



CANADA  
4-H Ontario

[www.4-hontario.ca](http://www.4-hontario.ca)

## 4-H ONTARIO PROJECT



**Personal Fitness**

**REFERENCE MANUAL**

### **The 4-H Pledge**

I pledge my Head to clearer thinking,  
my Heart to greater loyalty,  
my Hands to larger service,  
my Health to better living,  
for my club, my community and my country.

### **The 4-H Motto**

Learn To Do By Doing

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**CANADA**  
4-H Ontario



# **INCLUDING STEM IN THE 4-H PERSONAL FITNESS PROJECT**

## **WHAT IS STEM AND WHY IS IT IMPORTANT?**

Since 1915, 4-H in Ontario has engaged youth in science, technology, engineering, and math (STEM). This has traditionally meant a solid focus on agricultural science, mechanics, entrepreneurship, natural sciences and household science. Today, 4-H has grown to include rocketry, robotics, computer science, environmental sciences, and more. 4-H provides hands-on learning experiences to encourage learning about the world around us. Our lives are completely immersed in science and technology. Understanding how science, engineering, and technology impact our lives, solve problems and create new ones makes it easier to navigate our modern world.

In school, science classes need to cover a broad range of topics in a limited amount of time while STEM in 4-H allows members and leaders time to dig deeper into ideas and concepts and to spend as much time as desired to work on projects based on personal interests, questions, and skills.

STEM in 4-H allows a person to work on their own questions, design their own tests, create their own models, build their understanding, and share their work with others – learn to do by doing. That’s what science and engineering are, trying to understand the natural universe and develop solutions to the problems faced in our world today. Science is inquiry that uses a specific approaches and skills. But all learning is an inquiry process so working with science helps develop your learning muscles.

Within 4-H, the STEM process can go even further to include the Arts, thus changing the acronym to STEAM – Science, Technology, Engineering, Art & Math.

## **STEAM IN 4-H ONTARIO PROJECTS**

As you work through the Personal Fitness Project, you will see STEAM integrated throughout the project within almost all of the activities provided. Examples of activities include ‘SMART Goals’, ‘Fitness Relay’, ‘Balloon Smash’, ‘Fitness Alphabet’, ‘Sworkit App’, ‘Physical Activity Pyramid’, ‘Tennis Ball Game’, amongst many others.

STEAM can be challenging but it can also be fun! Be sure to try out the activities. Observe what works and what doesn’t and how activities can be changed slightly to get different results. It’s all a part of the STEAM learning process!

## PLANNING A MEETING

Plan your meetings well. Review all the information well in advance so you are prepared and ready!

### Before Each Meeting:

- Read the topic information and activities and photocopy any relevant resources for the members' Record Books.
- Be familiar with the topic information for each meeting. Think of imaginative ways to present the information to the members. Do not rely on just reading the information out loud. Review available resources, plan the meetings and choose activities and themes that complement the ages and interests of your members. The Record Book contains extra activities that can be used if you need to fill in time or if one of the suggested meeting activities does not suit your group of members.
- Gather any equipment and/or resources that will be needed to complete the meeting.
- At least 12 hours of club meeting time is required for every project; including club business, specific project information and social recreation. The delivery format for that material is left to the discretion of the leaders. Before each meeting, create a timeline to ensure that you are providing an adequate amount of instructional time for club completion. Note: the best practice recommendation is that a club have multiple meeting times for each project.

Included on the following page is a Leader's Planning Chart to help with the planning of meetings. In addition to the chart, keep track of what went well and what should be changed next time. That way, each time this project is run, the content of the meetings can be different!

When planning each meeting, a typical 4-H meeting agenda should include the following:

- Welcome & Call to Order
- 4-H Pledge
- Roll Call
- Parliamentary Procedure:
  - Secretary's Report
  - Treasurer's Report (if any)
  - Press Report
  - New Business: local and provincial 4-H activities/opportunities, upcoming club activities
- Meeting content, activities and recipes
- Clean-up
- Social Recreation and/or refreshments
- Adjournment

# LEADER'S PLANNING CHART

Meeting #	Date/Place/ Time	Topics Covered	Activities	Materials Needed

## **JUDGING AND COMMUNICATIONS:**

Each meeting must include either a judging or public speaking activity.

- Judging gives the members an opportunity to use judging techniques as part of the learning process. Through judging, members learn to evaluate, make decisions and communicate with others. They also develop critical thinking skills, confidence and self-esteem. Many examples are used in this reference book but use your imagination! As long as members are setting criteria and critically thinking about where items fit within that set of criteria, they are learning the basic skills of judging!
- A communications activity has been provided for each meeting but can be included in the Roll Call or social recreation time. These activities do not need to involve the topic of personal fitness as the outcome is more about understanding the concepts of effective communication.

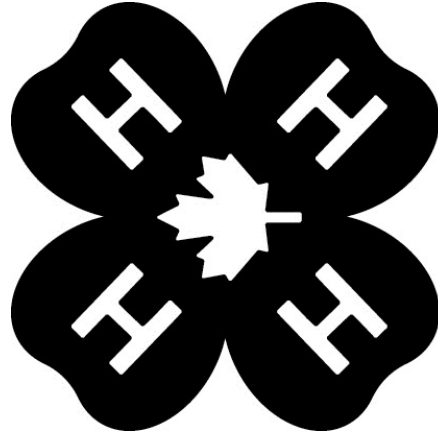
### ***As a club volunteer your responsibilities are to:***

- Complete the volunteer screening process and to attend a volunteer training session.
- Notify the local Association of the club, arrange a meeting schedule and participate in club meetings, activities and the Achievement program.
- Review the project material in the Reference, Record and Recipe books to familiarize yourself with the information and adapt it to fit your group. Be well organized and teach the material based on your group's age, interest and experience level.
- Organize the club so members gain parliamentary procedure, judging and communication skills.
- Have membership lists completed and submitted along with fee collected (if applicable) by the end of the second meeting.
- Have members fill out a Participant Agreement Form and identify any health concerns. Ensure that all members, leaders and parent helpers know the appropriate actions during any emergency. Check with members for any food allergies or dietary restrictions and plan snacks accordingly.

### ***As a club member your responsibilities are to:***

- Participate in at least 2/3 of his/her own club meeting time. Clubs must have a minimum of 12 hours of meeting time.
- Complete the project requirement to the satisfaction of the club leaders.
- Take part in the project Achievement Program.
- Fill in and complete the Record Book.

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my Hands to larger service,  
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# MEETING 1: INTRODUCTION TO PERSONAL FITNESS

## SETTING OBJECTIVES:

When developing a fitness program, it is important to know the advantages of fitness to ensure that a person's fitness program is personalized to meet the needs and interests of the individual. This meeting should introduce members to the concept of personal fitness, safety regarding any fitness program and physical activity.

### Suggested Lesson Outcomes

- For members to learn what personal fitness is and how they can incorporate this concept into their everyday lives.
- Members should have a good understanding of safety around personal fitness and how to create their own personal fitness program.
- Members can recognize their strengths and limitations when working on their personal fitness program.

## REFERENCE MATERIAL IN THIS SECTION:

- What is Personal Fitness?
- Why is Fitness Important?
- Benefits of Fitness
- Safety of any fitness program
- Mechanics of the Body – Skeletal, Cardiovascular and Stretching

## ACTIVITIES:

- “What does personal fitness mean to you?” – worksheet
- Safety (Beach Ball Activity)
- Dodgeball
- Fitness Scavenger Hunt
- Nutrition Component – Yogurt with Berries and Granola

**Sample Meeting Agenda – 2 hours, 10 minutes**

Welcome, Call to Order & Pledge		10 min
Topic Information Discussion	Review definitions and benefits of fitness	15 min
Activities Related to Topic	Activity # 1 – What does personal fitness mean to you? (worksheet)	10 min
Topic Information Discussion	Review Always Exercise Safely	15 min
Activity Related to Topic	Activity # 2 – Safety (Beach Ball Activity) Activity # 3 – Dodgeball	15 min
Topic Information Discussion	Body Mechanics	15 min
Activity Related to Topic	Activity # 4 – Fitness Scavenger Hunt  Activity # 5 – Yogurt with Berries and Granola	40 min
Wrap up, Adjournment & Social Time		10 min
At Home Challenge	Choose one of the at home activities found throughout the meeting	

## PERSONAL FITNESS DEFINED

An individual's fitness level can vary depending on the person. Everyone's fitness level is unique and different which is important to remember when setting goals and determining which exercises are going to work best for the individual. This process can take time and needs to be explored before an individual starts their fitness routine. However, regardless of what type of physical activity is completed, the average time a person should be exercising per day is 60 minutes. Therefore, a person's fitness program should be 60 minutes in length. There are three terms that are important to know when dealing with personal fitness.

**Health:** refers to being free of disease, injury as well as a person's mental and physical state.

**Fitness:** refers to the degree of body functioning and the ability of the body to handle physical demands. When an individual's body functions efficiently, they often have a higher level of fitness. With this higher level of fitness, there is a higher chance of an individual's body being free of diseases and people are often considered to be healthy physically and mentally. Health and fitness are highly correlated and fitness is often recommended as a preventive measure against diseases. Fitness is encouraged by numerous health professionals.

**Personal fitness:** refers to the range of possibilities for one's physical and mental health. Being active and fit is to achieve a level of health that is possible for YOU to be satisfied with and achieve. This can be regarding current fitness levels or where you would like to be in the future. However, personal fitness is about what makes an individual healthy and what is safe for an individual to achieve. The focus is on the individual's fitness level, no one else's!

## WHY IS FITNESS IMPORTANT?

A person who participates in physical activity is able to live their life to the fullest. Physical activity is good for you, can make a person feel better about themselves as well as encourages the body to maintain a relaxed state of mind. A person who is active becomes stronger physically and mentally and becomes strong enough to face the many ups and downs that life has



to offer. This helps individuals in learning many different aspects about themselves and can help an individual define who they are now and who they want to become.

Fitness can not only improve the health of an individual but contributes to youth being able to find their strengths and limitations through physical activity. This can allow youth to develop skills that can be used on a daily basis which

include motivation, organization and time management skills. These skills are being developed through activities that an individual enjoys which leads to the more important part which is fitness is fun! Everyone should be having fun in their fitness program!

### Talk about it!

How much exercise do you receive on a daily basis?

### Communicate it!

In what ways have you experienced fitness?

What are some physical activities that you have participated in that were positive experiences?

## **BENEFITS OF EXERCISE AND FITNESS**

There are many benefits that exercise and fitness can have on an individual's life physically and mentally. Some key benefits that a person can gain if they choose to partake in exercise and fitness are listed below.

### **Fitness improves your health**

Exercise and fitness can improve general health. Fitness keeps your blood flowing and lowers an individual's risk of developing cardiovascular illnesses like heart disease and many other health problems including cancer, diabetes, stroke, depression and falls. Additionally, staying active can also slow down the aging process and allow individuals to look younger.

Fitness can also help individuals achieve a better body composition which can lower body fat and increase a person's muscle mass. However, this element will be different for every person and individuals need to ensure exercises are being done correctly and healthy for their body. This ensures people are not harming themselves physically and mentally. This element should not be a person's primary reason as to why they should develop their own personal fitness plan and other benefits should be considered first.

Fitness can also increase a person's bone density. Bone density is the measurement of minerals and calcium in a segment of bone. Therefore, the more calcium that a person has in their bones, the stronger they will become which can prevent a person from developing osteoporosis.

### **Fitness improves your mood**

Physical activity helps release chemicals from the brain called endorphins in the body which overall makes a person feel happier and more relaxed. Because a person feels happier and more relaxed, often times, exercise and fitness can enhance self-confidence and improve a person's overall appearance. Therefore, if a person is having a bad day, exercising could be the thing that a person needs to feel better!

### **Fitness improves energy levels**

Many individuals think that because you are using lots of energy exercising, that you will be exhausted when you have completed your fitness routine. However, regular physical activity can increase muscle strength and endurance because oxygen and nutrients are delivered to your tissues and helps

### **Look it up!**

What condition is osteoporosis and what happens to the body?

### **Share it!**

Have members share what they found with the group.

### **Check it out at home!**

Complete 20 minutes of exercise at home of your choice. This can include playing sports, running, bike riding, etc. Once you have completed your 20 minutes of exercise, assess how your mood, energy levels are and how you sleep later that night.

Record your findings and be prepared to share your experience next meeting.

the cardiovascular system work more effectively. Physical activity allows individuals to be more alert and ready to take on daily chores and tasks.

