will allow you to assess your flexibility, cardiovascular fitness, bicep strength, body composition, waist-to-hip ratio and other body circumferences.
- You will be given the opportunity to participate in the fitness testing two times. The first round will be considered your “Pre” test and then a “Post” test will be offered at the end of this program.
- You will receive a complete personal profile report for the “Pre” and “Post” test. You will use these reports to fill out page 4.

“The healthiest part of a donut is the hole. Unfortunately, you have to eat through the rest of the donut to get there!”
### Fitness Test Scores

<table>
<thead>
<tr>
<th>Fitness Component</th>
<th>Test Item</th>
<th>Pre Test Date</th>
<th>Healthy Fitness Zone</th>
<th>Goal</th>
<th>Post Test Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Flexibility</td>
<td>_Sit and reach</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cardiovascular Fitness</td>
<td>_One mile walk/run</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Muscular Fitness</td>
<td><em>Push-ups</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Bicep strength</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Curl ups</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Body Composition</td>
<td><em>Body fat %</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><em>Waist-to-hip ratio</em></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Baseline is your starting point.
The waist-to-hip ratio (WHR) is used to estimate the risk of coronary artery disease (CAD). Values greater than 0.86 for women and greater than 0.95 for men indicate an increased risk for cardiovascular disease and diabetes. (For people 60-69 years old, the WHR values are greater than 1.03 for men and greater than 0.90 for women.)

To calculate your WHR, take the circumference of your waist and divide by the circumference of your hips:

\[
\text{waist circumference} / \text{hip circumference} = \text{WHR}
\]
GOAL SETTING MADE EASY!

Goal setting is an important process in improving your personal fitness. Setting challenging but achievable goals can help motivate you and make you feel good about your accomplishments. It can help you take charge of one aspect of your life. However, setting goals that are too easy or impossible to reach can set you up for a feeling of failure.

When setting goals, remember to make them S.M.A.R.T.!

1. **Is the goal Specific?** Specific objectives are clear and well-defined.
2. **Is the goal Measurable?** Will you know when you have achieved your goal?
3. **Is the goal Attainable?** Are the objectives you set achievable?
4. **Is the goal Realistic?** Can you realistically achieve the objectives with the resources you have?
5. **Is the goal Time-based?** When do you want to achieve your goal?
Personal Health Improvement Contract

I, ____________________ do hereby commit myself to the following goal and activities.

My health improvement goal is to:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

To achieve my goal, I will take the following 3 actions
• ____________________________________________________________________
• ____________________________________________________________________
• ____________________________________________________________________

Barriers to achieving my goal may be:
• ____________________________________________________________________
• ____________________________________________________________________
• ____________________________________________________________________

Possible ways to overcome these barriers include:
• ____________________________________________________________________
• ____________________________________________________________________
• ____________________________________________________________________

My anticipated rewards for being dedicated to the task will be:
_____________________________________________________________________
_____________________________________________________________________

I know I will have accomplished my goal when:
_____________________________________________________________________
_____________________________________________________________________

The friend, colleague, and/or family member(s) that I will ask to encourage me and hold me accountable for the achievement of my goal:
Colleague’s signature:__________________________________________
Friend’s signature: ___________________________________________
Family member’s signature:_____________________________________

Your signature:________________________________________ Date:____________________
Are You Ready?...

It's time to create your exercise plan!

The following pages will walk you through a very easy process to create your very own exercise plan. The guidelines are there to offer assistance while creating your plan... but ultimately you will be in complete control. You have the power to pick the exercises you enjoy. Remember, consistency is the key to making significant fitness improvements, so design an exercise plan that is fun and fits into your schedule.

“Integrate more exercise into your daily routine. Instead of taking the elevator, climb up the side of the building. When you pass a coworker in the hall, insist on a game of leap-frog. Use kick boxing to post messages on your bulletin board. Stir your coffee with your toes. Arm wrestle your clients...”
**Warm Up and Cool Down**

How you begin and end your exercise session is important. You always need to remember to warm-up before the session and cool down at the end of the exercise session.

The purposes of a warm-up are to:

1) prepare the body for the activities you are about to do,
2) reduce the risk of injury,
3) gradually increase the heart rate, and
4) warm-up muscle tissue.

The first part of your warm-up should include large muscle movements like walking, jumping jacks or slow jogging in place to increase the temperature of the muscles and gradually increase the heart rate. Next, it should include stretching exercises for the joints and muscle groups that will be used in the activities you are about to do as a part of your exercise session.

Just as important as the warm up is the cool down. This period of time follows the workout session and allows your body and heart rate to return to normal slowly. It is especially important if you have been exercising hard. The purpose of the cool down is to:

1) prevent blood from pooling in the muscles
2) reduce muscle soreness.

