

Activity 13.0. Fitness Resources and Considerations

Use to jumpstart your understanding of the diversity of fitness and fitness resources.

If you're not already a fitness buff, the previous recommendations may seem overwhelming— particularly if you work at a desk job eight or more hours a day and have a long commute. In my experience, there are three keys to transforming your life to greater fitness.

1. The first is resolving to permanently change because you have a clear goal in mind (e.g., an athletic event, a reduced dress size, high school reunion, flatter abs— whatever motivates you).
2. The second is establishing a realistic plan that includes at least three sessions of activity a week and being brave enough to break through the "I can't do it" mind-set to believe you "can do it!"
3. The third is good shoes (and if you can afford it at least two good looking workout outfits). Even if your primary physical activity is a water sport like swimming, consider investing in a pair of new athletic shoes to support your feet, arches, knees, and back at least once a year.
 - WebMD: "10 Tips for Choosing Athletic Shoes"
<http://www.webmd.com/fitness-exercise/how-choose-athletic-shoes>
 - *Runner's World* fall/spring shoe guide (use the most recent shoe guide)
<http://www.runnersworld.com/running-shoes/runners-world-2015-fall-shoe-guide>

Suggestion. There's a ton of resources to get you started or to the next level. Identify any ideas below that seem worthy of checking out further. Start the few that you know you should investigate further.

- ◇ Centers for Disease Control and Prevention—list of moderate and vigorous activities
http://www.cdc.gov/nccdphp/dnpa/physical/pdf/PA_Intensity_table_2_1.pdf
- ◇ Centers for Disease Control and Prevention—target heart rate and estimated maximum heart rate
<http://www.cdc.gov/physicalactivity/basics/measuring/hearttrate.htm>
- ◇ Phone fitness/activity trackers
 - 7 minute Workout Challenge by Fitness Guide Inc. (iPhone: \$2.99)
 - Fitbit by Fitbit Inc.: all-day activity tracker (Android, Free+)
 - My Fitness Pal (Android, Free+)
- ◇ Gym or club membership considerations
 - Location: Can you easily get there from home or work? Is there adequate parking?
 - Hours: Do their hours jibe with the hours you work out?
 - Activities: Do they offer what you want to do, when you want to do it?
 - People factor: Is it too crowded? Will you feel comfortable with current members?
 - Cost per visit: Will you be paying more than ten dollars a visit?
 - Showers: Do they offer sufficiently clean showers and changing areas?
 - Day care: Is day care provided?
 - Personal trainers and other coaching assistance: Are quality coaches available?