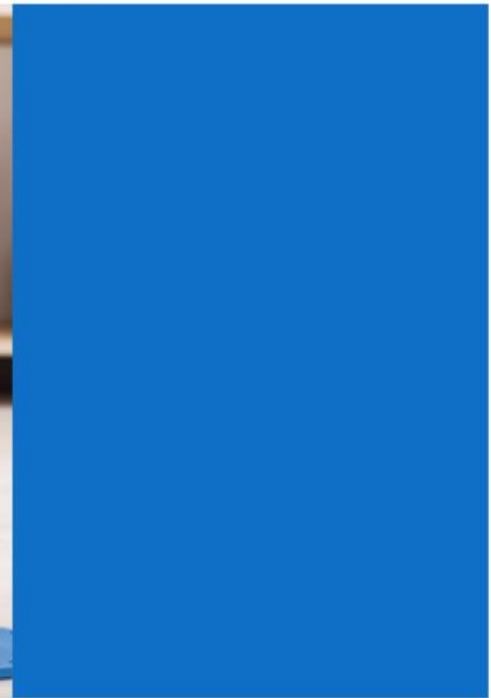




BUILDING YOUR OWN PHYSICAL ACTIVITY PROGRAM



WHY IS WORKING OUT IMPORTANT?

Helps with
weight control

Maintain healthy
bones, muscles
& joints

Promotes
psychological
well-being

Lower your risk
of developing a
chronic disease

Helps lower
feelings of
anxiety

THINGS TO CONSIDER



FIND OUT WHAT WORKS FOR YOU

How much time can you dedicate to working out?

What are your problem areas?

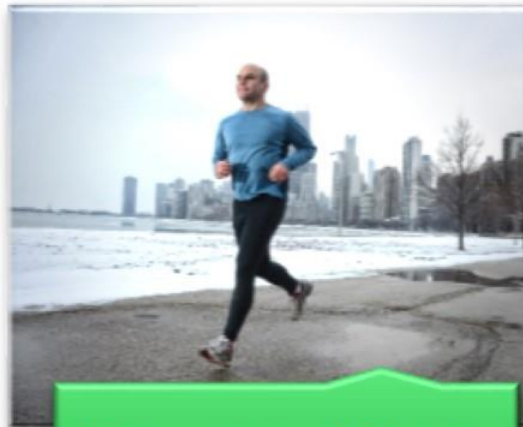
Have you had any previous injuries?

Are you going to be working out in a gym, at home, outside, with a friend?

