Designing a Personal Fitness Plan

9th Grade Health
Things to Consider When Choosing Activities

- Your current level of health
- Time available
- Cost of equipment and facilities
- Personal Safety
- Personal likes and dislikes
Follow FITT Principles

- **Frequency**: how often you exercise
- **Intensity**: how strenuously you exercise
- **Time**: how long you exercise
- **Type**: what kind of activity you perform
Frequency

Exercise on most days of the week

Exercise a minimum of 3 days per week
Intensity

• Two ways to measure exercise intensity are:
  – Target heart rate range
  – Perceived exertion scale
Target Heart Rate Range

• Exercise within your **target heart rate range**.

• **Target heart rate range** is the ideal range for your heart rate during aerobic activity. By staying within this range, 60 to 80% of your maximum heart rate, you will safely build cardiovascular endurance.
Intensity (Cont.)

Target Heart Rate Formula

- Find Resting Heart Rate (RHR) by counting pulse for one min. in the morning before getting up. Do this for 3 days and take the average for your resting heart rate.

- Find Max Heart Rate (MHR) by subtracting your age from 220.
- Plug in your results (Resting and Max) to the following formula:

\[
MHR - RHR = \text{Heart Rate Reserve (HRR)}
\]

\[
(HRR \times 0.60) + RHR = \text{Lower End of Target Zone}
\]

\[
(HRR \times 0.80) + RHR = \text{Upper End of Target Zone}
\]
Compute Your Target Heart Rate

• Determine your resting heart rate (RHR)_________
• 220 - _______ = __________________
  age               maximum heart rate (MHR)

• _______ - _______ = __________________
  MHR               RHR                           Heart Rate Reserve (HRR)

• (_____ x .60) + _______ = __________________
  HRR               RHR                           Low End of Target Heart Rate Zone

• (_____ x .80) + _______ = __________________
  HRR               RHR                           High End of Target Heart Rate Zone
Perceived Exertion

- Perceived Exertion is the level of effort you feel you are putting into an activity.
- The Borg scale is the rating scale used to describe how hard you feel you are working during exercise. This numerical scale ranges in numbers from 6 to 20, with 6 being the easiest level of exercise.
The Borg Scale of Exertion

6
7 - Very, very light
8
9 - Very light
10
11 - Fairly light
12
13 - Moderately hard
14
15 - Hard
16
17 - Very hard
18
19 - Very, very hard
20 - Exhaustion
Time

- Exercise for 30-60 minutes each time
- This amount of time can be broken into intervals
Type of Exercise

• Make sure to include some cardiovascular activities, some muscular strength and endurance activities and some flexibility activities.

• Vary the activities from time to time to avoid monotony.
Following Fitness Principles

• Principle of Overload

• Principle of Progression

• Principle of Specificity
Principle of Overload

- **Overload**: working the body harder than it is normally worked

- Builds muscular strength and overall fitness

- Increase repetitions or do more sets
Principle of Progression

• Progression: the gradual increase in overload necessary to achieve higher levels of fitness
  • When an activity becomes easier, you must increase the overload.
  • Increase the number of reps or sets or amount of time spent doing the activity
Principle of Specificity

- **Specificity**: particular exercises and activities improve particular areas of health-related fitness
  - Resistance training builds muscular strength and endurance
  - Aerobic activities build cardiovascular endurance
Make a Lifetime Plan

• Have a role model that is fit
• Exercise with a friend
• Do activities that you enjoy
• Incorporate movement into everyday work
• Make exercise a priority by scheduling it
• Set goals and strive to reach them, when you do, reward yourself!