The cool down should consist of a slow walk or stroll until your breathing rate and heart rate come down to normal. Since your muscles are warm, this is also a good time to do stretching exercises to improve flexibility.

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**Warm-Up and Cool Down Exercises**

**Large Muscle Movements (3-5 minutes)**

- **Walk**: Use the space that you have available to you and walk at a light to moderate pace. Try swinging your arms at your sides as you walk so that the upper body and lower body can be involved in the warm up.
- **March**: To begin simply march in place using large movements with your arms and legs. Using bigger movements will allow the body to warm up more quickly. Try lifting your knees higher than in a normal march as well as swinging your arms.
- **Slow Jog**: It is best to begin with a walk or march and then progress to a slow jog to allow joints time to prepare for higher intensity movement.
- **Knee lifts**: Standing up straight, lift your right knee up towards your chest, keeping your back straight. Lower it back to the starting position and repeat with the left knee. The rhythm is knee, step—knee, step. Use large controlled movements instead of worrying about a fast pace. You can incorporate arm movements.
- **Heel digs**: Begin by tapping one heel to the floor slightly in front of you alternating heels. You can add simple arm movements.

**Lower Body Flexibility Exercises**—Hold stretches for 15-60 seconds during warm up and 20-30 seconds during cool down. Be sure to perform stretches for both sides of the body.

- **Single Leg Calf stretch**: Standing slightly more than arms length from a wall, place one foot in front of the other and close to the wall. Hands should be flat on the wall. Bend front knee and elbows. Lean until you feel tension in the calf of the straight leg. Hold this position for 10-15 seconds. Then switch legs and repeat.
(Lower Body Flexibility exercises continued)

√ Quadriceps stretch: Begin in a standing position with a wall or chair for balance if needed. Place the top of your right foot (shoe laces) into the palm of your right hand. Press your shoe laces into your hand. Keep your knees close together. You should feel a stretch from above your right knee up to the right hip. Continue to stand up tall in a straight line from head to toe. Switch feet and repeat the stretch for the left leg.

√ Hamstring stretch: From a sitting position extend your right leg out in front of you with only a very slight bend in the knee to protect your joint. Bend the left knee placing the bottom of your foot next to your right knee. While keeping your spine as straight as possible bend forward from your hips and reach for your toes. Be sure to keep the forward movement slow and in control. Repeat with the left leg.

√ Knee hug: The knee hug can be performed either standing or sitting depending on balance. If balance is an issue use a firm chair to perform the stretch. Begin in a seated or standing position with your back straight and shoulders pulled back. Pull your right knee towards your chest and hug your arms around the outside of your leg to increase the stretch.

√ Hip stretch: Begin sitting on a solid chair or stool. Place your right ankle on top of your left thigh. Your right knee should be pointing out to the side. If comfortable, lean forward slightly. You should feel a stretch in your right hip area. Hold and then switch legs.

Upper Body Stretches—Hold stretches for 15-60 seconds. Be sure to perform stretches for both sides of the body.

√ Shoulder Stretch: Begin in a standing or sitting position. Extend your right arm over your head and then bend your arm at your elbow. Your elbow should be pointing straight up with your finger tips pointing down behind your back. Now take your left arm, bend it at the elbow and reach your left finger tips up behind your back toward your right finger tips. Hold this stretch then repeat with arms switched.

√ Neck stretch: Sitting or standing tall, drop your right ear slowly towards your right shoulder until you feel a stretch up the left side of your neck. Remember to keep your shoulders pressed down away from your ears to stretch the neck and shoulders. Hold this and then repeat taking your left ear to your left shoulder.

√ Chest stretch: Begin either standing or sitting in an upright posture. Extend your arms behind you and clasp your fingers or grasp your wrist to open your chest and shoulders. To stretch effectively maintain an upright, tall posture with shoulders pressed back. Only lift as high as you feel comfortable.

√ Back stretch: Extend your arms in front shoulder high. Clasp your fingers and press your arms out in front as far as possible. Round your shoulders forward slightly. Holding this position, hold your hands so that your palms are facing out.

√ Cat back stretch (sitting): From a seated position wrap your arms around your legs and gently pull. Think of rounding the spine to put space in between each vertebrate in your spine. Separate your shoulder blades and pull your navel towards your spine.

√ Spinal twist: Spinal twist should be done only after back stretches have been completed. In a standing or sitting position (most effective if sitting) turn as far as you can to your right. If sitting use your hands or arms to press against your legs or the chair to increase the twist. Hold and then twist in the other direction.
Your Warm-Up

Describe your warm up sequence below.

Your Cool Down

Describe your cool down sequence below.
Creating an Exercise Prescription

Now that you know where you stand regarding your fitness levels and have set a personal fitness goal, it is time to create an “exercise prescription” or a plan to help you achieve your goal.

There are basic guidelines that you need to follow in developing your plan. The FITT formula is a useful tool for determining how often, how hard, and how long you should exercise along with the types of exercise that will bring about the best results.