### **Fitness improves sleep**

Exercise and fitness improves a person's state of mind, promotes better mental health and improves sleep. Physical activity can help an individual fall asleep and stay asleep. So, if a person is constantly lying awake at night, regular physical activity might be the cure!

### **FITNESS CAN BE FUN!**

Finding exercises that you enjoy is very important. Tailoring a fitness routine that works for you and your body will allow exercising to be fun. Determine your interests, reconnect with friends and family and decide what kind of exercise you would like to participate in. This can be anything from weight training, to playing sports or enjoying the outdoors. Whatever type of exercise works for you can assist in increasing a person's activity and fun levels.

### **ALWAYS EXERCISE SAFELY!**

When you have a goal in mind, it can be very easy to push yourself harder in order to achieve your goals faster. It is important for individuals to remember their regular exercise level when creating their fitness program. How you approach your fitness program will determine how this will impact your well-being and if there are any areas where problems and injuries may arise.

A safe fitness plan should always start slowly and should develop at a steady pace. Implementing a steady pace is important to allow time for you to learn proper form and build endurance. Building endurance involves building a person's tolerance to a particular exercise or fitness program. Gaining more strength, stamina and skill will allow you to be able to increase the intensity of your routine. Stamina refers to the ability to sustain continued physical activity over a period of time. Once a person's stamina is improved and developed, a gradual increase of difficulty can be added to exercises in an individual's personal fitness program. Below, there are six different elements that need to be constantly considered while completing your fitness program.

### **WARM UP, COOL DOWN**

Before completing any sport or exercise routine, warm up exercises need to be practiced in order to get the blood moving

#### **Share it!**

Have these benefits impacted you after you completed a workout in the past? Describe your experience.

#### **Judge it!**

What elements do you think need to be included in your fitness program? What is important and what can become problematic?

#### **Experience it!**

Talk to a personal trainer about the importance of exercising safely and what can happen if proper exercise is not taken seriously.

in your body, increase the temperature of your muscles and increase your breathing. This can help get the body ready for the demands that will be placed on your body throughout your fitness program. This should be a gradual process to prevent muscles from getting pulled and bones becoming injured.

The cool down stage of a workout is important because it allows your heart rate and your breathing to slowly return to a normal rate. This gradual process of slowing down intense exercises also is used to guard against cramps and soreness so you are able to function effectively the next day without experiencing pain.



### Stretch!

In order to get the most out of your fitness routine, stretching can help warm up your muscles and keep you flexible. If you are trying to stretch cold muscles, you have a greater chance of injuring yourself during your fitness program. Stretching should occur before your workout during the warm up phase and after your workout during the cool down phase.

When stretching, ensure to move into stretches slowly and gently and try to hold each stretch for 30 seconds. Make sure to relax in these stretches and once relaxed, hold! You should not be feeling any discomfort when stretching. If you do, this is a good indication that you are pushing yourself too far and may have an increased chance of injuring yourself.

### Have the Right Equipment!

Having the right equipment and gear is important. This is both for your comfort and safety while completing your exercise routine. The equipment that needs to be considered include athletic shoes, weather appropriate clothing and any necessary protective equipment required for the activity. Having the proper shoes for running, walking and other basic exercises can help with injury prevention while participating in fitness. If you do not have proper footwear, foot injuries may arise and may not allow you to work on your personal fitness program.

#### Research it at home!

What other equipment do you think would be important to complete your fitness program?

Weather appropriate clothing is also another important factor for exercising safely. In Canada, there are four seasons that need to be considered. The weather is constantly changing and the appropriate clothing needs to match the temperature. This is important to assist in lowering the chances of a person becoming chilled or overheated. In warmer weather, make sure to wear comfortable clothing that moves freely so body heat is released. This can help keep you cooler in warmer temperatures. In colder weather, it is a good idea to dress in layers so these layers can be removed as your body temperatures increases.

### **Add Variety to your Fitness Program**

Injuries can occur when exercises are constantly repeated. For example, runners can develop problems with their knees, ankles and feet because of the repetitive motion. Sometimes, the more an exercise is completed, the more your body gets used to it and you can ultimately stop benefiting from the exercise altogether. In order to prevent potential injuries, your fitness program should include a mix of aerobic activity, strength training and stretching exercises.

On average, a healthy amount of time to exercise aerobic activity per week is roughly 150 minutes at a moderately intensity or 75 minutes at high intensity. Two strength-training sessions should also be incorporated throughout the week to create some variety to your program and for exercises to be provided to your entire body. Breaks are important to incorporate to allow time for your muscles



and body to recover from intense workouts. This contributes to keeping your workouts interesting and changing the different exercises that you choose to complete throughout your fitness program. Additionally, this can make your workout personalized and tailored to meet your interests.

### **Keep Hydrated!**

It is important to make sure you are constantly drinking lots of fluids to help replenish the fluids you are losing throughout your workout. You will lose a lot of fluids through sweating so keeping hydrated is important in order to help prevent from becoming dehydrated or experience heat exhaustion. Therefore, always make sure you are drinking lots during your fitness program so you stay hydrated and avoid injury.

### **Listen to your Body Language**

Sometimes the pain and soreness of your muscles can tell you a lot about your exercise routine. If you feel pain immediately after your workout or your muscles remain sore for over a week or two, this can be a good indication that may have injured yourself. In order to prevent this from happening, make sure you are feeling well, gradually adding intensity as well as feeling alert and awake while completing your fitness program.

Therefore, keeping these different safety elements in mind while participating in your fitness program can assist in lowering your risk of becoming injured in the present and future. It is important to always remember your safety while exercising and knowing your strengths and limitations.

### **Communicate it!**

What are some of your interests while participating in physical activity? This can include participating in sports, clubs and lessons that you are interested in taking or currently participating in.

### **Look it up at home!**

What can a person experience if they are exercising without enough fluids? What are the negative effects? Are there any positive effects?



## FITNESS MECHANICS: THE SKELETAL AND CARDIOVASCULAR SYSTEMS

### SKELETAL SYSTEM

This system is the framework of the body that consists of bones and connective tissues and helps protect the body's internal organs. This system contains 206 bones which are joined to ligaments and tendons which form a protective, supportive framework for muscles and soft tissues. The skeleton plays an essential role in movement by providing the joints throughout a person's body. These joints are used by the muscles by the muscles pulling to move different parts of the body.

#### Cardiovascular System

This system circulates blood throughout the body and is composed of the heart, a network of arteries and blood vessels. This system is crucial because it transports blood, nutrients, oxygen, carbon dioxide, metabolic waste products and hormones throughout the body.

### SKELETAL SYSTEM

#### Four Essential Functions

Standing upright and moving would be impossible without bones. There are four necessary functions that the skeleton serves that are essential for survival.

1. Protects vital organs and tissues.
2. The location of where red blood cells are produced.
3. Reservoir for minerals to be stored like calcium and phosphate.

Provides attachments for muscles so movement can occur.

Protecting and maintaining a healthy skeleton is part of completing daily and physical activities. It is important to ensure that people who are partaking in fitness activities are completing them correctly. Doing exercises incorrectly can have detrimental impacts on one's body and can lead to long term injuries. Therefore, in order to prevent yourself from becoming injured, learn the proper education around physical activities and never push yourself to a limit where you don't feel comfortable.

#### Judge it!

How do these systems relate to physical fitness?

How can knowledge of these systems help with safety of exercise?

#### Reach out!

Have a personal trainer come out to the meeting so members are taught the proper ways to complete exercises to avoid injury.

#### Research it at home!

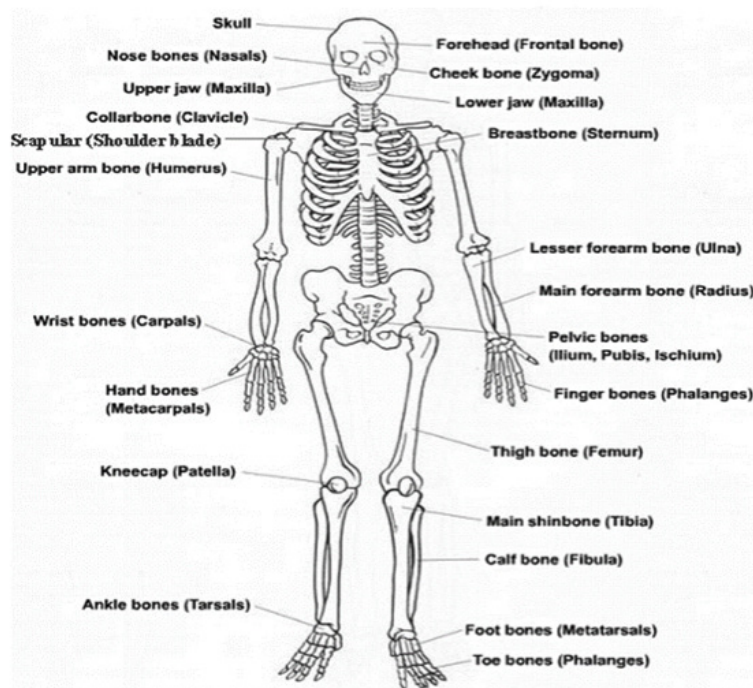
Become familiar with different exercises and look up the correct way of doing these. Practice at home and come prepared to share your findings for the next meeting.



## Parts of the Skeleton

There are two main parts of a skeleton which include the axial skeleton and the appendicular skeleton. The axial skeleton consists of the skull, spine, ribs, and breastbone. The appendicular skeleton consists of two limb girdles (the shoulder and pelvis) and their attached limb bones. Although there are two sections, they are connected throughout the body and we always need to ensure we are taking precautions to keep them safe when exercising.

Bones meet at a joint and they are classified by the amount of movement that is performed at this joining point between bones. There are three kinds of joints which include fibrous joints (connects bones without allowing movement), cartilaginous joints (the joints are attached by cartilage and only allow little movement) and



## Why is this important for fitness?

When safe exercising practices are not completed, there is a risk of someone breaking or fracturing a bone, tearing a tendon or injuring the connective tissue. This can become one of the main reasons why exercising safely is so important. Ripping a tendon or hurting a muscle can slow down performance and make daily tasks very difficult to complete. When this occurs, there is a healing process that needs to take place before individuals are able to begin exercising again.

## Do it!

Create a version of the Macarena that involves the different bones in the body.

Keep members active while learning at the same time. Be creative!

synovial joints (freely movable joints and have cartilage along the surface of the bones). Each joint has its own purpose in the skeletal system. Connective tissue is where the ligaments and tendons are formed. Ligaments connect bones to other bone's joints. A tendon consists of a tough band of fibrous connective tissue attached at one end of the muscle and the other end on the bone. This is what connects the two pieces.

## Share it!

Has anyone ever injured themselves by breaking, fracturing a bone, tearing a tendon or injuring their connective tissue?

If so, share your experience!

## CARDIOVASCULAR SYSTEM AND EXERCISE

### Circulation

Blood travels in arteries to the lungs and body tissues. It returns back to the heart through veins or blood vessels, which brings the blood back to the left atrium from the lungs to the right atrium from body tissues. Therefore, this process continues constantly and is worked harder when a person exercises.

### Blood Pressure

During moderate and intense exercise, a person's heart rate and blood flow increase. A person's heart pumps harder to deliver the oxygen to the muscles and one's blood pressure and blood volume increases. The systolic pressure increases blood pressure and then levels off. Diastolic pressure remains relative stable due to the opening of capillary beds creating capillaries and veins to relax and dilate during exercise. The blood pressure goes back to normal once you have returned to your resting state.

### Cardiovascular Response to Exercise

When participating in exercise, this system needs to respond to change that is happening. This response happens immediately and the heart starts to pump faster to deliver more oxygen to the exercising muscles. The increased demand for oxygen changes blood pressure throughout the body and increases one's breathing. Throughout this process, more oxygen needs to be pumped out in order to meet the demand for energy production. Once oxygen is turned into energy, the person can continue to exercise effectively. However, a person's fitness level can differ depending on the person, therefore, if you are breathing very heavy, remember to take a break and give time for your body to rest!

### How to Check your Heart Rate?

Use the tips of your first two fingers to press lightly over the blood vessel on your wrist or the side of your neck. Count your pulse for 10 seconds and multiply by 6 to find your beats per minute. The average you will want to stay in between is 50 percent and 85 percent of your maximum heart rate.

