



Fitness Tips

- ▶ Have a set time to exercise each day, or make an exercise schedule for the week.
- ▶ Wear clothes and shoes that are appropriate and comfortable.
- ▶ Drink lots of water. It's easy to get dehydrated when you're working out.
- ▶ Try something new – tai chi, pilates, martial arts, yoga, spinning.
- ▶ Play music, watch TV, or listen to an audiobook or podcast while you work out.
- ▶ If you don't have access to a gym, take advantage of exercise DVDs and YouTube videos.
- ▶ Eat healthy. When your body has the right fuel, it's easier to move and be active.
- ▶ Don't exercise the same group of muscles on consecutive days. You want to give your muscles a chance to recover between workouts.
- ▶ Stay with your exercise program for at least three weeks. Experts say that's how long it takes to develop a new habit.

How Fit Are You?

To get an idea of your fitness level, take this short fitness test.

The standard for each task is considered to be challenging, but attainable, for most 17–18 year olds.

Abdominal Strength

How many sit-ups can you do in 1 minute? _____

Standard for Men – 37 / Women – 31

Upper Body Strength

How many push-ups can you do? _____

Standard for Men – 25 / Women – 15

Aerobic Fitness

How fast can you run/walk 1 mile? _____

Standard for Men – 7-8 min. / Women – 9-10 min.

Flexibility

If you stand with your knees straight, can you touch your toes? Yes No

How did you do? If you would like to improve your fitness level, use the tips in this InfoGuide to help you get fit and stay in shape.

***Fitness is not a destination.
It's a way of life!***



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Be Active



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Your body is designed to move and be active—to walk, run, work, and play.

When you're active and fit, you...

- ▶ have more energy
- ▶ are better able to control your weight
- ▶ have stronger muscles and bones
- ▶ can handle stress better
- ▶ have a healthier heart
- ▶ are able to sleep better

You also feel better about yourself!

Today's technologies provide us with a variety of engaging activities that do not promote an active lifestyle (e.g., social networking, playing video games, watching TV, movies, and videos).

While these activities can enrich our lives and be fun, it's important that we spend part of each day being active—and that we also limit the amount of time we spend looking at our phones, computers, and TV screens.

Having an active lifestyle will improve your health, and help you look and feel your best!

Get Fit



To get and stay fit, create a well-rounded exercise program that includes aerobic, strength, and flexibility training.

Aerobic (cardio) training – Aerobic fitness refers to how well your heart and lungs deliver oxygen to your muscles.

Exercises that get your heart rate up and improve your aerobic/cardio fitness include walking, running, swimming, cycling, and dancing. *Experts recommend 150 minutes of moderate aerobic exercise, or 75 minutes of vigorous aerobic exercise, each week.*

Strength training – Building and maintaining your muscles not only makes you stronger, it reduces your risk of injury, increases your metabolism, and helps you build strong bones.

To increase your physical strength, do push-ups, pull-ups, and crunches. Exercise with exercise balls, light dumbbells, and resistance bands. *Experts recommend doing strength training exercises at least twice a week.*

Flexibility training – Having a good range of joint motion indicates good flexibility. While some people are naturally more flexible than others, stretching exercises are the best way to increase flexibility. Flexibility improves physical performance and helps prevent injury.

Stay Active

Look for ways to incorporate exercise and movement into your everyday activities.

Make small changes

- ▶ Take the stairs instead of the elevator.
- ▶ Replace short car trips with walking and cycling.
- ▶ During TV commercials, do push-ups or crunches.
- ▶ Park at the farthest end of the parking lot.
- ▶ When getting together with friends, suggest that you do something active.
- ▶ Do one-handed curls with light barbells while talking on the phone.
- ▶ When listening to music, get up and dance.



Work – If you need to work part-time, look for a job that requires movement. Stock shelves, bus tables, wash cars, deliver papers, walk dogs, or cut grass.

Leisure – Find a sport or physical activity you enjoy. Play tennis, shoot hoops, hike, bowl, hit golf balls, swim, garden, or go dancing.

The goal is to get up on your feet and to stay active.