The FITT Formula

While everyone can improve fitness by following the FITT principle, the amount of improvement also depends upon initial fitness level, gender, age, rest habits, nutrition, heredity and motivation.

The FITT Formula for Cardiovascular Fitness

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>3-5 times per week</td>
<td>Moderate cardio 30 min/day, 5 days/week OR</td>
<td></td>
<td>Walking</td>
</tr>
<tr>
<td></td>
<td>Vigorous cardio 20 min/day, 3 days/week</td>
<td></td>
<td>Jogging</td>
</tr>
<tr>
<td></td>
<td>Moderate= brisk walk; physical activities that</td>
<td></td>
<td>Cycling</td>
</tr>
<tr>
<td></td>
<td>reasonably accelerate heart rate</td>
<td></td>
<td>In line Skating</td>
</tr>
<tr>
<td></td>
<td>Vigorous= jogging; physical activities</td>
<td></td>
<td>Basketball</td>
</tr>
<tr>
<td></td>
<td>causing rapid increase in heart rate</td>
<td></td>
<td>Aerobics</td>
</tr>
<tr>
<td></td>
<td>If you have not been active, begin a program</td>
<td></td>
<td>Kick boxing</td>
</tr>
<tr>
<td></td>
<td>that involves light intensity and/or less time.</td>
<td></td>
<td>Rope Jumping</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chair Aerobics</td>
</tr>
</tbody>
</table>

The FITT Formula for Muscular Fitness: Upper Body Strength

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-3 times per week</td>
<td>Adults should train each muscle group for a</td>
<td></td>
<td>Wall push-ups</td>
</tr>
<tr>
<td></td>
<td>total of 2 to 4 sets with 8 to 12 repetitions</td>
<td></td>
<td>Modified push-ups</td>
</tr>
<tr>
<td></td>
<td>per set with a rest interval of 2 to 3 minutes</td>
<td></td>
<td>Push-ups</td>
</tr>
<tr>
<td></td>
<td>between sets to improve muscular fitness</td>
<td></td>
<td>Pull-ups</td>
</tr>
<tr>
<td></td>
<td>If you have not been active, begin your</td>
<td></td>
<td>Modified pull-ups</td>
</tr>
<tr>
<td></td>
<td>program with fewer exercises and/or fewer</td>
<td></td>
<td>Chair lifts</td>
</tr>
<tr>
<td></td>
<td>repetitions</td>
<td></td>
<td>(See page 16 for descriptions of these exercises.)</td>
</tr>
</tbody>
</table>
### THE FITT FORMULA FOR MUSCULAR FITNESS: ABDOMINAL/TRUNK STRENGTH

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
</table>
| 2-3 times per week (Be sure to leave 1-2 days in between abdominal and trunk workouts). | Adults should train each muscle group for a total of 2 to 4 sets with 8 to 12 repetitions per set with a rest interval of 2 to 3 minutes between sets to improve muscular fitness | | Curl-ups  
Oblique twist  
Pelvic twist  
Back extension  
Reverse curl ups  
(See page 17 for descriptions of these exercises.) |

### THE FITT FORMULA FOR FLEXIBILITY

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Intensity</th>
<th>Time</th>
<th>Type</th>
</tr>
</thead>
</table>
| 2-3 days per week | A stretching program of at least 10 minutes involving the major muscle groups of the body with 4 or more repetitions per muscle group. Stretching should be performed to the point of mild tightness without discomfort, holding the stretch for 15-60 seconds. | | Upper Body  
Neck and Shoulder Stretch  
Chest Stretch  
Back Stretch  
Lower Body  
Quadricep Stretch  
Hamstring Stretch  
Calf Stretch  
(See page 10 for descriptions of these stretches.) |

### OTHER IMPORTANT FITNESS INFORMATION

To improve your fitness levels, you also need to think about the principles of progression and specificity.

**Principle of progression** states that to improve your fitness you need to gradually increase how hard, how long and/or how many times you do an exercise. Every week or two in your plan, try to use the principle of progression to gradually increase how hard, how long or how many times you do an exercise. Try adding a few more minutes or a few more repetitions.