To determine your maximum heart rate, subtract your age from 220. For example, if you're 16 years old, subtract 16 from 220 to get a maximum heart rate of 204. This is the maximum number of times your heart should beat per minute during exercise.

*Source: Mayo Clinic Healthy Living Program*

### Do it!

Play Simon says (insert name of leader) and provide activities that get members hearts pumping and muscles moving. For example, jumping jacks, push-ups, sit ups, running, etc.)

After this activity, check your pulse!

## STRETCHING

Stretching allows for safe exercises to be completed and lowers an individual's chance of becoming injured. Some of the benefits are listed below.

- Reduces stress in exercising muscles and releases tension that may develop throughout your workout.
- Stretching helps with posture by balancing the tension across the joint by the muscles. Improved posture can reduce stress and can maximize the strength of all joint movements.
- Lowers the risk of injury during exercise and performing daily activities because muscles are more flexible.
- Improves performance of everyday activities and sports.

### Discuss it!

What stretches are you familiar with? Are there some stretches you really like?

Describe your experiences with stretching!

There are two main methods of stretching that should be used during your warm and cool down stages as part of your exercise program which include static stretching and dynamic stretching.

**Static Stretching:** this type refers to stretching the muscles while the rest of the body is at rest. This is done by pushing yourself until you feel a bit of discomfort and hold the stretch at this point for 30 seconds. This can be different for everyone and depends on people's flexibility. It is recommended to complete these stretching exercises during a person's cool down stage because it is more relaxing after an individual has completed their fitness program.

**Dynamic Stretching:** this refers to using active range of motion to stretch muscles into an extended passive stretching ability. These stretches are not to be held and the focus is more on the movement to warm muscles up. It is recommended to complete these stretching exercises during a person's warm up stage because the muscles are starting to move right away.



Static Stretching



Dynamic Stretching

## DIFFERENT TYPES OF STRETCHES

There are many different stretches that an individual can choose to use in their own fitness programs. Below is a list of different stretches that can be included and which muscles these stretches use. It is important to remember to have a variety of stretches in your fitness program in order to find a balance and stretch a variety of muscles.

### Leg Stretches

#### *Standing Quadriceps Stretch*

Pull heel toward buttock until a stretch is felt in front of the thigh. Hold for 30 seconds and switch legs. This can be repeated 2-3 times.



#### *Butterfly Stretch*

Sit with knees together. Slowly and gently push knees to the floor until a stretch is felt. Keep back straight and hold for 30 seconds.



#### *Sitting Hamstring Stretch*

Bend knee of left and keep right leg extended with knee slightly bent. Bend at the waist towards your left foot and hold lower leg for support. Hold for 30 seconds and switch legs. This can be repeated 2-3 times.



#### *Hip Flexors/Extensors*

Get into a lunge position where your one foot is in front and other leg rests behind. Slowly lean and push hip to the floor until stretch is felt. Hold for 30 seconds and switch sides. This can be repeated 2-3 times.



#### *Upper Calf Stretch (Gastrocnemius)*

Place your hands up against the wall. Keep back leg straight and push heels down slowly. Lean forward slowly until stretch is felt in the back of the calf. Hold for 30 seconds and switch legs. This can be repeated 2-3 times.



### Upper Body Stretches

#### *Side Bends*

Sit or stand with hands at your sides. Tilt your head sideways, hold for 5 seconds and switch to the other side. You can also move your head slowly in a circular motion to get the muscles moving.



### *Neck Extension*

Sit or stand with hands at your sides. Put your chin straight down to your chest and hold that stretch for 30 seconds.

### *Lying Abdominal Stretch*

Lie down flat on your stomach and push your upper torso up with arms until stretch is felt. Hold for 30 seconds. This can be repeated 2-3 times.



### *Mild Back Stretch*

With hands on the small of the back, slightly bend back until stretch is felt. Hold for 30 seconds. This can be repeated 2-3 times.

### *Cross-Chest Stretch*



Pull your left arm across your chest and push on your elbow close to your chest with your right hand. Hold for 30 seconds and switch arms. This can be repeated 2-3

times.

## **Arm Stretches**

### *Triceps Stretch*

Raise right arm over your head with elbow point towards the ceiling. Pull down the elbow with opposite arm. Hold for 30 seconds and switch arms.



This can be repeated 2-3 times.

# DIGGING DEEPER

**For Senior Members**

## **AEROBICS CLASS**

Aerobic activity involves anything that gets your heart beating faster and increases your breathing. Get moving and incorporate aerobic activity into your personal fitness program. Instead of watching Netflix with friends, ask friends to join aerobic fitness classes with you or plan to go bike riding or play doubles tennis. Exercising does not need to always be done individually and by completing exercises with friends can ultimately make working out a lot more enjoyable. Additionally, having a buddy who shares the same interests as you with fitness can assist in improving your own fitness program. Therefore, this can allow you to learn from each other while exercising and can occasionally change your personal fitness program from just completing this individually.

Some classes that you can join include:

- Water aerobics
- Yoga class
- Pilates class
- Running club
- Joining any kind of sports team
- Zumba class
- Cycling class

Research the different fitness program and determine which class may be right fit for you. Examine your interests and be prepared to share your findings or experiences during the next meeting.



## ACTIVITY # 1: WHAT DOES PERSONAL FITNESS MEAN TO YOU?

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Personal fitness worksheet</li> <li>– Writing utensils (pens, pencils)</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Give each member a personal fitness worksheet.</li> <li>– Explain the worksheet and encourage members to think about their own interests, motivations and fitness activities that they enjoy.</li> <li>– Review the worksheet with the group and get members to share.</li> </ul> <p><b>Additional Activity:</b></p> <ul style="list-style-type: none"> <li>– Discuss different activities that members enjoy and get members to demonstrate if the right equipment is available.</li> </ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To allow members to evaluate their own fitness habits and to determine what their interests are around fitness so they can make their own fitness program that is personalized for the individual.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Why is it important for you to be aware of your own interests, strengths and limitations around fitness?</li> <li>– Was this an easy or hard activity? Why?</li> <li>– Why is exercise so important to participate in?</li> <li>– Why can personal fitness be a good fit for you?</li> </ul>

## WHAT DOES PERSONAL FITNESS MEAN TO YOU?

1. Why do you think physical activity is so important?
2. What are some of your strengths and limitations around fitness?
3. What is your current fitness level? Are you happy with this level?
4. What areas of physical activity do you like or dislike? (Ex. Sports, weight-lifting, etc.)
5. How can a personalized fitness program benefit you?
6. What are your goals and how do you plan on accomplishing them?
7. What does personal fitness mean to you?



## ACTIVITY # 2: EXERCISING SAFELY – BEACH BALL ACTIVITY

DO	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Beach ball with multiple colours</li> <li>– Black permanent marker</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Before the meeting, write down different examples of exercising safely on the beach ball (ex. toe-touching, butterfly stretch, drinking water, etc.).</li> <li>– Have members stand around each other.</li> <li>– Start the game by throwing the ball to a member in the group.</li> <li>– When the member catches the beach ball, they will look at what is written in between their thumbs. They will read this out loud and share with the group.</li> <li>– The member will share what component of exercising safely this example belongs to (ex. Butterfly stretch – stretch component of exercising safely) and why is this component important.</li> <li>– Once this is shared, have members complete the exercise that is on the ball. This can help work as an example of what exercising safely may look like.</li> <li>– The game will continue like this until all the examples have been shared and explanations have been given.</li> <li>– If members are struggling, have other members help each other out and always encourage teamwork.</li> </ul>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To allow members to become familiar with exercising safely and understand why this concept is so important.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Why are the components of exercising safely important for you to know?</li> <li>– How can these safety components be helpful when making your own fitness routine?</li> <li>– Did this activity help review the different safety components? Why or why not?</li> </ul>

## ACTIVITY # 3: DODGEBALL

<b>DO</b>	<p><b>Time:</b> 10-15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– 2-6 gator skin balls (or a soft ball)</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Split members into two teams.</li><li>– Explain the rules of the game. Any member who gets hit with the ball below the shoulder must go to “jail” on the opponent’s side. If the ball goes into jail, the members in jail have the opportunity to hit someone with the ball in order to go back on their side and play.</li><li>– Line up the balls in the middle of the activity area.</li><li>– Members will start at the back of a gym wall on either side (if outside, at a designed line away from the middle.</li><li>– When the leaders yells “GO”, the game starts by members running towards the middle to try and get the dodgeballs for their team.</li><li>– The game is over when an entire team is in jail.</li><li>– This activity can be repeated as many times as time allows.</li></ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To allow members to have fun while being active and give them the opportunity to work in a team setting.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>– Did you enjoy playing this game?</li><li>– What did you like about this game? What didn’t you like about it?</li><li>– Did you experience any of the benefits of fitness? If so, which ones did you experience?</li></ul>

## ACTIVITY # 4: FITNESS SCAVENGER HUNT

DO

**Time:** 30 minutes

**Materials/Resources:**

- Smartphone, camera, iPad, or iPod
- Fitness scavenger hunt list
- Tennis balls (whatever you have)
- Pylons
- Music
- Jump rope
- Writing utensils (pens, pencils)

**Instructions:**

- Divide members into pairs or small groups.
- Give members their scavenger hunt list, pylons, and tennis balls.
- Explain to members that they are to finish the list and are to take pictures of each activity that is completed. There needs to be proof!
- Members can begin their fitness scavenger hunt after instructions are given.
- Once the list is completed, ask members to come back as a group and show their proof to the other members.
- Allow all members to show their findings which may develop a brief discussion.

**Special Notes:**

Make sure every group has access to a smartphone, camera, iPad, or iPod.

This activity can also be used as a take home activity.

<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to a variety of exercises that they can use in their own fitness program.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What did you enjoy about this activity?</li> <li>– What are some of the exercises you liked and would be interested in incorporating into your own fitness program?</li> <li>– Would you like to play a variation of this game again?</li> </ul>

Activity Source: <https://innerfitmembers.files.wordpress.com/2014/07/scavenger-hunt.pdf>

## ACTIVITY # 4: FITNESS SCAVENGER HUNT LIST

- Stretch for 10 mins (variety of stretches must be included)
- Complete 30 sit ups (one person can complete or can be split up)
- Perform 30 push-ups (one person can complete or can be split up)
- Write down your favourite fitness memory and take a picture (each member in group)
- Plank for 15 seconds (each member in group)
- Wall sit for 30 seconds (each member in group)
- Run 3 laps of activity space
- Take a selfie with your group
- Balance on one foot for 10 seconds and then switch to other foot (each member)
- Walk forward the length of the activity space and then walk backwards to the opposite side of activity space
- 20 arm circles (each member in group)
- Play catch with your group for 3 minutes
- Write down a potential fitness goal (each member in group)
- Find a balancing pose to do with another group (try to involve all body parts)
- 10 squats (each member in group)
- Take a picture of everyone in your group staying hydrated
- 3 massive jumps forward (each member in group)
- Dance for 20 seconds
- 20 step ups (each member in group)
- Discuss three ways with your group how you can positively encourage someone to partake in physical activity (write these down)
- 10 tuck jumps (each member in group)
- Run on the spot with high knees for 30 seconds (each member in group)
- Jumping from one foot to the other 5 times on each side (each member in group)
- Shuffle from one pylon to the next (each member in group)
- Jump rope for 30 seconds (each member in group)

## ACTIVITY # 5: YOGURT WITH BERRIES AND GRANOLA

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Low fat plain or vanilla yogurt</li> <li>– Blueberries, strawberries, raspberries, blackberries</li> <li>– Granola or rolled oats</li> <li>– Bowls</li> <li>– Spoons</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Place yogurt, blueberries, strawberries, raspberries and blackberries and granola into separate bowls.</li> <li>– Set out empty bowls and spoons out for members and let them make their own healthy snack.</li> <li>– Enjoy!</li> </ul> <p><b>Special Notes:</b></p> <p>Please be aware of allergies. Granola may contain nuts.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To allow members to be introduced to different healthy snack options after an individual has completed a fitness program.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Did you enjoy having a snack included in the meeting?</li> <li>– What are some other snacks you would be interested in seeing at meetings?</li> </ul>

## REFERENCES

- Foundations of Professional Personal Training – Can-Fit-Pro (textbook)
- Concepts of Physical Fitness - Active Lifestyles for Wellness – Charles Corbin, Greg Welk, William Corbin, Karen Welk (textbook)
- [https://www.healthstatus.com/health\\_blog/wellness/the-importance-of-physical-fitness/](https://www.healthstatus.com/health_blog/wellness/the-importance-of-physical-fitness/)
- <http://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389>
- <http://www.everydayhealth.com/fitness/basics/tips/how-to-exercise-safely.aspx>
- <https://wellness.ucr.edu/Stretches%20for%20Lower%20and%20Upper%20Body.pdf>





## MEETING 2: COMPONENTS OF PHYSICAL FITNESS

### SETTING OBJECTIVES:

To be introduced to the different components of physical fitness, how to set safe goals for member's personal fitness program and the muscular system.