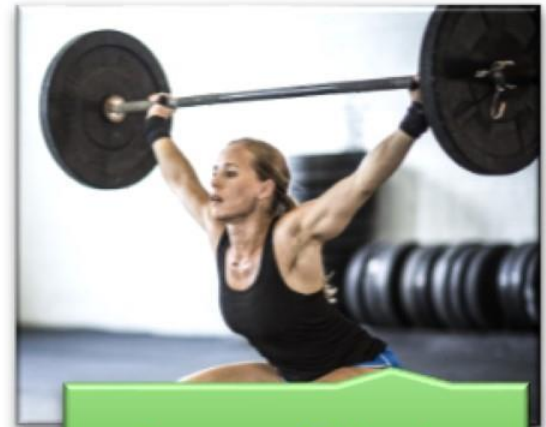
DETERMINE YOUR SITUATION



Losing Weight



Maintaining Weight



Gaining Weight

FITT PRINCIPLE



Frequency



Intensity



Type



Time

BUILDING YOUR WORKOUT: WARM UP

- ✦ Loosen up
- ✦ Get your heart pumping
- ✦ Dynamic stretching



BUILDING YOUR WORKOUT: MUSCLE GROUPS

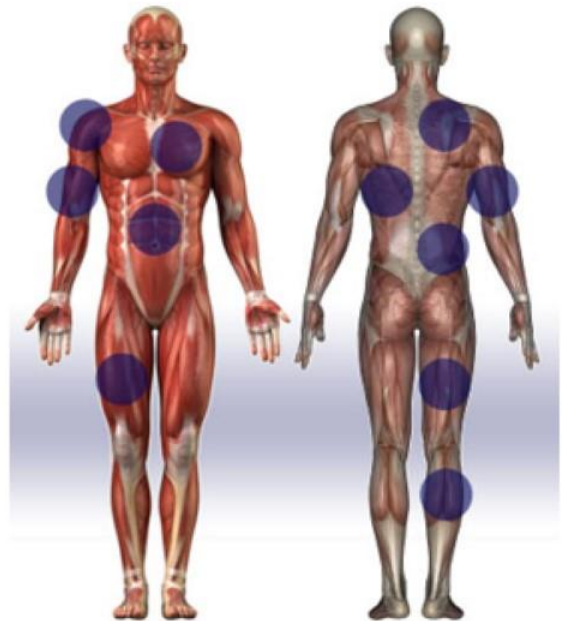
Quads and calves

Glutes and Hamstrings

Push (chest, shoulders and triceps)

Pull (back, biceps and forearms)

Core (abs and lower back)



BUILDING YOUR WORKOUT: REPS

Determine the number of reps

- ✦ Low reps (5-8) with heavy weight = build dense muscle
- ✦ Medium reps (8-12) with medium weight = increase strength & endurance
- ✦ High reps (12-15) with lower weight = improve endurance and size



BUILDING YOUR WORKOUT: SETS

Determine the number of sets

- ✦ Start with a warm up set
- ✦ Recommended: 3-5 sets for every exercise
- ✦ Between 15-25 sets for an entire workout
- ✦ Too many will be overkill