**Principle of specificity** states that exercise is specific. If you want to improve cardiovascular fitness, you need to do exercises that make your heart beat faster. Doing stretching exercises will not help build cardiovascular fitness or muscle strength. They will however help improve flexibility. Doing exercises that make your heart beat faster will not help build flexibility.
# Components of Health Related Fitness

## Cardiovascular Fitness

**Definition:**
The ability of the heart and lungs to pump blood efficiently through the body.

**Test:**
One Mile Walk/Run

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Sample Activities</th>
</tr>
</thead>
</table>
| √ Reduces risk of heart disease, diabetes, stroke and some cancers | Swimming  
Cycling  
Running  
Fast walking  
Jumping rope  
Basketball |
| √ Reduces stress | |
| √ Helps maintain a healthy weight | |

## Flexibility

**Definition:**
The range of motion at a given joint.

**Test:**
Sit and Reach

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Sample Activities</th>
</tr>
</thead>
</table>
| √ Decreases risk of injury | Calf stretch  
Quadriceps stretch  
Sitting toe touch  
Knee hug, Hip stretch  
Hamstring stretch  
Arm shoulder stretch  
Neck stretch, Chest stretch  
Shoulder stretch  
Low back stretch  
Cat stretch, Spinal twist  
Seated hamstring stretch |
| √ Improves posture | |
| √ Reduces muscle soreness and stiffness | |
| √ Improves physical performance | |
| √ Increases circulation | |

## Body Composition

**Definition:**
The distribution of lean tissue (muscle, bone and organ) to fat tissue.

**Test:**
Body Mass Index  
Bioelectrical Impedance

<table>
<thead>
<tr>
<th>Benefits</th>
<th>Sample Activities:</th>
</tr>
</thead>
</table>
| √ Reduces risk of obesity, heart disease and some forms of cancer. | Increase length of time engaged in physical activity  
Decrease calories eaten  
Do a combination of both increasing activity and decreasing caloric consumption. |
### Muscular Fitness

**Definition:**
Working muscles against some kind of resistance

**Benefits:**
- √ Builds strong muscles
- √ Maintains or improves bone strength
- √ Improves posture

**Sample Activities:**
See lists below for exercises for the specific muscle groups.

### Muscular Fitness for Upper/Lower Body

**Definition:**
Working arms, chest and back muscles against some kind of resistance

**Benefits:**
- √ Increases ability to push and pull

**Sample Activities:** (See page 16 for descriptions of these exercises.)
- Wall push-ups
- Modified push-ups
- Push-ups
- Pull-ups
- Chair dips
- Squats
- Lunges
- Calf Raises

### Muscular Fitness for Abdominals and Trunk

**Definition:**
Working abdominal (stomach) muscles and lower back muscles against some kind of resistance

**Benefits:**
- √ Improves posture
- √ Reduces back pain and injury
- √ Protects the spine

**Sample Activities:** (See page 17 for descriptions of these exercises)
- Curl ups
- Reverse curl ups
- Oblique twist
- Pelvic lift
- Back extension
Muscular Fitness Exercise Descriptions

Upper and Lower Body

✓ **Wall push-ups**: Begin standing facing a wall. Extend your arms out at shoulder level and place your palms on the wall with fingers pointing up toward the ceiling. Take a step backward with both feet so that you are leaning against the wall. Lower your body towards the wall by bending your elbows to a 90° angle. Next slowly push your arms to an extended position. Keep your body straight from shoulders to feet. If you do not feel most of the work in your chest then lower your arms slightly on the wall.

✓ **Modified push-ups**: Begin by placing both hands and knees on the floor in a crawling position. Next walk your arms out until your shoulders are slightly behind your wrists. Pull your hips down until you are in a straight line from your shoulders to your knees. Slowly bend your elbows to lower your body as low as you feel comfortable. Next press your self back up to starting position. Repeat the movement.

✓ **Push-ups**: Begin in same starting position as modified push-up. Next extend your legs so that your weight is on your arms and your toes. Lower your body towards the floor in a slow and controlled motion and then press back up to starting position. Repeat the movement.

✓ **Pull-ups**: Begin by hanging on the bar with your arms fully extended. Next pull your body up until your chin is above the bar and then lower back to starting position. Repeat until correct form is lost.

✓ **Chair dips**: Sit up tall in your chair. Grab the chair up toward the front. Slowly slide your hips forward off the chair and position your feet so that your knees form a 90° angle. Slowly lower your body by bending your arms to a 90° angle. Push back up to the starting position and repeat.

✓ **Squats**: Begin standing up straight with feet shoulder width apart. Bend your knees and sit your weight back into your heels as if you were sitting into a chair. You should feel your glutes tighten. If you feel the tops of your legs working more, sit back more onto your heels. Be sure your knees do not go past your toes. Next, slowly lift back up to the starting position and repeat.

✓ **Lunges**: Begin in a standing position. Step forward with your right leg. Your leg should be in a scissor position with your right foot in front and your left foot in back. Bend your knees so that the back knee is under the hip and the front knee is directly over the ankle. (To avoid stress on the kneecap, be sure the front knee does not go past the ankle.) After reaching the bottom position, slowly lift your body back to the starting position and repeat with the opposite leg in front.

✓ **Calf raises**: Locate a stair or a step. Keep a comfortable separation between your feet with your toes pointing forward and your heels extended off of the step. Rise up onto the balls of your feet and squeeze, moving only at the ankle. Now bring your heels back down, feeling a stretch in your calf muscles. Repeat.
Muscular Fitness Exercise Descriptions Cont.