#### Suggested Lesson Outcomes

- For members to understand and be able to recognize the primary and secondary components of physical fitness.
- Members should be able to recognize the important bones and muscles in the body.
- Members should have a general understand of what can happen to muscles in the body if proper healthy exercise is not considered.

### REFERENCE MATERIAL IN THIS SECTION:

- Primary Components of Physical Fitness
- Secondary Components of Physical Fitness
- Goal Setting – SMART goals
- Body Mechanics – Muscle Exercises

### ACTIVITIES:

- Four Corners: Agility and Speed
- Fitness Obstacle Course
- SMART goals – Create your own fitness goals
- Blanket Volleyball
- Zumba Instructor
- Nutrition Component – Fruit Smoothie

**Sample Meeting Agenda – 2 hours, 15 minutes**

Welcome, Call to Order & Pledge		5 min
Topic Information Discussion	Primary and Secondary Components of Physical Fitness	15 min
Activity Related to Topic	Activity # 6 - Four Corners: Agility and Speed Activity # 7 – Fitness Obstacle Course	30 min
Topic Information Discussion	Goal Setting – SMART Goals	10 min
Activity Related to Topic	Activity # 8 –SMART goals- create your own fitness goals	10 min
Topic Information Discussion	Body Mechanics- Muscle Exercises	15 min
Activity Related to Topic	Activity # 9 - Blanket Volleyball and/or Activity # 10 – Zumba Instructor Activity # 11 – Fruit Smoothie	40 min
Wrap up, Adjournment & Social Time		10 min
At Home Challenge	Choose one of the At Home Activities found throughout this meeting	

## COMPONENTS OF PHYSICAL FITNESS

Physical fitness is comprised of eleven different components and is split up into two groups which include primary and secondary components of fitness. It is important to ensure a balance is created among all of these components and to not just favour one. Fitness and being healthy is constantly about finding a proper balance in one's life in order to participate in living a health active lifestyle.

The four primary components include cardiovascular capacity, muscular capacity, flexibility, and body composition. These components can also be referred to as the components of health related fitness and are usually considered the most important elements regarding fitness.

The seven secondary components of fitness include balance, coordination, agility, reaction time, speed, power and mental capability. These components can also be known as the components of performance based fitness. Athletes can commonly experience different levels of success in different areas but one athlete will most likely not possess all of these secondary elements. These components can be used in a variety of ways through various daily tasks.

## PRIMARY COMPONENTS OF FITNESS

### Cardiorespiratory Capacity

This component measures how well your heart, lungs and muscles work together during physical activity. Over a prolonged period of time, this component examines how well your body is able to transport oxygen to the cells and use the oxygen to create energy for physical fitness. This process provides energy to the body so an individual is given the opportunity to complete their workout and remain active. Another term for cardiorespiratory capacity is aerobic capacity.



This component allows an individual to complete moderate to high levels of intensity because when an individual is completing this process, they are ultimately training their heart and allowing it to become more efficient. Overall, this component allows individuals to remain healthy. Some examples of aerobic exercises include running, jogging, swimming, cycling, and walking.

Some long-term effects of cardiorespiratory training includes decreased resting heart rate, decreased risk of cardiovascular disease, improved endurance and increased blood flow.

### Communicate it!

What are some daily activities that use secondary fitness components?

How can you incorporate these into your personal fitness program?

### Do it!

Take your index and middle finger and place them on the side of your neck. Check to see if you can feel your heartbeat. Notice how fast your heartbeat is going or how slow. This can be a good indication of how much exercise you have completed in the last few minutes.

## Muscular Capacity

This component refers to the range of a person's muscle capability. Muscle capability refers to muscular endurance, muscular strength and muscular power. Muscular endurance is the ability to endure a certain level of muscle tension. This can be seen with running, swimming or walking. Muscle endurance is important for good posture, injury prevention and increase performance of various activities. Muscular strength is the ability of the muscle to exert maximum amount of force in a single contraction. Using the stairs, free weights and dancing are all good ways to develop muscular strength. Muscular power is the muscle being able to generate strength in an explosive way which happens quickly. Maintaining muscle capability is very important in order to complete daily tasks and to remain healthy. Some examples of muscular exercises include push-ups, crunches, leg extensions, wall squats, and bicep curls.

Long-term effects of improving muscular capabilities include increased strength, improved muscular endurance, increased basal metabolic rate, improved joint strength and overall posture. Improving this component can boost a person's confidence as well as make them stronger throughout the process.



## Flexibility

This component is the ability of the joints to move through their full range of motion and can continuously be improved with exercises. The range of movement that a joint is capable of performing

tends to vary depending on the joint. Everyone has different flexibility levels. However, this can be changed depending on how often a person exercises and stretches. In order to improve a person's flexibility, some examples are to complete a variety of different stretches. Some long term effects of improved flexibility are decreased risk of injury, improved range of motion, improved bodily movements and improved posture. Sometimes when people have poor flexibility, this can lead to stiffness, misalignment and pain.

## Body Composition

This component refers to the proportion of fat-free mass (muscle, bone and water) to fat in the body. A healthy

### Communicate it!

What is one exercise you do on a regular basis that uses muscular capacity exercises?

How can you increase your muscular capacity?

### Research it at home!

What are some healthy ways to ensure that you are exercising correctly?

When can exercising become dangerous?

Why is having a balance of all the components so important?

Think of some exercises you would like to include in your fitness program that touches on ALL the components of physical fitness.

composition is a high proportion of fat-free mass and a low proportion of fat. However, a healthy weight can vary depending on the person and the same weight is not going to be healthy for everyone. This area can become problematic for many individuals who choose to partake in fitness because this can become the primary area where people choose to spend their time working on. When there is a focus on body composition, fitness can often not become fun anymore and usually becomes dangerous because fitness is not being practiced correctly.

Weight training is often the best way to add muscle mass. Exercises such as pushing with the upper body, leg curling exercises as well as doing squats are ways to improve body composition. Long term effects of improving body composition includes decreased risk of cardiovascular disease, improved basal metabolic rate, improved bodily function and improved BMI.

## **SECONDARY COMPONENTS OF PHYSICAL FITNESS**

### **Balance**

This element involves the ability to maintain a constant body position while moving or remaining still. The person is able to stay steady and upright without falling or having to readjust their position. These positions can be dynamic and can be challenging to stay in at times, however can be improved with practice. Exercises can include standing on one leg in a variety of combinations, shifting weight from one foot to the other, and lunges. Some sports that require balance include bicycling, dance, gymnastics, mountain climbing, skating, downhill skiing, snowboarding, and surfing.

### **Coordination**

This component refers to the ability to use all body parts together and to produce smooth and effective motions. This skill is often improved with practice and sometimes can take a long time before this component is perfected. Often times, this skill needs to be developed and does not just come naturally to people. There are a variety of sports where coordination is essential in order to perform exceptionally well. These sports include archery, badminton, baseball, dance, fencing, golfing, gymnastics, karate, volleyball and soccer. Some exercises that can assist in improving your coordination level includes balance exercises, running with high knees, bear crawl position moving from side to side, as well as clapping your hands and jumping at the same time.

### **Do it!**

Find an open space on the floor and practice balancing on your left and right foot. Experiment with arm positions while balancing on one foot and see how long you can hold these poses for! Remember to constantly alternate your feet!

Try jumping on one foot to add an additional element!

### **Look it up!**

Ask members to look up the seven elements of coordination.

Split members into groups and ask them to brainstorm different exercises for the seven different elements that work for members. These exercises should be about what members are interested in and ways they would like to improve their own coordination.

## Agility

This refers to a person's ability to change directions quickly and easily. Accurately changing direction of the entire body can be a useful skill to have when participating in sports like skiing, wrestling, basketball, dance, football and judo where exceptional agility is required. To improve a person's agility, ladder drills, hurdle drills, and cone drills are all good exercises to complete to assist with this skill.



Ladder Drill



Hurdle Drill



Cone Drill

## Reaction Time

This element refers to the amount of time it takes for a person to respond to a specific stimulus. Depending on the person, this skill level can be different for every individual. A person may be better at reacting to one area compared to another. In fitness, reaction time is important for starting a sprint race event like running or swimming, baseball, basketball, fencing, karate and judo. Some exercises that can help with a person's reaction time can include individual sprints and drills where there is a buzzer or light clearly indicating the race is about to start and when to start moving. Overall, this skill can be improved with lots of practice of placing yourself in a situation dealing with reaction time.

## Speed

This skill is the ability to perform a movement rapidly and quickly. Speed can also be known as velocity which is referred to as the rate of motion. Sprinters and wide receivers in football need a lot of speed in their feet and legs. Fencing, running (sprinting), martial arts, and football are all sports that require athletes to have excellent speed. Some exercises to improve a person's speed can include activities that are often timed. Practicing sprinting from a start and end point, and drills listed above with agility are good places to start. Speed can be applied to almost any exercise that may be a part of your fitness routine. This component can help increase the difficulty of an exercise.

## Power

This component is the product of strength and speed and is the ability to transfer energy into force at a very fast rate. Power is also known as explosive strength. Activities like shot put and

### Share it!

Describe a time where you improved your speed through practice.

What exercise did you do to increase your speed?  
How did you accomplish this?

Remember to encourage all members in the group to participate and share!



throwing a ball require a lot of power to be exerted quickly from an athlete. Sports like baseball, basketball, martial arts, football, cross country skiing, and gymnastics require someone to have a good amount of power in their throw or throughout their body. Power can be improved through exercises like explosive jumps, tucks jumps and squat jumps.



Explosive Jumps



Tuck Jumps



Squat Jumps

### Mental Capability

This element is the ability to concentrate during exercise to improve your own training effects, to relax and enjoy all of the elements of physical activities. Additionally, this element accounts for a person being able to recognize the endorphins that are being released throughout your body. This is a valuable skill that allows individuals to become aware of the impact that physical activity is having on their body and the different physiological and physical benefits that a person is gaining from participating in physical activity.

### SMART GOALS SETTING

When setting goals, it is important to ensure that your goals have realistic expectations and to have a proper planning method when creating your goals. It can become very easy to give yourself a broad goal, however, this can become difficult to achieve unless certain parameters are set in place. A goal can refer to an end result that an individual would like to achieve within a given timeframe that is set by the individual. Having fitness goals can become beneficial for individuals because it can assist in increasing a person's fitness level daily and weekly. Everyone's fitness goals will be different but they should be based around what the person enjoys and wants to achieve. Goals are persona. Therefore, your goals should solely be based around what works and is attainable for you in order to reach your fitness goals.

#### Talk about it!

What are some goals that you have had in the past?

Were you able to achieve your goals?

How did having a goal impact your end result?

One planning method that can be used for goal setting is SMART goal setting. The elements in this goal setting process include having a specific, measurable, attainable, relevant and time-bound goal that is achievable for the individual. This method allows a vague goal to be turned

into something that is achievable and a reality. This SMART goal setting method can be useful for members for creating their own fitness goals in their own personal fitness program.



### Specific

Your goals should be easy to understand and should clearly state what you want to accomplish. Be specific when coming up with your goal and your goal should only have one meaning when you read it. Being active for 60 minutes everyday or being able to complete 25 sit ups three times a week would be examples of specific fitness goals.

### Measurable

Setting a number in your goal can make your goal measurable. Your goals must be measurable so you are able to determine whether or not you have achieved them. Measurable goals give you the opportunity to evaluate your progress throughout your fitness routine and allow you to see how close you are to achieving your goals. An example of measurable goal is “I will be able to swim 6 laps in 5 minutes”.



### Attainable

Your goals should be attainable meaning they should not be too difficult or too easy. Easy goals will not motivate or challenge you while overly difficult goals will make you frustrated. Finding a balance with goals can assist you in making sure you are able to reach and meet your goals. Look at what you would like to accomplish and see what is attainable for you.

