

### **Personal Health & Exercise Program**

In January, I mentioned a personal exercise program that you will perform during class as your final. Unfortunately, we will not be able to do your workout. Instead you must create a personal health and exercise program for yourself. There is more to it than just physical activity. Your program must include the following components.

#### **I. Personal Demographics**

- a) In paragraph form describe--age, gender, occupation (student), and stress level.
- b) Describe any injuries and medical history.

#### **II. Lifestyle Profile**

- a) Dietary considerations (e.g., snacks, salt use, foods high in saturated fat)
- b) Eating habits (frequency of meals)
- c) Physical activity (how often? how much?) and physical activity interests
- d) Suggestions for modifying your diet and physical activity

#### **III. Health Goals**-goals in fitness is to build the body, not destroy it.

- a) Long-Term (1 year)
- b) Short-Term (6 months)
- c) Daily goals (water, food, stretching, exercise, etc.)

#### **IV. Flexibility**

Dynamic Stretching (Warm-up)-body is in motion while stretching the muscles, this is usually performed before exercise (ex. sweep the grass, butt-kicks, etc.) Static Stretching (Cool Down)-body is in steady state while stretching muscles, this is mostly performed after exercise (ex. Seated toe touches, standing quad stretch, etc.) Choose your own stretches.

- a) Dynamic Stretch
- b) Static Stretch

#### **V. Exercise Program**

This component is your main focus. Exercise helps you cope with daily stress, fight obesity, and avoid cardiovascular problems. People have different programs that work for them. Some enjoy high intensity workouts using equipment or body weight, zumba, weight lifting with equipment or body weight, pilates, yoga, cardio, sports, etc. Choosing your exercise, keep in mind to work your larger muscles first then down to the smaller ones. Lower body (quadriceps, hamstrings, glutes, and calves), upper body (chest, back, biceps and tricep, and shoulders), then the abdomen. Tip: choose exercises you enjoy or can manage.

- a) 1 week Program-- how many days per week, exercises per day, duration of exercise, sets/rounds, repetitions, and rest between exercise.

*Example 1* - Exercise 5 days per week. Working different body regions on different days such as; upper body on Monday with 3 sets of 10 repetitions for each exercise, lower body on Wednesday performing 3 sets of 10 repetitions for each exercise and Friday a full body workout performing each exercise for 1 minute each. Cardio two days on Tuesday and Thursday. Saturday is a recreational activity and Sunday is a rest day.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Rest Day	Warm up Cardio-Run 1 mile  Upper Body 3x10 - Chest Press - bicep curls - tricep dips Rest 2 mins. Between each exercise  Cool Down	Warm Up  45 Minute Zumba at Fitness Center  Cool Down	Warm up Cardio Run 1 mile  Lower Body 3x10 - Squats - Deadlift -calf raises Rest 2 mins in between.  Cool Down	Warm up  45 minute Yoga at Fitness Center  Cool Down	Warm up  Lower Body 1min -Lunges -single leg squat Upper Body 1 min -push ups - shoulder press Abdomen 1 min. - crunches Cool Down	Kayaking 10 miles

*Example 2* - Exercises 3 days per week, less exercise days may be due to an injury or medical history. This person prefers cardio over weight training. Softball and Soccer are recreational and not part of the program so this person designed it to cooperate with other activities in town.

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
Rest Day	Warm up  40 minute Pilates Session at the Gym  Cool Down	Recreational Softball Game	Warm Up  Cardio-Cyclin g for 30 minutes  Cool Down	Soccer Practice with Club Team	Warm up  Cardio- brisk walking for 2 miles  Cool Down	Rest Day

1st Draft Due **Friday, May 1st, 2020**. 2nd Draft due **Friday, May 22, 2020**

Submission Options:

1. By email to [smallow@stantschool.org](mailto:smallow@stantschool.org), type it out, upload a document or picture.
2. Gradelink Assignment, type it in or upload a document.
3. Handwritten on paper.

On the due dates I will be at St. Anthony School field or in office from 10am to 12pm for those turning in by paper or would like some help on the assignment.

Note: You should receive full credit for this project if

- you follow the outline closely and in the order specified,
- your work is neatly presented and well written (proofread your work and avoid typographical errors and misspelled words, etc.)