


Foundations of Personal Fitness



Chapter One



Your book wants to make a distinction between physical activity, physical fitness and personal fitness.


► **How do you define physical activity?**

Defined as any movement that works the larger muscles of the body, such as arm, leg, and back muscles.

recreational sports
dancing
swimming
household chores
part-time job
running to the bus, etc.



The three essential elements of **health** and **wellness** are:

- Physical fitness
 - Mental/emotional health
 - Social health
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How do you define physical fitness?

an essential elements of **health** and **wellness**

Defined as:

- ▶ the body's ability to carry out daily tasks **AND** unexpected physical demands.

PHYSICAL FITNESS

is divided into five **HEALTH-RELATED** and six **SKILL-RELATED** components.



CARDIORESPIRATORY FITNESS

MUSCULAR STRENGTH

MUSCULAR ENDURANCE

FLEXIBILITY

BODY COMPOSITION

AGILITY

BALANCE

POWER

SPEED

COORDINATION

REACTION TIME



HEALTH-RELATED FITNESS COMPONENTS



CARDIOVASCULAR ENDURANCE

Your body's ability to deliver oxygen to working muscles during exercise.



MUSCULAR ENDURANCE

Your muscles' ability to exert force repeatedly or for an extended period of time.



MUSCULAR STRENGTH

Your muscles' ability to exert a maximum amount of force in one effort.




FLEXIBILITY

Your muscles and joints' ability to move through their full range of motion.



BODY COMPOSITION

Your body's ratio of lean muscle to stored fat.



How do you define personal fitness?

Practicing the physical dimension of wellness.

Total fitness

- Maintain acceptable levels of physical fitness.
- Participate in regular physical activity.
- Eat nutritious foods.
- Sleep 8 to 9 hours each night.
- Have regular medical checkups.
- Maintain an appropriate weight.
- Avoid harmful substances.



Physical activity is one way to maintain your **functional health**.

It prevents hypokinetic diseases!

- ▶ A disease brought on, at least in part, by insufficient movement and exercise.
 - ▶ Leading a **Sedentary** lifestyle

Hypokinesia has been identified as an independent risk factor for the origin and progression of several widespread chronic diseases:

obesity, diabetes, stroke, cancer and heart disease.



3 leading causes of death?

- ▶ Heart Attacks
 - ▶ Stroke
 - ▶ Cancer

Benefits Of Physical Fitness:

- Increased energy
- Improved strength and flexibility
- Better heart and lung function
- Increased bone density
- Weight maintenance/acceptable BFC
- Does anyone have trouble falling asleep?
- Helps regulate circadian rhythms
- Better focus- think more clearly Brain Health!
- Stress management
- Lowers blood pressure
- Reduces hormone levels that cause stress
- Higher self-esteem
- Reduced risk of CVD, HBP, stroke, diabetes, some forms of cancer




Risk Factors and Your Behavior

Your life expectancy and the quality of your life will be influenced by how well you maintain your functional health and fitness.

Risk factors

- Conditions and behaviors that represent a potential threat to an individual's well-being.




Risks factors you **can't** modify include **age** and **heredity**.


Heredity determines your likelihood of developing certain diseases and disorders:

- High blood pressure
- Heart disease
- Diabetes
- Certain types of cancers

You cannot control risk factors such as heredity or age, you can lessen their impact on your health and fitness by changing your behavior.



What are some risk factors you can modify?

- Sedentary lifestyle
 - Smoking
 - Food choices
 - Excessive stress
 - Obesity
- 



Changeable Risk Factors

It is important to manage **stress** in your life.

Stress is perfectly normal, but it can lead to health problems such as sleeplessness and depression.

Term to Know

Stress

The mind and body's response to the demands and threats of everyday life.

Changeable Risk Factors

Managing Stress in Your Life

Adjust Your Eating Habits

Spend Some Time Alone

**Maintain a High Level of
Physical Activity**

Meditation

Practicing Gratitude



Your Attitude Matters!