### Relevant

Your goals have to match your interests, needs and abilities. If you're goal does not meet these elements then it can become difficult for you to achieve your goals. Try and set goals that



are important in your life right now so you have the proper motivation to move forward to push yourself and accomplish your goals. Use your motivation for fitness and set a goal. An example of a relevant goal would include practicing running because you are preparing to compete at the track and field competition in your community.

### Research it!

Look up an example of an attainable goal and share with the other members.

Think about some of your goals in the past, were they attainable? Why or why not?





### **Time-Bound**

Having time-bound goals helps you to have a guideline for when you should be able to reach your goal. This can help you stay motivated and focused on achieving your goal on time and gives you a general idea how long you have to complete your goal. Ensure that your timeframe is attainable for you and your body. An example of a time-bound goal is “I will ride my bike for 45 minutes every day for 60 days”.

### **Why is SMART goal setting important?**

Setting SMART goals allows individuals to evaluate their fitness abilities and determine goals on what works best for them. This is a personal element and allows individuals to set safe and attainable goals. Therefore, the SMART goal model allows individuals to think about what they would like to achieve and assist in goal setting that can keep a person motivated and dedicated.

When constructing your personal fitness program, it is important to remember that these goals are for YOU and need to be set so you are able to achieve your goals. The SMART goal setting model can assist in narrowing down a person’s focus and breaks down a broad goal to a more targeted area. This allows individuals to work towards their broad goal and to take manageable steps in the process in order to accomplish a person’s overall fitness goals.

## **BODY MECHANICS: MUSCULAR SYSTEM**

### **The Muscles**

Muscles are attached to the bone by tendons and they exert force by converting energy into tension and contraction. They allow us to complete a variety of actions by contracting. Muscles are fibrous tissues that can be stretched. However, this needs to be done slowly and carefully. Movement occurs when bones, tendons and muscles work together to set the body in motion. Muscles pull on bones to create movement in the joint. When muscles are exercised, they work with your cardiovascular system to pump blood and oxygen to the muscles so you are able to continue to move. When exercising, the muscles tears which causes muscle regeneration and growth to occur. This process is healthy in moderation and when safety precautions are being considered.

### **Factors Related to Strength**

Strength can develop overtime which can differ depending on the person. Not everyone is going to increase their strength at the exact same rate. Therefore, it is important to remember what is safe and doable for your body. There are several factors

#### **Communicate it!**

What are some exercises that you know deal with muscle training and strength?

Brainstorm some exercises.

#### **Reach out!**

Invite a Zumba instructor to the meeting to demonstrate how fitness can be fun!

that impact the role in a muscle group's ability to generate strength or force. These factors are listed below.

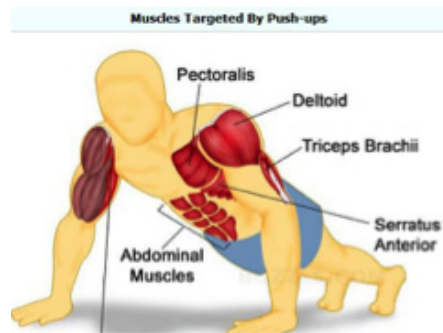
- Muscle size – the force is related to the size of the muscle.
- Muscle length – a muscle can generate its greatest amount of force when it is at its resting length.
- Speed of contraction – the speed of a contraction can determine how much force can be produced.

Therefore, an individual has very little control over the amount of strength they may possess. When completing exercises involving muscle training, it is important to remember that exercises dealing with muscle groups need to be done correctly in order for positive impacts to occur on muscles. Exercises dealing with muscle groups can make a difference, however, the physical impacts can be difficult to see at first.

## Exercises to Increase Strength

### Push Ups

Lie face down on the floor with your palms at shoulders width apart and fingers facing forward. Push yourself up until your body weight is resting on your palms and feet and then lower yourself and repeat.



Muscles targeted in this exercise are the chest muscles (major pectorals), shoulder muscles (deltoids), triceps and abdominal muscles.

### Sit Ups

Lie flat on your back with your knees bent, slightly apart or together (whatever you are comfortable with) and thumbs just behind your ears to support the head. When you are in this position, place your feet flat on the floor. Pull yourself up to your knees without moving your feet from their position and lower yourself back down slowly to your original position and repeat.

Muscles targeted for this exercise include the abdominal muscles (rectus abdominis) and hip flexors.

### Talk about it!

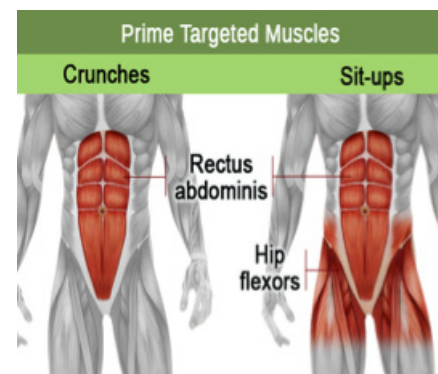
What exercises do you think will increase your muscle strength?

Do these exercises have to be complicated?

Brainstorm some ideas.

### Do it!

Do the exercises when going through them in the project to increase your own muscle strength and to learn the proper ways to complete these exercises.



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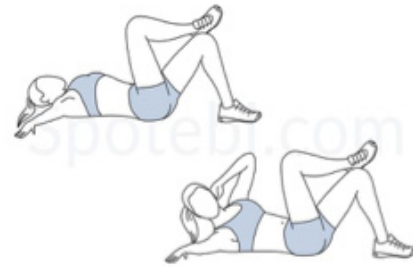
### Crunches

Get into the same position as the sit up position. The only difference with crunches includes the amount that you pull your upper body up. Lift your head and shoulders up while keeping your stomach flat on the floor.

The muscles targets for this exercise are the abdominal muscles (rectus abdominis).

### Cross Crunches

To increase difficulty of crunches, try to challenge yourself to complete cross crunches. Hold the same original position for sit ups and regular crunches. Instead of lifting your head and shoulders up, slightly twist to bring your left elbow to your right knee and your right elbow to your left knee. This can be repeated on either side as much as you wish.



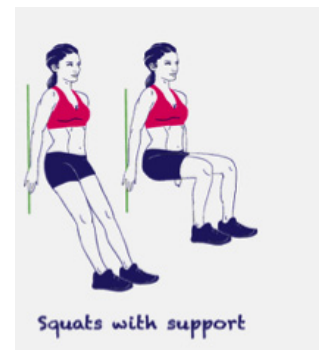
### Planks

Begin this position with your forearms and toes on the floor. Keep your entire body straight line from ears to toes with no bending throughout the body. Keep your head in line with your body and look at the floor. When starting, hold this position for 10 seconds to start. To increase difficulty, work up to holding this position longer.

Muscles targeted in this exercise are your abdominal muscles (rectus abdominis), back muscles, shoulder muscles (deltoids), chest muscles (pectorals), quad muscles (quadriceps), glutes and calves.

### Wall Sits

Find a space on a wall and place your back up against it. Slowly move down the wall until your legs are slightly bent. This can look different depending on the person and one's comfort level. A person may have a slight bend in the legs or may have a 90 degree angle from the wall to the floor. Hold this for 10-60 seconds. When you start to feel a bit of discomfort, hold.



The muscles targeted in this exercise are the rectus femoris, quadriceps and hamstrings.

### Squats

Stand up straight with feet shoulder width apart and hands in front of your chest. Slowly start to bend your legs like you are about to sit. Instead of sitting, hold the exercise for 10-60 seconds. Only do

what you are comfortable with. When you start to feel discomfort, hold.

Muscles targets in this exercise are quadriceps, glutes, abductors, hamstrings and calves.

### *Side Lunges*

Stand with legs apart. Move to the right side, bending the right knee and keeping the left leg straight. To increase the stretch, readjust the left leg while still keeping the left leg straight and the right knee bent. Keep hands in front or where they are comfortable. Do the same with the other side and repeat.

Muscles used in this exercise include calves and hamstrings.

#### **Research it at home!**

Research some muscle training exercises at home and try to find more that may work best for your fitness program.

Once you have found them, watch videos to find out how to them correctly and practice.

#### **Talk about it!**

Why is it important to know a variety of different exercises?

Why do you think it is important to learn through doing exercises?

What are some exercises that you wished were talked about during the meeting?

## **DIGGING DEEPER**

**For Senior Members**

### **CHALLENGE YOURSELF!**

A large part of exercising is being able to recognize what exercises can be known to be a strength or an area of improvement. Many individuals complete daily logs when exercising to determine what are their strengths and weaknesses. People are able to see which areas they may choose to work on more or less and decide what is going to work best for them.

Before the next meeting, challenge yourself to complete 60-90 minutes of daily exercise. This can be completed with friends or individually but a variety of activity should be completed throughout the week. Below is a daily log that you can complete to record the type of exercises accomplished, what was the exercise completed, how long each exercise was completed for and basic weight training information. This can allow members to look at their interests and evaluate what areas of fitness they may want to examine or explore.

Some activities can include bike riding, swimming laps, jogging or running, participating in a fitness class (yoga, pilates, hard core workouts, etc.), participating in sports, stair climbing, weight lifting, stretching, push-ups, sit ups, squats, mountains climbers, wall-sits, lunges, etc. The activities that you choose to partake in should be beneficial for you and your lifestyle.

**SAMPLE WEEKLY EXERCISE LOG**  
(Change to meet your needs)

	Exercise Completed	# of Minutes	Type of Exercise (Cardio, Muscle, etc.)	Weight training (# of reps and amount of weight lifted)
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

## ACTIVITY # 6: FOUR CORNERS: AGILITY AND SPEED

DO

**Time:** 20 minutes

**Materials/Resources:**

- 8 pylons (4 pylons per team)
- Stop watch
- Music
- CD player/speakers

**Instructions:**

- Set up 4 pylons into a square, rectangle or diamond shape. To add difficulty, add more pylons and outline a shape that has more points (hexagon, cross, etc.)
- Place the pylons on the points of the shape.
- Divide members into 2 groups and have them line up behind the start/finish line.
- Ask the first person in the line to run towards the middle of the shape.
- The member will side shuffle to the first point, touch the top of the pylon and side shuffle back to the middle. This will be repeated until all points have been touched.
- When the member has completed touching all the points and have returned to the middle, the member should run back to the start/finish line and move to the end of the line.
- This will continue until all members have had a chance to participate.
- The first team to complete the task and go through all of their team members will win the game!

**Special Notes:**

Change the movements (walking, hopping, doing lunges, etc.) throughout the game so members are giving an opportunity to experience different exercises that they can include in their own personal fitness program.

	<p><b>Considerations:</b></p> <p>Make sure everyone in your group is able to participate. Modifications may need to be made to the activity to include all members. If someone is physically disabled and the individual requires help, ask that the team members assist if the person needs it. All team members should be working together at all times.</p>
<p><b>REFLECT</b></p>	<p><b>Learning Outcomes:</b></p> <p>To gain a better understanding of the types of activities that can be done to help improve member’s agility and speed.</p>
<p><b>APPLY</b></p>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– How did this activity help increase your ability of agility?</li> <li>– How did this activity help increase your ability of speed?</li> <li>– Would you consider using some of these exercises in your personal fitness program?</li> <li>– Do you think this activity was helpful?</li> </ul>



## ACTIVITY # 7: FITNESS OBSTACLE COURSE

DO

**Time:** 20-30 minutes

**Materials/Resources:**

- 18 Pylons
- 2 Tennis balls
- 2 Yoga mats
- 2 Cloth ladders for floor
- 4 Jump rope (for start/finish line)

**Instructions:**

- Divide members into two teams and ask them to line up behind the starting line.
- Create a start and finish line.
- When the leader says “GO”, the first two members will run to the first station.
- At the first station, members will do single leg touches and touch the pylons. This exercise requires members to balance on one leg and touch the pylons. Each member needs to complete 5 touches on the pylons and balancing on each leg before moving on.
- Lay a yoga mat flat on the floor. Members will then jump with both feet side to side (the width of the yoga mat). Once they are at the other side of the yoga mat, members can move on to the next station.
- Jumping station – members will complete 5 explosive jumps, 5 tuck jumps and 5 squat jumps before moving on to the next station.
- Set up 8 pylons in 2 lines. Make sure to leave enough space in between for members to shuffle back and forth. Members with shuffle back and forth to each pylon. Once members have touched all 8 pylons and moved from side to side, then they can move to the next station.
- Members will move through the ladder with high knees while trying not to touch the middle or side of the ladder. The idea is for members to try and step in the holes.