Abdominals and Trunk

✓ Curl ups: Begin on your back with feet on the floor a comfortable distance from the hips. Extend arms straight at your sides with fingers extended toward your legs. Moving slowly curl your shoulders and mid back away from the floor. Keep your low back and feet in contact with the floor. Next slowly lower back down to starting position. Repeat movement.

✓ Reverse curl ups: Begin on your back with knees bent and feet flat on the floor. Slowly draw knees towards your chest and slowly lower back down. Repeat.

✓ Oblique twist: Begin on your back with knees bent and feet flat on the floor. Cross your arms over your chest. Lift shoulders and back off of the floor and in the same motion turn your right shoulder towards your left hip and then slowly lower back down. Repeat turning your left shoulder to your right hip. Remember to do the same number of repetitions on each side.

✓ Pelvic lift: Begin on your back with knees bent and feet flat on the floor. Lift your hips off the floor moving slowly up the spine until only the mid to upper back remains on the floor. Squeeze the gluteus (bottom) and hamstring (leg) muscles and then lower slowly back to starting position. Repeat.

✓ Back extension: Begin lying on the floor face down with hands underneath your thighs. Keep your legs and feet in contact with the floor and gently lift your trunk (abdomen, chest, and head)

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www.glasbergen.com

“Memo to all employees: For optimum productivity, mini-exercise breaks are strongly encouraged... but please, no more Sumo wrestling.”
Lets Get Started With Your Fitness Plan!!

It is now time to create your fitness plan. Think of your fitness plan as your road map to success. This is your general overall plan that will guide you over the course of the next 10 weeks and, if needed, can be modified along the way. Remember...create a plan that allows you to focus on your fitness goal while accommodating your schedule. Good Luck!!

Example:

Fitness Goal: To decrease body fat and improve flexibility. My plan is to walk/run on Tuesday, Thursday, and Saturday for at least 20 minutes. I will also do stretches as a part of my cool down on the above days. This is my fitness plan...should my weekly schedule not permit me to meet the above plan, I will still strive for three days of cardiovascular and stretching exercise.

Please use the space below to create your overall fitness plan that will help reach your fitness goal.
Congratulations on creating your fitness plan! The following pages will become your personal fitness log/diary. Anytime you participate in an activity that helps you reach your fitness goal be sure to write it down in this log. This is a great way to build motivation and ensure that you are on the right track!!
Keeping track of your activity can help you stay focused on your goals.
Use the log below to record what you **actually** do each day according to your fitness improvement plan.

<table>
<thead>
<tr>
<th>DAY</th>
<th>FITNESS ACTIVITIES (List any strength, cardio, or flexibility activities completed)</th>
<th>TIME (how long)</th>
<th>HOW DID YOU FEEL?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td>gardening</td>
<td>30 minutes</td>
<td>It felt good to be outdoors.</td>
</tr>
<tr>
<td>TUESDAY</td>
<td>Walked around the neighborhood.</td>
<td>20 minutes</td>
<td>Broke a light sweat, could feel my heart beating faster. Noticed I was in a better mood after the</td>
</tr>
<tr>
<td>WEDNESDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>THURSDAY</td>
<td>Wall push-ups: 10 reps x 2 sets Squats: 10 reps x 2 sets Jumping jacks: 25 reps x 2 sets Sitting toe touch stretch Shoulder stretch</td>
<td>15 minutes</td>
<td>Energized from having yesterday off. Felt great after today’s workout.</td>
</tr>
<tr>
<td>FRIDAY</td>
<td>Walked around the neighborhood.</td>
<td>20 minutes</td>
<td>Felt a little sore after yesterday’s workout. The walk helped loosen my tight mus-</td>
</tr>
<tr>
<td>SATURDAY</td>
<td>Cleaned the house.</td>
<td>2 hours</td>
<td>Cleaning is not fun, but I think I definitely burned some calories!</td>
</tr>
<tr>
<td>SUNDAY</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Keeping track of your activity can help you stay focused on your goals.

Use the log below to record what you actually do each day according to your fitness improvement plan.

<table>
<thead>
<tr>
<th>DAY</th>
<th>FITNESS ACTIVITIES (List any strength, cardio, or flexibility activities completed)</th>
<th>TIME (how long)</th>
<th>HOW DID YOU FEEL?</th>
</tr>
</thead>
<tbody>
<tr>
<td>MONDAY</td>
<td></td>
<td></td>
<td></td>
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Week 7 Fitness Log

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Week 8 Fitness Log

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Week 10 Fitness Log

Keeping track of your activity can help you stay focused on your goals.
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Look back at the goal you set, the plan you created and the log of what you actually did. Write a reflection of your work and progress including the following:

1. Strengths and weaknesses of your plan.

2. Personal results or changes from the beginning of your fitness journey including if and how you have been more physically active.