Common Attitudes Toward Fitness

Exercise is boring.

I'll start watching what I eat when I get to be an adult.

I'm too busy for sports right now.

I don't have time for breakfast in the morning.

Exercise doesn't work.

Sleep is for babies.

I don't want to hurt myself.

Physical activity is strictly for athletes.

I'm too tired to exercise; I'll start tomorrow.

I only need 4 hours of sleep to function.

There has to be an easier way to get in shape!



Fake it til you make it...

"Feeling strong feels good"

"I feel great when I'm done"

"I've always enjoyed physical activity"

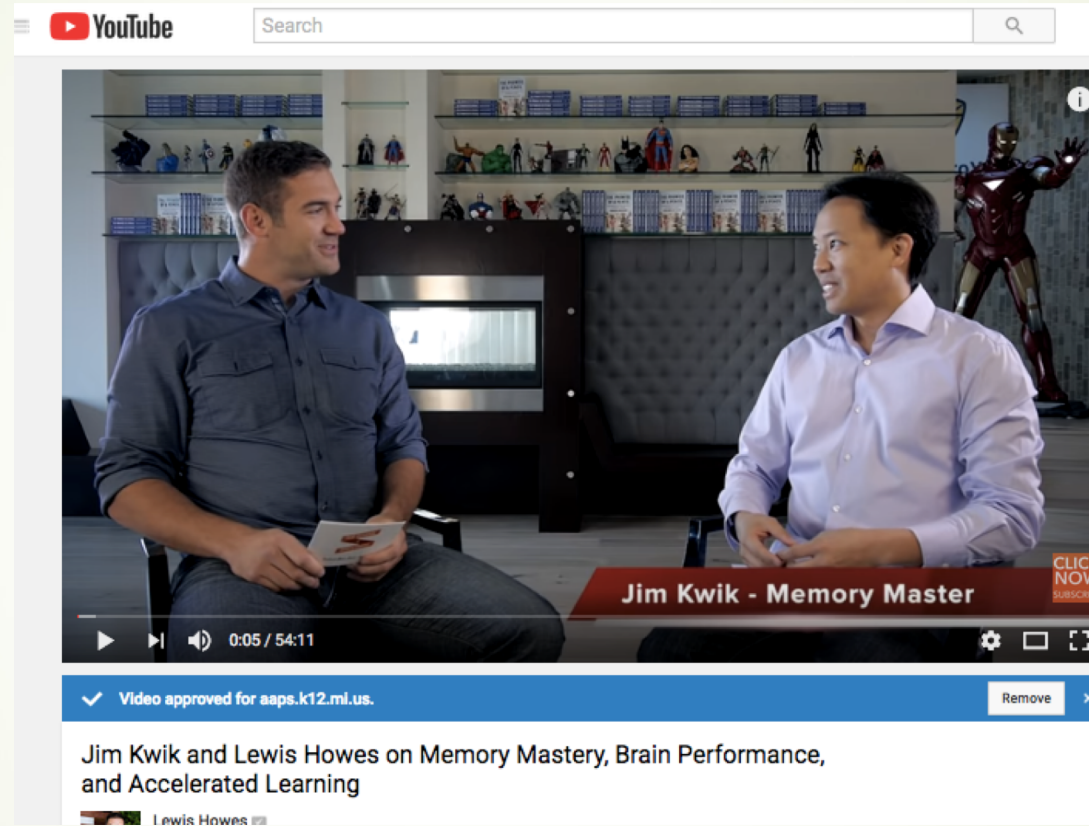
"Looking good makes me feel good"

"I like the feeling of sore muscle"

"I have to get this credit; I might as well get in shape, too"

Attitude Does Matter!

Video: “Jim Kwik and Lewis Howes on Memory Mastery, Brain Performance, and Accelerated Learning”



“Your mind is always eavesdropping on your self-talk” which means you have to stay positive and believe in yourself to accomplish goals.