	<ul style="list-style-type: none"> <li>– Members will now move to a wall and make three throws towards the wall and then will catch the ball. A line will need to be used at this station so members know what line not to cross when throwing the ball.</li> <li>– Once members have completed this stage, they may run to the finish line to complete the course.</li> <li>– The first team to have all their members finish the course wins the activity.</li> </ul> <p><b>Considerations:</b></p> <p>Make sure all members in your group are able to participate. If someone in your group experiences a disability, make sure activities are being modified to include these individuals.</p> <p><b>Special Notes:</b></p> <p>The members cannot cross the starting line before it is their turn. If the younger members are having difficulty completing the obstacle course, evaluate their abilities and modify some of the stations. Also, make sure members are staying hydrated throughout the activity.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to a variety of activities and give them a chance to put them into practice by using all of the components of physical fitness.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What did you learn from this activity?</li> <li>– What components of physical fitness did this activity highlight?</li> <li>– What else would you have liked to see in the obstacle course?</li> </ul>

## ACTIVITY # 8: SMART GOALS – CREATE YOUR OWN FITNESS GOALS

<b>DO</b>	<p><b>Time:</b> 15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– SMART goal worksheet</li><li>– Blank white paper (or back of SMART goal worksheet)</li><li>– Writing utensils (pens, pencils)</li><li>– Timer</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Ask members to write down “FITNESS WANTS” at the top of their white sheet of paper.</li><li>– Give members 1 minute to write down some of their fitness wants that they would like to accomplish in their own fitness programs. Encourage members to write down between three and five fitness wants.</li><li>– When the 1 minute is up, ask members to stop writing.</li><li>– Tell members to choose one of their fitness wants that is important to them.</li><li>– Inform students that they will use this fitness want to create a SMART goal for this area.</li><li>– Hand out the worksheet and give members a few minutes to complete.</li></ul> <p><b>Special Notes:</b></p> <p>Make adjustments on the amount of time given to write down fitness wants if needed. This is dependent on the abilities of your group. Completing the worksheet can also be given as a take home activity if time is limited for the meeting.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To allow members to think about their own wants and to develop their own SMART goals around fitness.</p>

## APPLY

### Processing Prompts:

- Are you satisfied with your fitness goal?
- What steps and exercises can you take to achieve your fitness goal?
- Did you find this activity helpful?
- Why is it important for you to know how to create your own SMART goals when dealing with fitness?

**Activity Source:** <http://www.ncpublicschools.org/docs/ccsa/conference/2015/presentations/60.5.pdf>

## SMART Goals

Specific, Measurable, Attainable, Realistic, Time Bound

<b><u>Specific</u></b> What exactly do you want to accomplish?	
<b><u>Measurable</u></b> How do you know that you have achieved your goal?	
<b><u>Attainable</u></b> What steps are you going to take to reach your goal?	
<b><u>Relevant</u></b> Why is your goal important to you?	
<b><u>Time – Bound</u></b> What is the time limit for reaching your goal?	
<b>My SMART Fitness Goals</b>	

## ACTIVITY # 9: BLANKET VOLLEYBALL

<b>DO</b>	<p><b>Time:</b> 10-20 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Blanket, Tarp or Table Cloth (whatever you have) (one per team)</li> <li>– Volleyball or Dodgeball</li> <li>– Volleyball or Tennis Net</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Split members up into two teams.</li> <li>– Each team will need to have a blanket.</li> <li>– Ask members to stand around the edge of the blanket and pull the blanket tight.</li> <li>– The team that starts with the ball and begin to bounce the ball with the blanket and throw the ball over the net.</li> <li>– The other team will catch the ball with their blanket and push it back over the net.</li> <li>– If the ball touches the ground or goes out of bounds, points should be rewarded to the appropriate team.</li> <li>– This will continue as long as members are interested.</li> <li>– Encourage team work to be used.</li> </ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To allow members to work as a team and to work on their arm muscles by moving the blanket.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Was this an effective game to exercise your arms? Why or why not?</li> <li>– How did this game make you feel like you were exercising?</li> <li>– Why is it important to have fun while exercising?</li> </ul>

Activity Source: [http://www.jubed.com/youth\\_ministry/view/Blanket-Volleyball/?s=106](http://www.jubed.com/youth_ministry/view/Blanket-Volleyball/?s=106)

## ACTIVITY # 10: ZUMBA INSTRUCTOR

<b>DO</b>	<p><b>Time:</b> 30-40 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Zumba instructor</li> <li>– Dependent on instructor</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Invite Zumba instructor to your meeting to get members involved in fitness and moving.</li> <li>– Make sure when the Zumba instructor is invited, they are able to accommodate all abilities.</li> </ul> <p><b>Special Notes:</b></p> <p>Make sure everyone is being included and help members if needed during the Zumba session.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to Zumba and include a variety of movements that they can learn from and think about incorporating into their own fitness programs.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Did you enjoy this activity?</li> <li>– What did you learn?</li> <li>– Why is it important to incorporate all of the components of physical fitness in a workout?</li> </ul>

## ACTIVITY # 10: ZUMBA INSTRUCTOR

<b>DO</b>	<p><b>Time: 30-40 minutes</b></p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>- Zumba instructor</li><li>- Dependent on instructor</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>- Invite Zumba instructor to your meeting to get members involved in fitness and moving.</li><li>- Make sure when the Zumba instructor is invited, they are able to accommodate all abilities.</li></ul> <p><b>Special Notes:</b></p> <p>Make sure everyone is being included and help members if needed during the Zumba session.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to Zumba and include a variety of movements that they can learn from and think about incorporating into their own fitness programs.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>- Did you enjoy this activity?</li><li>- What did you learn?</li><li>- Why is it important to incorporate all of the components of physical fitness in a workout?</li></ul>



**ACTIVITY # 11**  
**NUTRITION COMPONENT – FRUIT SMOOTHIES**

<b>DO</b>	<p><b>Time:</b> 10-15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Plastic cups</li> <li>– Plastic straws</li> <li>– Blender</li> <li>– Your choice of fruits – bananas, blueberries, strawberries, raspberries, blackberries, apples, melon, peaches, etc.</li> <li>– Almonds, sunflower seeds</li> <li>– Your choice of yogurt – vanilla, strawberry, plain etc.</li> <li>– Fruit juice</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Cut up fruits (like apples, peaches, melon, bananas) and place in the blender.</li> <li>– Add yogurt and fruit juice to the blender with fruit.</li> <li>– Blend together and serve.</li> </ul> <p><b>Special Notes:</b></p> <p>In order to save time and make sure members are safe, cut up fruits before the meeting and allow members to create their own smoothies. Every member may like something a little different.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To incorporate healthy eating into the meeting and encourage proper nutrition to be used throughout a member’s lifestyle and fitness program.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Why is it important to eat healthy and stay hydrated when exercising?</li> <li>– How can the individuality of making fruit smoothies compare to creating a fitness program?</li> </ul>

## REFERENCES

- Foundations of Professional Personal Training – Can-Fit-Pro (textbook)
- Concepts of Physical Fitness - Active Lifestyles for Wellness – Charles Corbin, Greg Welk, William Corbin, Karen Welk (textbook)
- <http://www.acefitness.org/acefit/fitness-fact-article/3575/a-smart-guide-to-goal-setting/>
- <http://www.acefitness.org/acefit/fitness-fact-article/2637/reaching-your-goals-the-smart-way/>

## **MEETING 3: HEALTH, WELLNESS AND FITNESS WITH FRIENDS**

### **Setting Objectives:**

To provide information on the importance of health and wellness, working with large and small groups while participating in activities as well as having respect for others during a member's fitness routine.

### **Suggested Lesson Outcomes**

- For members to understand that health and wellness are highly connected and can impact the amount of physical activity performed.
- Members should understand the importance of teambuilding and how exercising with a group or friend can enhance their fitness program.
- For members to know what makes a good team member and why sportsmanship is important for group activities and in everyday life.

### **REFERENCE MATERIAL IN THIS SECTION:**

- Health and Wellness
  - Different elements of health and wellness
- Teambuilding
- Risks and Responsibilities – Rules
- Respect for Others – Sportsmanship

### **ACTIVITIES:**

- Basic Yoga for Beginners (Video)
- Kick the Can
- Game On – Games within a Game
  - Password Run, Fitness Cards, Final Lap
- Guest Speaker – Physical Education Teacher
- Nutrition Component – Hummus and Pita

**Sample Meeting Agenda – 2 hours, 15 minutes**

Welcome, Call to Order & Pledge		5 min
Topic Information Discussion	Review Health and Wellness, Dimensions and Health, Well-Being and Fitness	15 min
Activities Related to Topic	Activity # 12 - Beginner Yoga Video and/or Activity # 13 - Kick the Can	30 min
Topic Information Discussion	Review Teambuilding and Risks and Responsibilities	15 min
Activities Related to Topic	Activity # 14 – Game On- Games within a Game	20 min
Topic Information Discussion	Review Having Respect for Others	10 min
Activities Related to Topic	Activity # 15 – Physical Education Teacher Activity # 16 – Hummus and Pita	30 min
Wrap Up, Adjournment & Social Time		5 min
At Home Challenge	Choose one of the At Home Activities found throughout this meeting	

## HEALTH AND WELLNESS



Health and wellness can constantly change throughout a person's life because of changes in lifestyle and the amount of physical activity a person is pursuing at any given time. Health, wellness and fitness are connected through finding a balance between the three in order to take care of yourself effectively. There are more elements of health and wellness other than just physical activity which is important to remember when setting limits to how long a person should be exercising daily. Everything dealing with your body physically and mentally is connected and needs to be taken care of effectively by looking out for all elements of health and wellness.

Wellness refers to enhancing a person's quality of life, personal growth and the potential of having a positive lifestyle through behaviours and attitudes. There are many different factors that affect a person's well-being which includes nutrition, physical activity, coping with stress, positive and negative relationships and career successes. Being able to maintain an optimal level of health is about maximizing our wellness to live long, full, and healthy lives. Therefore, it is important to constantly have a balance. Keeping stress to a minimum, having positive and supportive relationships, proper nutrition and good physical activity levels can all contribute to creating balance in a person's life. This can assist in helping individuals deal with the good times and difficult times throughout life.

There are five components of health and wellness that are constantly affecting each other through positive and negative experiences. These components include physical, social, intellectual, emotional and spiritual health and wellness. These concepts can often be best depicted as threads woven together because of their dependency on each other.

### Why is Health and Wellness important for Fitness?

The physical component of health and wellness cannot be fulfilled unless physical activity occurs. However, it is important to find a balance of each component because too much of one thing can have detrimental effects on a person's overall well-being. For example, a person who continues to complete the same exercise repeatedly for years is more likely to have negative impacts on their health and wellness. This can ultimately lead to an individual injuring themselves because proper safety was not being used through exercising practices which can disrupt the whole system.

#### Do it!

Take a stretch break or walk around the activity space to get moving!

Look it up then Share it!

What are some activities that you do to maintain balance for health and wellness?

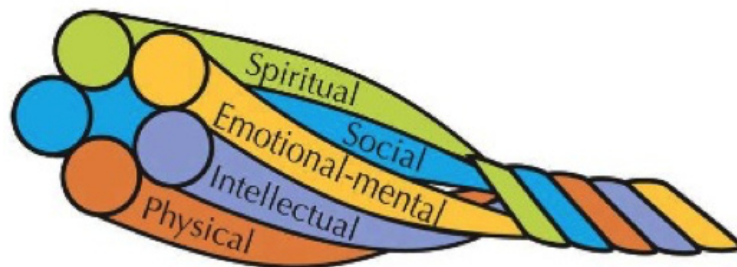
#### Communicate it!

What are some positive and negative impacts of fitness on health and wellness?

Brainstorm ideas and discuss as a group.

