

Benefits of Physical Activity

Strengthens the Heart
Decreases Blood Pressure
Strengthens Muscles and Bones
Increases Energy
Allows for performance of more work with less effort
Reduces Stress
Enhances appearance
Enhances feeling of well being
Improves quality of life
Improves ability to learn
Promotes healthy body composition
Increases self confidence and self esteem
Enhances sleep
Improves lipid profile
Helps with weight control

Fitness Guidelines

FITT – Safely applying the fitness principles of training.
Frequency (how often)
Intensity (how hard)
Time (how long)
Type (what kind)

Fitness Principles

Overload – states that a body system must perform at a level beyond normal to adapt and improve physiological function and fitness. (Do more than you are used to doing!)

Progression – refers to how a person should increase the overload. The person should gradually increase the level of exercise by manipulating the frequency, intensity, time or a combination of all three guidelines.

Specificity – states that the explicit activities targeting a particular body system must be performed to bring about fitness changes in that area. For example, you must perform aerobic activities that stress the cardiorespiratory system if you want to improve aerobic fitness.

Regularity – “Use it or lose it!” A person loses any fitness gains attained through physical activity if they do not continue to be active.

Individuality – takes into account that each person begins at a different level of fitness, has personal goals and objectives for physical activity and fitness, and has different genetic potential for change.