3. Immediate and long term effects of the plan

4. Suggestions for future efforts including ways you would revise your goals and plan

5. How has this experience enhanced your classroom and/or your ability to encourage your students to be healthier?
Appendix
Developing Cardiovascular Fitness

CONGRATULATIONS! You have set a goal to improve your fitness. Cardiovascular fitness is the ability of the heart and lungs to pump blood throughout the body. Having a strong cardiovascular system is important because it helps reduce the risk of heart diseases, diabetes and stroke. That is why it is important for you to develop and maintain a healthy level of cardiovascular fitness. Plus it can help lower stress levels and build a stronger immune system so you stay healthy.

Recently you may have participated in the HealthMPowers fitness testing. The tests you performed measured fitness components that are important to your overall health, not your athletic abilities. Based on the results of these fitness tests, you were asked to try to set a fitness goal.

This newsletter will provide you with the information you need to develop a plan for improving your cardiovascular fitness.

Principles of Training

Below are five principles of training that you need to consider when developing a cardiovascular improvement plan.

1. Frequency—how often you need to exercise. For developing cardiovascular fitness you need to exercise 3-7 days per week.

2. Intensity—how hard you need to exercise. For developing cardiovascular fitness you need to exercise in your Target Heart Rate Zone (THRZ). Directions for determining your THRZ are on the back of this sheet.

3. Time—how long you need to exercise. To develop cardiovascular fitness, you need to exercise 20 minutes or longer in your THRZ.

4. Type—the kind of exercises you need to do. To develop cardiovascular fitness you need to do activities like: swimming, cycling, rope jumping, skating, jogging, brisk walking, aerobics, or other exercises that increase your heart rate and breathing rate.

5. Overload—When exercising regularly, your muscles will adapt to the activities that you do. To strengthen your heart muscle, you will need to gradually increase how hard, how long or how often you exercise.

Remember it generally takes 6-8 weeks for physical fitness improvement to take place, so don’t try to go from running 2 minutes to running 30 minutes overnight. Instead try adding a few minutes each week. Or you can try increasing the speed, traveling up hill, incorporating big arm movements or exercising more often. Any of these modifications will help you to use the principle of overload and increase your fitness level.

www.healthmpowers.org
Now that you have learned the principles for developing cardiovascular fitness, use this worksheet to begin the planning of your own individualized program. This will be about a 10 week program. You will record all your activities in your fitness journal.

**Steps for Developing Your Cardiovascular Fitness Improvement Plan**

1. **Frequency - 3-7 days per week**
   Thinking about your weekly schedule, determine which 3-7 days you will devote time to developing your cardiovascular fitness? List those days below:

2. **Intensity—exercise in your THRZ**
   Complete the following steps to calculate your target heart rate zone. The target heart rate zone is the number of beats per minute that your heart should beat to be at a level of exercise that will strengthen your heart.

   1. Determine your Maximum Heart Rate (MHR)
      
      EXAMPLE
      
      For a 10 year old
      
      \[
      \text{MHR} = \frac{220 - \text{age}}{1} = \frac{220 - 10}{1} = 210
      \]
      
      210 is the MHR

   2. Determine your Target Heart Rate Zone (THRZ)
      
      \[
      \text{THRZ} = \text{MHR} \times 60\%-80\% \text{ of your MHR}
      \]
      
      MHR (from Step 1) \times .6 = _______ (low end of THRZ)
      
      MHR (from Step 1) \times .8 = _______ (high end of THRZ)
      
      Target Heart Rate Zone is _______ - _______ low end high end
      
      THRZ is 126-168 beats per minute

      Therefore this student should exercise so that his heart is beating between 126 and 168 beats per minute.

3. **Time—20 minutes or more in your target zone**
   Again thinking about your schedule, write the days you plan to exercise and the number of minutes you plan to exercise on each of those days. The number of minutes can vary, but should be at least 20 minutes.

4. **Type—exercises that make your heart rate and breathing rate increase**
   List here the activities you plan to do to improve your cardiovascular fitness.

5. **Overload — gradually increasing the difficulty**
   Describe how you plan to challenge yourself over the next 10 weeks.
Developing Upper Body Strength

Congratulations!
You have set a goal to improve your fitness. Having a strong upper body is important because it helps you to lift, push and pull things without becoming tired. Without a strong upper body we would be unable to complete many daily tasks. Exercises can help to maintain and improve your trunk strength.

Recently you may have participated in the HealthMPowers fitness testing. The tests you performed measured fitness components that are important to your overall health, not your athletic abilities. Based on the results of these fitness tests, you were asked to try to set a fitness goal.

This newsletter will provide you with the information you need to develop a plan for improving your upper body strength.

You will use the information to complete the activities on the back of this page and then transfer the information to page 18 in this fitness portfolio.

