

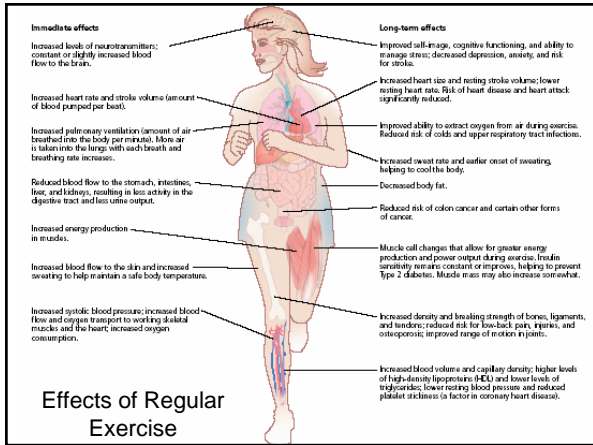
Chapter 10 Exercise for Health and Fitness

Hlth 2 Health and Wellness
Dr. Tomita

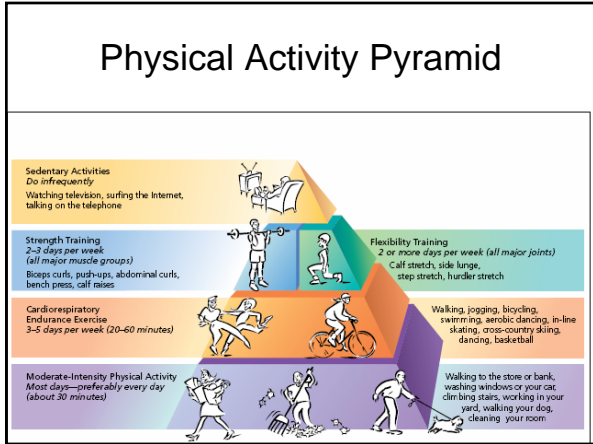
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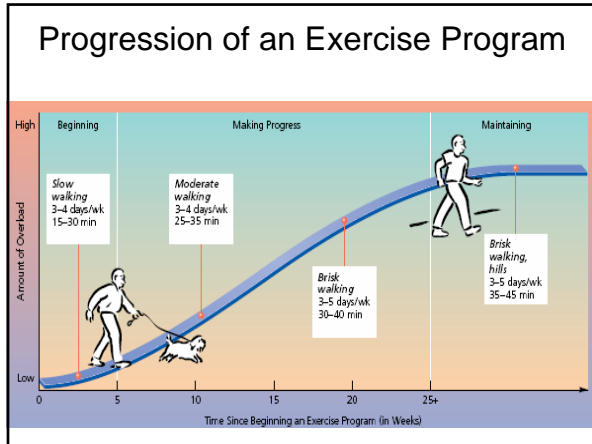
- ### Learning Objectives
- Define the following terms: physical fitness, cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, body composition, target heart rate, resistance exercise, isometric/anabolic steroids, isotonic exercise.
 - List the health-related components of fitness.
 - Explain the wellness benefits of physical activity and exercise.
 - Describe how to develop each of the health-related components of fitness.
 - Discuss how to prevent fitness-related injuries.
 - Explain the Physical Activity Pyramid.
- 2

- ### Five Components of Fitness
- Cardiorespiratory Endurance
 - Muscular Strength
 - Muscular Endurance
 - Flexibility
 - Body Composition (proportion of fat and fat-free mass)
- 3



- ### Before and After Exercise
- BEFORE**
- Warm up and stretch
 - Check with physician if necessary
 - Know your limitations
 - Wear proper clothes
 - Drink enough fluids
- AFTER**
- Cool down
 - Rehydrate if necessary
- 5



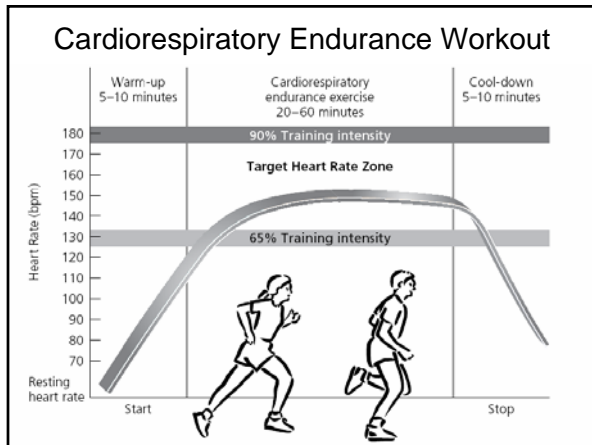


Designing Your Fitness Program

Include exercises from each of the following categories:

- Cardiorespiratory endurance exercises**
 - 3-5 days/week
 - 20-60 minutes/session
 - do at target heart rate
- Flexibility exercises**
 - 2-3 days/week
 - hold each stretch for 10-30 seconds; do at least 4 repetitions
- Muscular strength and endurance exercises**
 - 2-3 days/week
 - do 1 or more sets of 8-12 repetitions of 8-10 exercises
- Exercises to develop skills required in the sports or activities you have chosen**

Each workout session should include time to warm up and cool down.



Cardiorespiratory Endurance Workout *continued*

- **Type of Activity:** Cardiorespiratory endurance exercises, such as walking, jogging, swimming, biking, cross-country skiing, and rope skipping
- **Frequency:** 3-5 days per week
- **Intensity:** 55/65-90% of maximum heart rate (55-64% training intensities are applicable to people who are quite unfit)
- **Duration:** 20-60 minutes (one session or multiple sessions lasting 10 or more minutes)

10

Designing Your Fitness Program

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11

Designing Your Fitness Program

- Muscular strength and endurance exercises**
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 - do 1 or more sets of 8-12 repetitions of 8-10 exercises
- Exercises to develop skills required in the sports or activities you have chosen**

Each workout session should include time to warm up and cool down.