

02 PULSE Science Of Exercise

September
2019

PULSE GENERATOR PERIODICAL: EXPLORING THE SCIENCE BEHIND EXERCISE AND PHYSICAL ACTIVITY

The Science of Exercise

This year the Pulse Generator is focussing on the scientific evidence and basis for exercise and health. Throughout the next few months we will be producing a number of articles, events and tools that you can use to improve your health and wellbeing. Stay tuned for many great topics and activities.

Fall Classes Registration

Fall Registration is now open! Check out our website for program offerings at your site.

www.pulsegenerator.ca

Contact Pgprogram@ahs.ca

if you are interested in Pulse Generator programs.



this issue

Self Fitness Assessment –
a Great Place to Start

Self Fitness Assessment

Self Assessment is an important step to establishing a starting point to mark the beginning of your health and fitness journey. Assessing your fitness may include checking your strength, endurance, flexibility, range of motion and more. By looking at these areas, you'll be able to figure out where to start and where you can advance as your fitness makes improvements. Below are a couple of reasons why assessment is an important tool.

1) Often we know where we want to end up and how we will feel once we've accomplished that goal, but we forget to record where we started. Just saying "I'm out of shape" isn't specific enough when determining what you need to work on. Establish targets that will help you measure your growth. Find your strengths and identify limitations so that you develop a well balanced, healthy body. Can you run one mile or five miles? Can you do one push-up or 50 push-ups? It's important to know this so you can gradually increase the intensity of your workouts, instead of starting with a workout that's much too difficult to handle right now. Starting with the wrong intensity can be a waste of time, or worse, a recipe for injury.

2) You'll be able to use this information to understand and evaluate whether your fitness program is working later on in your program. Let's say you've done a fitness program for twelve weeks and you want to know if it worked or not. How do you know if it worked if you don't know where you started? Some tests, like weight loss, will be easy to track because most people track that regularly. However, flexibility, body fat percentage, range of motion, and strength may not seem as obvious. By tracking all the areas of fitness from the start, you'll know for sure that your program is working for you. Otherwise, you may be wasting your time with efforts that are leading to little or no results.

We have created a self-assessment worksheet to evaluate some aspects of your current fitness to more effectively generate goals to help you along your health and wellness journey. This self-assessment is not meant as an evaluation for anyone other than yourself! We assembled this self-assessment worksheet to give you an idea of where you are starting to allow you to make SMART goals related to your health and wellness. SMART goals are Specific, Measureable, Attainable, Realistic and Timely. Example) My goal is to increase the number of pushups I can do in 1 minute by 2 over the month of September (End date: September 30th)

Always, remember that YOUR fitness is relative to YOU and your specific starting point!

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