Good Luck!

Principles of Training

Below are five principles of training that you need to consider when developing your upper body strength fitness plan.

1. Frequency—how often you need to exercise. For developing upper body strength you need to exercise 2-3 days per week. Be sure to plan for one to two days of recovery or rest between upper body workouts.

2. Intensity—how hard you need to exercise. Follow the steps below to help you find out how many repetitions you should perform of each exercise. This will make sure that you are working at an effective intensity level.
   a. Do as many repetitions of the exercise as possible.
   b. Take 50% of this number. This is the number of repetitions you will do during your sets for each exercise.

3. Time—how long you need to exercise. After choosing your exercises and determining your intensity level (using the 2 steps above) you should gradually work up to completing 3 sets of each exercise.

4. Type—the kind of exercises you need to do. To develop upper body strength you need to choose exercises that specifically target the arms, shoulders, chest and back. Choose any of the following exercises to strengthen your upper body: push-ups, modified push-ups, pull-ups, modified pull-ups, and resistance band exercises.

5. Overload—When exercising regularly, your muscles will adapt to the activities that you do. To strengthen your upper body you will need to gradually increase how hard, how long or how often you exercise. When 3 sets of each exercise are easily executed, it is time to increase your number of repetitions. Remember it generally takes 6-8 weeks for physical fitness improvement to take place, so increase your intensity gradually.
Now that you have learned more about building stronger upper body muscles use this worksheet to begin planning your upper body fitness program for the next 10 weeks. Record all your activities in your fitness journal.

⇒ **Frequency 2-3 days per week**
Thinking about your weekly schedule, determine which days you will devote time to your upper body fitness plan. Write the days below. (Remember to give your muscles 1-2 days of rest in between workouts).

⇒ **Intensity—exercise**
To strengthen the muscles of the upper body effectively, complete the formula below to find out how many repetitions you should perform of each exercise. Figure out how many repetitions to do for each of the exercises listed under the “Type” heading below. Don’t forget to transfer all of this information into your fitness journal.

**EXAMPLE**

1. Do as many repetitions of the exercise as possible.
   Write the number of reps here __________.
2. Take 50% of this number.
   Multiply your number of reps ______ X .5
   Write the new number here __________.
   This is the number of repetitions to be completed during each of your 1-3 sets.

1. Do as many repetitions of the exercise as possible.
   Write the number of reps here **20**.
2. Take 50% of this number.
   20 X .5 = 10
   **10** is the number of reps to be completed during each set.

⇒ **Type—exercises that work your upper body muscles**
List here the activities you plan to do to improve your upper body strength.

⇒ **Time—work up to 3 sets**
Once 3 sets can be completed easily it is time to increase the number of repetitions completed. Once repetitions are increased it is ok to reduce the number of sets completed. You should then continue to work back up to 3 sets.

⇒ **Overload —gradually increasing the difficulty**
Describe how you plan to challenge yourself over the next 10 weeks.
Developing Abdominal and Trunk Strength

Congratulations!

You have set a goal to improve your fitness. Strong abdominal and trunk muscles will help improve your posture and will decrease the risk of a back injury. Participating regularly in abdominal and low back strengthening exercises can help to maintain and improve your trunk strength.

Recently you may have participated in the HealthMPowers fitness testing. The tests you performed measured fitness components that are important to your overall health, not your athletic abilities. Based on the results of these fitness tests, you were asked to try to set a fitness goal.

This newsletter will provide you with the information you need to develop a plan for improving your abdominal and trunk strength. You will use the information to complete the activities on the back of this page and then transfer the information to page 18 in this fitness portfolio.

Good Luck!

Principles of Training

Below are five principles of training that you need to consider when developing your abdominal and trunk strength fitness plan.

1. Frequency—how often you need to exercise. For developing strength in the abdominals and trunk you need to exercise 2—3 days per week. Be sure to leave 24 to 48 hours for rest/recovery between abdominal and trunk work-outs.

2. Intensity—how hard you need to exercise. Follow the steps below to help you find out how many repetitions you should perform of each exercise.

   a. Do as many repetitions of the exercise as possible.
   b. Take 50% of this number. This is the number of repetitions you will do during your sets for each exercise.

3. Time—how long you need to exercise. After choosing your exercises and determining your intensity level (using the 2 steps above) you should gradually work up to completing 3 sets of each exercise.

4. Type—the kind of exercises you need to do. To develop abdominal and trunk strength you need to choose exercises that specifically target the abdominal and trunk muscles. Choose any of the following exercises to strengthen your abdominals and trunk: curl up, oblique twist, pelvic lift, back extension, and reverse curl up.

5. Overload—When exercising regularly, your muscles will adapt to the activities that you do. To strengthen your abdominals and trunk you will need to gradually increase how hard, how long or how often you exercise. When 3 sets of each exercise are easily executed, it is time to increase your number of repetitions.

