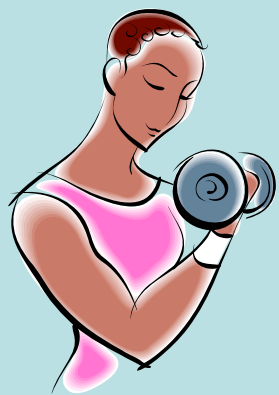




Designing a Personal Fitness Plan

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

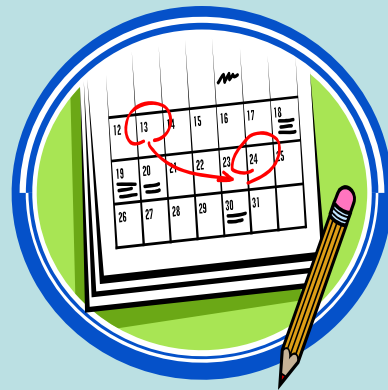


Follow FITT Principles

- **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

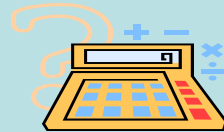
- Exercise within your target heart rate range.



- 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:

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

$$(\text{HRR} \times .60) + \text{RHR} = \text{Lower End of Target Zone}$$

$$(\text{HRR} \times .80) + \text{RHR} = \text{Upper End of Target Zone}$$

Compute Your Target Heart Rate

- Determine your resting heart rate (RHR)_____
- $220 - \frac{\text{age}}{\text{age}} = \frac{\text{maximum heart rate (MHR)}}{\text{maximum heart rate (MHR)}}$
- $\frac{\text{MHR}}{\text{MHR}} - \frac{\text{RHR}}{\text{RHR}} = \frac{\text{Heart Rate Reserve (HRR)}}{\text{Heart Rate Reserve (HRR)}}$
- $\left(\frac{\text{HRR}}{\text{HRR}} \times .60\right) + \frac{\text{RHR}}{\text{RHR}} = \frac{\text{Low End of Target Heart Rate Zone}}{\text{Low End of Target Heart Rate Zone}}$
- $\left(\frac{\text{HRR}}{\text{HRR}} \times .80\right) + \frac{\text{RHR}}{\text{RHR}} = \frac{\text{High End of Target Heart Rate Zone}}{\text{High End of Target Heart Rate Zone}}$

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.

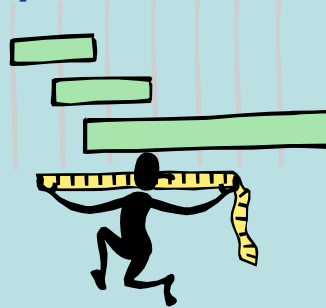


Following Fitness Principles

- Principle of Overload



- Principle of Progression

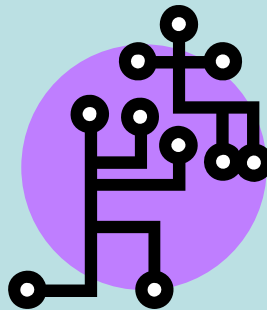


- Principle of Specificity



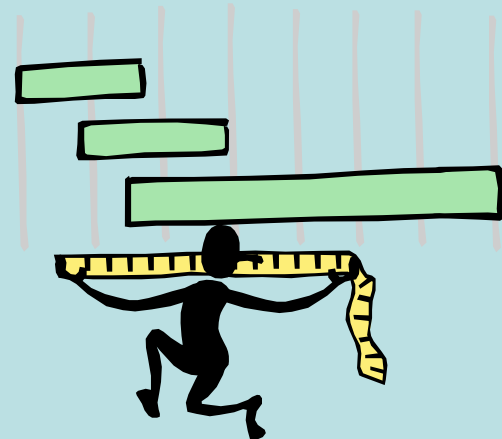
Principle of Overload

- 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!