BUILDING YOUR WORKOUT: MIX IT UP

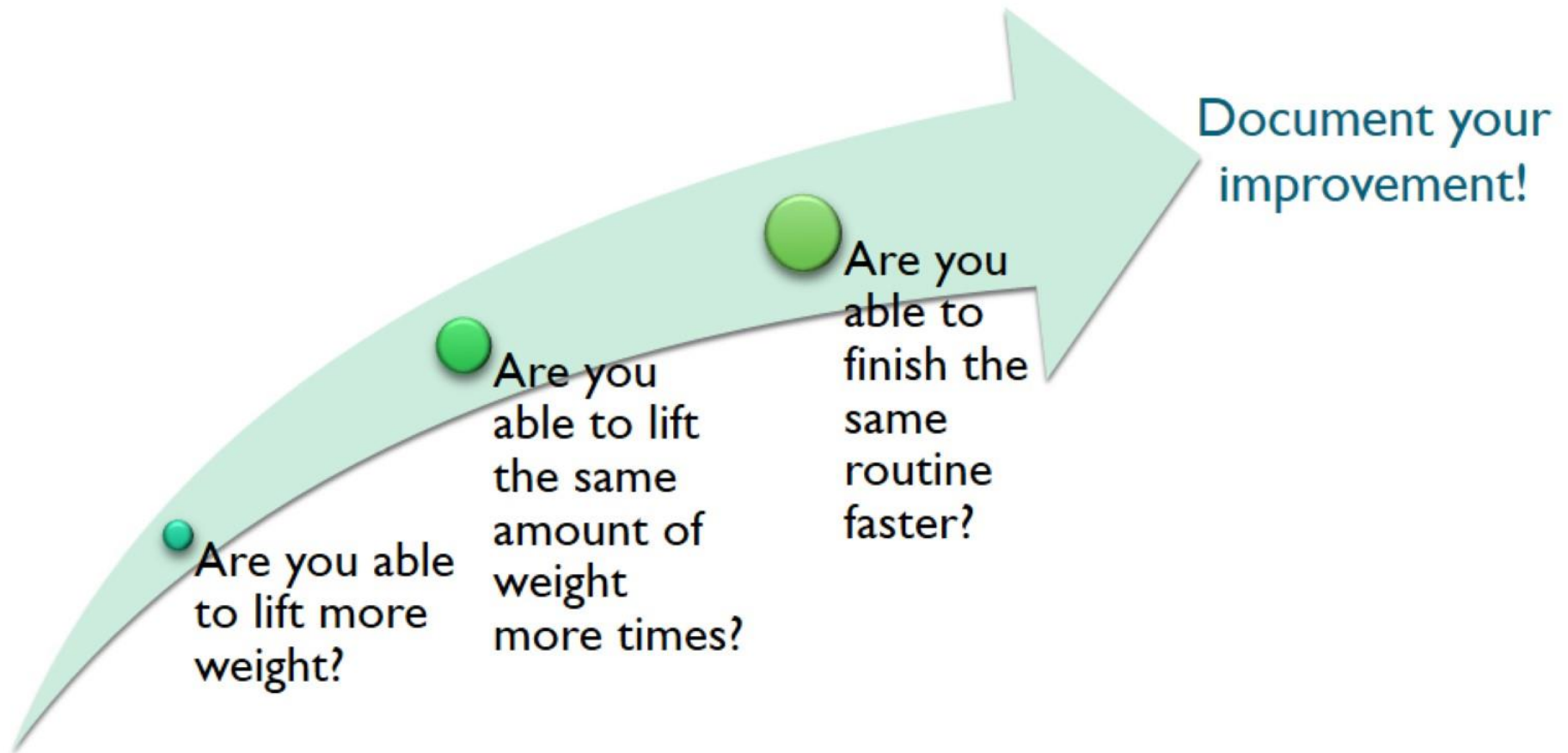
Reps

Sets

Exercises



BUILD YOUR WORKOUT: DOCUMENT IT



BUILD YOUR WORKOUT: RECOVERY

Your muscles are getting torn down during your workout, they repair and grow when you are resting. Make sure to allow enough time for them to recover!



HOW TO SCHEDULE YOUR WORKOUT

Strength training
3 times a week

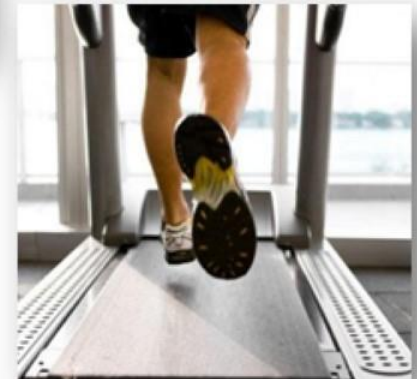


REST.
(it's part of the program!)

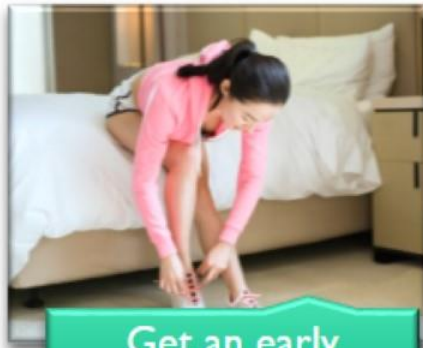
Rest days 2
times a week



Cardio 2 times a
week



HOW TO FIND TIME TO WORKOUT WITH A BUSY SCHEDULE



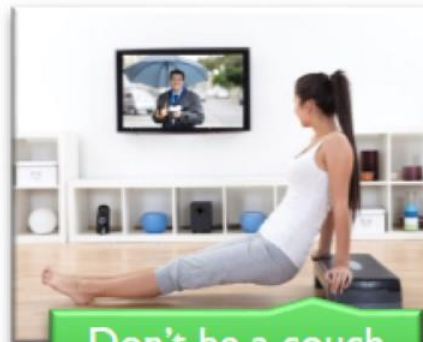
Get an early workout in



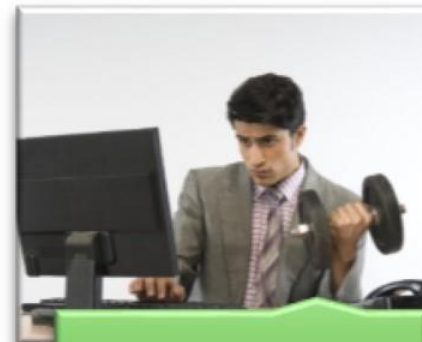
Involve the whole family



HIIT



Don't be a couch potato



Exercise at work

WORKING OUT AT HOME



Find workout plans online



YouTube or workout videos



Few equipment necessary



There are some drawbacks to working out at home.

HOW TO HAVE A HEALTHY REST DAY

Rest days are
NOT cheat days

Healthy bodies
are made in the
kitchen, not the
gym

Work on
flexibility and
mobility

Dynamic
stretching allows
your muscles to
heal

Plan or prepare
your meals for
the week

Meal prep helps
you stay on track
with your diet



QUESTIONS?