## THE DIMENSIONS OF HEALTH AND WELLNESS

Health Dimensions	Wellness Dimensions
<p><b>Emotional/Mental Health:</b></p> <p>The ability to express your emotions in the appropriate context and an individual is free from emotional/mental illnesses.</p>	<p><b>Emotional/Mental Wellness:</b></p> <p>The ability to cope with daily emotions and to deal with personal feelings in a positive and constructive manner. Someone who is known to have good emotional wellness may be smiling.</p>
<p><b>Intellectual Health:</b></p> <p>The ability to learn from experiences and use intellectual capabilities effectively. Free from barriers of learning that affect individuals on a daily basis.</p>	<p><b>Intellectual Wellness:</b></p> <p>The ability to enhance daily living through learned experiences and can provide optimal functioning in daily activities. Someone who has high intellectual wellness is generally known as informed.</p>
<p><b>Physical Health:</b></p> <p>Freedom from disease and the body is able to function effectively in all aspects of life.</p>	<p><b>Physical Wellness:</b></p> <p>The ability to function effectively when completing daily tasks and using free time to its highest potential. A person with physical wellness is often known as very fit.</p>
<p><b>Social Health:</b></p> <p>Freedom from illnesses that affect a person's ability to communicate or socialize effectively.</p>	<p><b>Social Wellness:</b></p> <p>The ability to connect with individuals and develop meaningful relationships that enhances a person's quality of life for all people involved. Having social wellness is characterized as being involved.</p>
<p><b>Spiritual Health:</b></p> <p>Beliefs in a superior force that can assist in helping a person understand their purpose and place in their community.</p>	<p><b>Spiritual Wellness:</b></p> <p>The ability to establish a values system and living life through the different values and beliefs of your own spirituality. The belief that there is a force greater than the individual which can improve a person's overall quality of life. A person who has spiritual wellness is usually considered to be fulfilled.</p>



## HEALTH, FITNESS AND WELL-BEING

Finding a balance between fitness, health and well-being can be challenging. When constructing a fitness program, it can be difficult to determine how to combine these three elements into a healthy and effective program. Therefore, there are seven components that need to be considered when constructing your fitness program. These seven components include aerobic conditioning, strength training and muscular development, stretching, core stability, nutrition and supplementation, mental rest and relaxation and sleep. Some of these components overlap with the primary and secondary components of physical fitness.

### Cardiovascular and Aerobic Conditioning

Completing aerobic exercises is a great way to increase your heart rate and get your blood pumping. This type of exercise strengthens your heart so your heart does not need to work as hard during future exercises. Examples of cardiovascular exercises include:

- Swimming laps
- Water aerobics and water walking
- Cycling
- Rollerblading
- Elliptical exercise
- Jogging/running
- Stair climbing
- Arm cycling
- Jumping rope or other jumping exercises
- Dancing
- Kickboxing

#### Do it!

Complete the exercises in this section. Going through the motions of exercises that cannot be fully completed without other equipment is acceptable.

Are there exercises that you like to do that are not included in the list? Try a variety of exercises with the members.

### Strength Training and Muscular Development

Implementing strength training into your fitness program is important to ensure that your muscles are being strengthened. Having stronger muscles assist with increasing your metabolism and reduces the risk of injury during your fitness program and daily activities.

Some examples of strength training exercises include:

- Squats
- Wall sits
- Standing and seated calf raises

- Push up
- Crunches
- Leg raises
- Sit ups
- Mountain Climbers
- Planks

### Stretching – Muscles, Ligaments and Tendons

Stretching should be completed every time before and after your fitness program to warm up and cool down the muscles in your body. It is important to try and hold stretches for 30 seconds each time to increase your flexibility. The point of stretching is to elongate the tight muscles, ligaments and tendons. This allows for better movements during exercises and can relieve stress by relaxing the tense muscles throughout the body. Some examples of stretching exercises include (also refer to meeting 1):

- Hamstring stretch
- Butterfly stretch
- Lying hip stretch
- Lying quad stretch
- Calf stretch
- Shoulder stretch
- Tricep stretch

### Core Stability

Core stability involves strengthening the muscles that line up your spine, your abdomen and your pelvic floor. These muscles are important in controlling posture, balance and power. Many of the best exercises to complete for this component are those that maintain body positions. Some exercises regarding core stability include:

- Planks (side plank and basic plank)
- Single leg bridge
- Bridge

#### Reach out!

Have a physical education teacher come to the meeting to demonstrate a variety of exercises dealing with the components of physical fitness and components for overall good health, fitness and well-being.

#### Research it at home!

Participate in the different exercises that are listed at home and determine which exercises interests you to include in your fitness program.

Try a variety of different options.

Research any exercises listed in this section you may not know.





- Twisting crunch
- Back extensions
- Crisscross
- Reverse crunch
- Airplane pose
- Lying straight leg lowers

### **Nutrition**

Providing the proper nutrition to the body allows for it to perform well and work towards reaching your highest potential in everything that you do. It is important to ensure healthy foods are being consumed to provide the energy needed to perform exercises and daily activities. This contributes to overall good health, fitness and well-being. When the body is supplied with the proper level of nutrients, the body is able to perform effectively, ward off disease and support mental functions. This strengthens the immune system and lowers an individual's chances of becoming ill.

### **Mental Rest and Relaxation**

It is important to ensure you are resting your muscles and body in between exercising routines. Inadequately rested muscles can lead to injury and make people very tired. When individuals are tired, they may not be able to perform to the best of their ability which can create stress and confusion. Therefore, it is important to allow time for your body to rest between activities and to be in the right mind set before starting your fitness program. Some exercises that are great in creating balance and calmness to the body is yoga and meditation.

### **Sleep**

Sleep is essential for your overall health, fitness, and well-being. It is recommended that people receive eight hours of sleep a night in order to reach your full functioning potential. Some of the benefits of sleep include reducing confusion, improves memory, makes an individual more alert, and has positive effects on coordination and appearance.

### **TEAMBUILDING**

A large part of a person's well-being is about being socialized and interacting with other people. Combining teambuilding activities with fitness can contribute to a person's health and well-being in a positive way. This can allow for individuals to socialize with a variety of different people while participating in physical activity. Teambuilding refers to activities that are used to enhance social relations and define roles within teams which

#### **Evaluate it!**

Look at the Canada Food Guide and determine whether or not you are receiving the correct amounts of each food.

How do you think you can improve your eating habits?

#### **Look it up!**

How much sleep is recommended that youth receive a night?

Share the answer with the other members!

are often determined by completing a variety of tasks and activities. It is important to ensure all members within the group are included in order for teambuilding activities to be effective.

Some teambuilding strategies have been used in sports and exercise to assist in increasing a group's effectiveness and satisfy all the needs of individuals. These types of activities allows members to use their strengths in order to work together to solve problems and accomplish a shared goal. Some benefits of teambuilding activities include developing a cohesive and positive environment, improved communication, and assists in developing problem solving skills.

Some teambuilding activities include:

- Musical chairs
- Building Bridges (using paper)
- Group Obstacle Course
- Talk Back – Getting to know your partner and introducing your partner
- Blindfolded Activities
- Human Knot
- Egg drop – building a container for an egg so it doesn't break when dropped
- Scrambled puzzle

### Talk about it!

What are some teambuilding activities that you have participated in?

From your own experience, what is one element from a teambuilding exercise you have gained from the experience?

### Do it!

Complete one of the activities as a team at the meeting.

Notice the different skills you are using while completing these activities and be prepared to share your experiences.



## **BENEFITS OF EXERCISING WITH A GROUP OR A FRIEND**

Although creating an individualized personal fitness program is important, there are also many benefits to exercising with a group or having a workout buddy to exercise with. Exercising with groups/a friend can change your fitness routine by learning additional exercises and provides different perspectives on fitness. Many people have their own way of doing things which may become a more effective way of exercising for some people. There are many different ways to exercise and it is important to explore all options before creating your own personal fitness program.

### **Help you achieve your Fitness Goals!**

Attending a fitness class, getting together with friends to participate in sports or having a constant workout buddy can make you more accountable for your actions. Scheduling time throughout your week to exercise with a group or a friend can make you accountable for your own exercising routines and encourages you to increase your fitness level. Furthermore, this brings you closer to meeting your fitness goals. Being dependable can make a person recognize that they should not let other people down by not participating in some kind of physical activity with a group or friend. Ultimately, this provides extra motivation for the person which often pushes them to achieve their goals faster.

### **Exercising is Fun!**

Having social contact while exercising can make physical activity more enjoyable by being able to laugh, encourage and motivate one another through the process. This can lead to an individual looking forward to completing their exercise routine which can result in a person being more committed over the long-term to meet their short and long term goals. Additionally, completing activities as a group or with a friend can allow people to stay motivated for life and continue to participate in fitness.

### **Do it at home!**

Take a field trip to a park and look for people who are completing physical activities with friends or a group of people.

What are some benefits that you notice?

Record your findings and be prepared to share next meeting.



### **Ensures your Form is Correct!**

It can be difficult to determine whether or not you have the correct form when completing exercises involving muscular strength, muscular endurance and stretching exercises. Exercising with other individuals can help you with basic forms and allow you to get into the proper position. This is easier to adjust if someone is there to help you because it may feel correct, however, may look completely different. It is always essential to ensure that you are completing your research and consulting with a personal trainer or other professional that know proper forms during exercise.

### **Competition – Makes you Perform Better!**

Exercising can create friendly competition between individuals which can increase a person's overall performance. Many people who participate in sports want to perform their best in order to contribute to achieving their team's goal as well as to reach their own personal best. This same idea is applied when exercising with other people. It is important for individuals to always strive towards reaching their personal best in order to achieve their goals. Exercising in a group allows this to occur and can motivate you to do better for yourself.

Competition should not continue if it leads towards an intensity which is too much for the person to withstand. Competition should always be remaining at a level that is sustainable and always safe for the person's abilities.

### **Provides Motivation and Support!**

Having people around when exercising can assist in making individuals feel supported and motivated during workouts. When a person is feeling discouraged or they are unable to perfect any given exercise, it can be nice to have people there to support you to keep going and to stay committed to your personal fitness program.



Participating in fitness in a group setting can give you the confidence, motivation and support needed in order to reach your goals.

### **Do it!**

In pairs or in a group of 3, try some of your favourite exercises while your partner or group watches for proper form.

Rotate through to give all members in the group a chance to participate.

### **Do it!**

Create a friendly competition by setting a game up of tug of war. Split the members into two teams and provide a long rope. This can assist in building muscular strength for all members and allows members to work together in order to be the winning team!

Arm wrestling and thumb wars are other simple ways to add friendly competition during meetings.

## Increases Safety!

Pairing up and participating in group activities can provide safety if injury occurs and can prevent injury from happening by a person being a spotter while completing a variety of exercises. People can assist in telling if too much weight is not sustainable for you as well as when exercises are being completed incorrectly. This can prevent from strains, pulled muscles, ripped tendons and fractured or broken bones. If an injury does occur, people can assist in calling for the necessary help.

## Adds Variety to your Personal Fitness Program!

Everyone has their own knowledge and skills sets which may differ from your own. This can allow for different perspectives to be shared and a variety of exercises to be introduced. This can be incorporated into your personal fitness program if some exercises interest you. Adding variety to your program can assist in making your fitness routine more interesting and fun.

## RISKS AND RESPONSIBILITIES OF TEAM GAMES AND EXERCISES

### Rules and Guidelines

When participating in team activities, it is important to ensure that all members are playing fairly and treating others the way they would like to be treated. Before introducing team activities and exercises, it is important to ensure ground rules are set in place to eliminate negative comments being made towards other individuals as well as judgmental elements. Without rules for group activities, individuals may begin to feel like they may not want to participate if some of the activities are not pertaining to the person's strengths. Therefore, it is beneficial to have a contract within your group which discusses



appropriate behaviours when completing group activities. This can be applied to both group and individual activities which, contributes to individuals wanting to participate in a variety of activities in a group setting.

This contract can be constantly set out when individuals are participating in activities or can be typed up and signed

by all members for the current or next meeting. By having an agreement, this provides a safe place for individuals to

### Talk about it!

Have you ever experienced physical activity with a group or a partner?

Describe your experience.

What are some physical activities that can be incorporated into your personal fitness program that involves a partner or group?

### Do it!

Have members write down some ground rules they think is important to incorporate in meetings and in activities.

Provide members with writing utensils and paper and combine these on a piece of chart paper for all members to see.

participate in physical activities without judgement. It is important to create a safe space during every meeting so members are able to try their best at everything they do. When completing individual and group activities, teams should be encouraging, supportive of all abilities, understanding, respectful, trusting, willing to share successes and challenges as a collective, and accepts all individuals in the group regardless of abilities and outcomes.

### Sample Behaviour Contract

There can be many different rules that can be set in place while participating in group activities revolving around fitness. A contract may consist of the following rules listed below.