Remember it generally takes 6-8 weeks for physical fitness improvement to take place, so increase your intensity gradually. Any of these modifications will help you to use the principle of overload.
Now that you have learned more about building stronger abdominal and trunk muscles use this worksheet to begin the planning of your abdominal and trunk program for the next 10 weeks. You should record all activities in your fitness journal.

⇒ **Frequency 2-3 days per week**
Thinking about your weekly schedule, determine which days you will devote time to your abdominal and trunk fitness plan. Write the days below. (Remember to give your muscles 1-2 days of rest in between workouts).

⇒ **Intensity—exercise**
To strengthen the abdominals and trunk you should complete enough repetitions to feel fatigue (tiredness) in the abdominal and trunk muscles. Complete the following formula below to find out how many repetitions you should perform of each exercise. Figure out how many repetitions to do for each of the exercises listed under the “Type” heading below.

**EXAMPLE**

1. Do as many repetitions of the exercise as possible.
   Write the number of reps here ________.
2. Take 50% of this number.
   Multiply your number of reps _____ X .5
   Write the new number here ________.
   This is the number of repetitions to be completed during each of your 1-3 sets.

⇒ **Type—exercises that work your abdominal and trunk muscles**
List here the activities you plan to do to improve your abdominal and trunk strength.

⇒ **Time—work up to 3 sets**
Once 3 sets can be completed easily it is time to increase the number of repetitions completed. Once repetitions are increased it is okay to reduce the number of sets completed. You should continue to work back up to 3 sets.

⇒ **Overload—gradually increasing the difficulty**
Describe how you plan to challenge yourself over the next 10 weeks.
Developing Flexibility

Congratulations! You have set a goal to improve your fitness. Flexibility is the range of motion around your body joints. Being flexible is important because it makes it easier for you to move, bend, stretch, and twist. Being flexible also reduces the chance of muscle injury. Participating regularly in stretching exercises can help to maintain and improve your flexibility. Recently you may have participated in the HealthMPowers fitness testing. The tests you performed measured fitness components that are important to your overall health, not your athletic abilities. Based on the results of these fitness tests, you were asked to try to set a fitness goal.

This newsletter will provide you with the information you need to develop a flexibility fitness plan. You will use the information to complete the activities on the back of this page and then transfer the information to page 18 in this fitness portfolio.

Good Luck!

So to continue to improve your flexibility, you will need to use the Principle of Overload. This means once you feel that a stretch has become too easy, you should gradually increase the range of motion of the stretch and/or how long you hold the stretch.

Remember it generally takes 6-8 weeks for physical fitness improvement to take place, so increase your intensity gradually. Any of these modifications will help you to use the principle of overload.

Principles of Training

Below are five principles of training that you need to consider when developing your flexibility fitness plan.

1. Frequency—how often you need to exercise. To improve flexibility you need to do stretching exercises on 3 or more days per week.

2. Intensity—how hard you need to exercise. When stretching you should feel tension in the muscle being stretched but not pain.

3. Time—how long you need to exercise. To improve flexibility you should hold all stretches for 15-60 seconds.

4. Type—the kind of exercises you need to do. When creating your flexibility fitness plan you should choose stretches for all major muscles of the body. The following stretches should be included in your flexibility plan: chest stretch, back stretch, shoulder stretch, hamstring stretch, quadriceps stretch, and calf stretch. (Look for descriptions of these and more in the portfolio).

5. Overload—When stretching regularly, your muscles will adapt to the activities that you do.
Now that you have learned more about increasing your flexibility, use this worksheet to begin the planning of your abdominal and trunk program for the next 10 weeks. Record all your activities in your fitness journal.

⇒ **Frequency 3 or more days per week**
Thinking about your weekly schedule, determine which days you will devote time to your flexibility fitness plan. Write the days below.

⇒ **Intensity**
To increase flexibility you should stretch until you feel tension in the muscle but not pain.

⇒ **Type—stretches for each of the major muscle groups of the body**
List here the stretches you plan to do to improve your flexibility.

⇒ **Time—hold each stretch for 15-60 seconds**

⇒ **Overload—gradually increasing the difficulty**
Describe how you plan to challenge yourself over the next 10 weeks.
## Fitness Categories by Age Groups and Gender for Push-ups

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<th>Category</th>
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<th>40-49</th>
<th>50-59</th>
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## Fitness Categories by Age Groups and Gender for Partial Curl-ups

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FITNESS NOTES
HealthMPowers and your administration are concerned about your health and fitness. We are working together to help you improve your health. You can help us help others by sharing your ideas and successes.

Take a few minutes and tell others how you were successful in your fitness journey. Use the space below to share your story of accomplishment and/or challenges. Send your article to info@healthmpowers.org.

Above all else, keep moving!!!