#### Potential Rules

- Winning should not be your only goal
- You have the right to say “no”
- Have fun and work to the best of your ability
- Have respect for other people
- Treat others the same way you would like to be treated
- Allow everyone to have a turn and participate
- Use only positive, encouraging and supportive language – no put down or judgements on people’s abilities to complete different exercises
- Speak kindly and openly
- Always be respectful of other backgrounds and cultures
- Helping others if they need to be helped

### RESPECT FOR OTHERS

#### Sportsmanship

When participating in any exercise or physical activity, it is important to always have respect for others around you. Depending on your location, you may be in an area where equipment needs to be shared or where individuals want to be in a positive and supportive environment. These elements are important to always consider so good sportsmanship can constantly be practiced to further display respect for others.

Sportsmanship is often referred to as the ethical, appropriate, polite and fair behaviour while participating in physical activities. Individuals should be constantly striving to display good sportsmanship in order to display their respect for others

#### Share it!

Describe a time where you had a positive experience working in a group.

What made this time so memorable and why do you think your group was successful?

#### Communicate it!

Describe a time where you witnessed or displayed good sportsmanship. How did this make you feel?

How do you show other people that you respect others?

How has good sportsmanship already been shown today?



when participating in group activities and fitness. When participating in group activities, there are many ways to display good sportsmanship and contributes to you being a good team player.

### **Play within the Rules**

Always respect the rules of any activity, game or exercise that you are participating in. If you are unsure of rules and guidelines of any activity, always ask to clarify the different things that may be considered acceptable and not acceptable for the activity. Playing by the rules can allow you to enjoy the activity and be a good team member that everyone is able to respect. Respect other individuals by not cheating and obeying the rules of the activities presented throughout the meeting.

### **Avoid Negative Language**

Ensure that you are always being encouraging during team activities. There may be a variety of different abilities within your group and not everyone is going to be great at every activity. Therefore, ensure you are encouraging members to do their best and not putting them down if they are unable to accomplish something quickly. Winning and being the best is not everything!

When participating in team activities that involve some kind of competition, ensure you are not displaying negative actions and language towards the losing team. All members within a team have tried their best and it is important to celebrate successes in a way that does not disrespect the opposite team.



### **Respect the Leaders and Officials**

Be a positive role model and respect all people involved in making a group activity run smoothly. Individuals work hard to ensure that activities run effectively. Therefore, it is important to respect equipment and everyone who is involved including the leaders, members on your team and members of the opposing team. Respecting everyone can assist in creating a positive environment.

### **Judge it!**

Why is it important to have good sportsmanship when implementing your own personal fitness programs?

How can this concept of respecting others being transferred over to your own fitness programs and your everyday life?

### **Build Through Positive Reinforcement**

Always ensure you are encouraging your teammates and being supportive when participating in activities. Many people can be very productive when working together as a team, however, positivity needs to be present for this to happen. Ensure you are contributing to an environment that remains positive through the actions, attitudes and communication that should be demonstrated by everyone in the group. By creating a positive environment, more respect can be shared amongst all members allowing everyone to try and reach their full potential while participating in individual and team activities.

### **Always Be Proud of your Accomplishments**

Games and activities do not always consist of winning and losing. There are many different skills that can be learned through games and activities which can contribute to improving social skills, learning effective work habits and improving self-esteem. Working with a team while participating in activities allows personal growth to develop as well as different skill sets to be brought forth with a person for the future.

Even when working outside of teams, it is important to recognize your accomplishments and be proud of them. There are many different ways to be successful which can begin to look different for every individual. It is important to respect people's accomplishments and recognize why someone may be proud. Another reason why put downs and negative language should never be used is because you never know who this might offend! All experiences and accomplishments will have unique meanings with different people.

### **Do it at home!**

Determine some of your skills that you can bring forward in a team setting.

Why are these skills significant and unique?

Record your answers and be prepared to share during the next meeting.

Were there any activities that you enjoyed during the meeting and would like to incorporate in your own program?



## DIGGING DEEPER

### For Senior Members

#### Create your Own Teambuilding Activity!

Teambuilding activities can be anything from a quick 5 minute icebreaker about getting to know you to creating something that takes more time with problem solving strategies used. Create your own team building activity that involves fitness. This can include elements of fitness that you enjoy and would consider including in your own fitness program. Determine how many individuals you would like to have in your activity and make sure this is feasible for you. Your activity should incorporate team elements of creativity, communication, trust, problem solving and time management. Determine what works best for you and move forward.

When creating your own activity, some things to consider include:

- Challenging exercise
- Ensure that groups are to be divided up into teams so they can work together
- Each team should believe they are able to do better than the other team
- Think about all the elements of teamwork like creativity, communication, trust, problem solving and time management
- Think about problem solving strategies
- What do you think is missing in an area of fitness?
  - Example – Can be as simple as fitness being expensive – how can a team solve this problem?
- Out-of-the-box thinking
  - E.g. singing, dancing, telling jokes, physical challenges

Take time to plan your activity and record your findings. Be prepared to share your activity with the other members during the meeting.

Write down some elements that you have learned from this experience and briefly discuss how you can incorporate these skills learned into your everyday life.

# ACTIVITY # 12: BASIC YOGA FOR BEGINNERS

<b>DO</b>	<p><b>Time:</b> 10-15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>- Computer</li> <li>- Projector or DVD Player and TV</li> <li>- USB</li> <li>- Link for video (Found at bottom of table)</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>- Set up the video for members to watch and participate.</li> <li>- This video is about 15 minutes long however, it is up to you how much you wish to play.</li> <li>- Some members may have never experienced yoga before so make sure to pause video if members are unable to keep up.</li> <li>- Constantly watch and ensure members are completing the different yoga poses correctly. Proper form is important.</li> </ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to the practice of yoga and to demonstrate that mental rest and relaxation is important during exercise.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>- In what ways do you feel relaxed?</li> <li>- How do you think yoga was able to relax you?</li> <li>- Why is being able to relax important when participating in fitness?</li> </ul>

Beginner Yoga Video Link: [https://www.youtube.com/watch?v=2\\_SE2gQwXoo](https://www.youtube.com/watch?v=2_SE2gQwXoo)

## ACTIVITY # 13: KICK THE CAN

<b>DO</b>	<p><b>Time:</b> 15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– Clean can or bottle</li><li>– Flat activity space</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Ask for a volunteer to be “it”. The number of people who are it can vary depending on the overall number of members.</li><li>– The people who are “it” must protect the can or bottle.</li><li>– Everyone who is not “it” tries to knock over or kick the can. If the person who is “it” takes them at any time, the person is out of the game.</li><li>– If someone manages to kick the can, everyone else wins the game.</li><li>– If there are no other players standing other than the people that are “it”, then they win the game.</li><li>– When the 15 minutes are up and the people who are “it” has managed to protect the can the entire game, then they win the game.</li></ul> <p><b>Special notes:</b></p> <p>Make sure all members are being included in the activity and accommodations are made for all abilities. For example, change the game so members have to use their hands to knock over the can rather than kicking it. Be creative!</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To get members moving and learn the effectiveness of working individually and as a team.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>– How can working as a team be beneficial when constructing your personal fitness program?</li><li>– How can this activity display your ability to demonstrate speed?</li></ul>

## ACTIVITY # 14: FITNESS RELAY

DO

**Time:** 20-30 minutes (total time)

**Materials/Resources:**

- 28 Large Cardboard cards with a single letter written on each card – letters should spell TOGETHER EVERYONE ACHIEVES MORE
- Deck of cards
- Household items for weights
- Jump rope
- Duct tape

**Beginning Instructions:**

- Divide members into two teams and create a starting line for the relay. Determine a designated finish line as well. Have members move through the relay by completing task 1: password run, task 2: fitness cards and task 3: final laps.

**Instructions for Task 1: Password Run**

- Have cardboard cards cut out with single letters on each cardboard card.
- Have members unscramble the letters to solve the password that will allow them to move forward.
- Password: Together Everyone Achieves More (TEAM)
- If members are unable to solve the password within 2 minutes, have members run with high knees on the spot, jogging on the spot, etc. for 20 seconds.
- This process should be repeated until the password is solved.
- Once members have determined the password, they are to move onto the second task.
- When moving to the second task, get members to crab walk over to that station.

### Instructions for Task 2: Fitness Cards

- Fan playing cards out so members are able to choose them easily and quickly.
- Each suite of cards should represent a different exercise.
- The number on the card will represent the amount of reps/seconds that a person will complete the exercise for.
- Have each member take turns to pick a card until all cards have been used. Place the used cards on the side so they will not be used again.
- When a card is picked, each member will have to complete that exercise which can be done individually or as a team. This can depend on the abilities present within the group. (Needs to be decided before game starts to ensure fairness is being presented)
- Once all the cards have been picked and the exercises have been completed, members can move on to the final task.

#### Red cards – Cardio

- Choose from jumping jacks, jump rope, squat jumps, explosive jumps, and tuck jumps.
- If a member has a physical disability - try arm circles, arm stretches and jumping jacks with only arm movements.
- Red face cards – 10 reps

#### Black cards – Strength

- Choose from push-ups, sit ups, lunges, squats, plank, crunches, and wall sits.
- Have weights available for those members who chose to include weight. Try to make these everyday household items so other members can see how they can be used in their own personal fitness programs.
- Black face cards: A = 11 reps, Jack = 12 reps,  
Queen = 13 reps, Kings = 14 reps

	<p><b>Instructions for Task 3: Final Lap</b></p> <ul style="list-style-type: none"> <li>– Have members complete two final laps around the activity space and head towards the finish line.</li> <li>– The first team to complete all the tasks and cross the finish line wins the relay.</li> </ul> <p><b>Special Notes:</b></p> <p>If there are members in your group who have a disability, make modifications to exercises or choose exercises that will benefit their abilities.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>For members to explore a variety of exercises through working on their team work skills.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Was exercising your brain effective by completing physical activity? Why or why not?</li> <li>– What can knowing a variety of exercises help you determine about yourself?</li> <li>– Why is it important for you to participate in a variety of different exercises?</li> </ul>

Activity Source: <http://bootcampideas.com/9-awesome-bootcamp-games/>

**ACTIVITY # 15:  
GUEST SPEAKER – PHYSICAL EDUCATION TEACHER**

<b>DO</b>	<p><b>Time:</b> 30 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Dependent on physical education teacher</li> <li>– Various pieces of equipment</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Ask the physical education teacher to focus on activities involving teams and large group activities.</li> <li>– Activities should get members moving.</li> <li>– Different activities that highlight teambuilding, rules and respecting others.</li> </ul> <p><b>Special Notes:</b></p> <p>Ensure all members are being included. Make sure that all activities chosen are accommodating to all abilities.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To give members the opportunity to participate in a variety of activities that deal with teambuilding and respecting others.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What skills have you learned when working with a team?</li> <li>– Was this experience positive or negative?</li> <li>– How can you incorporate teambuilding and respecting others into your own personal fitness program?</li> </ul>

## ACTIVITY # 16: NUTRITION COMPONENT – HUMMUS AND WHOLE WHEAT PITA

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– Whole wheat pita</li><li>– Hummus</li><li>– Bowls</li><li>– Spoon</li><li>– Plates</li><li>– Napkins</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Cut up whole wheat pita into pieces.</li><li>– Set out hummus with spoon.</li><li>– Serve and enjoy!</li></ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To provide members with a nutritional snack once they have completed their workout and to demonstrate that there are many different healthy snack options.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>– What important components of food does hummus provide?</li><li>– Did this healthy snack refuel your energy levels?</li></ul>



## REFERENCES

- Concepts of Physical Fitness - Active Lifestyles for Wellness – Charles Corbin, Greg Welk, William Corbin, Karen Welk (textbook)
- Foundations of Professional Personal Training – Can-Fit-Pro (textbook)
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- <https://www.youthletic.com/articles/5-ways-to-promote-good-sportsmanship/>



## MEETING 4: INDIVIDUALIZE YOUR FITNESS EXPERIENCE

### Setting Objectives:

To provide members with steps in how to create their own personal fitness program and provide a variety of options of how to participate in fitness at a low cost as well as how to put their plan into action.

### Suggested Lesson Outcomes

- For members to develop a general idea of how to create their own personal fitness program.
- Members should be able to recognize some exercises that they can perform at home with little to no costs.
- For members to learn how to implement their fitness program and maintain this throughout their life.

### Reference Material in this Section:

- FITT Formula
- Steps for Designing your Own Personal Fitness Program
- Fitness at a Low Cost
  - Weight Training using Everyday Items and Exercises using Household items
- Limited Mobility Fitness
- Putting your Plan into Action

### Activities:

- Back to Back
- Balloon Smash
- Fitness Alphabet
- Develop your Personal Fitness Program
- Personal Trainer Demonstration
- Nutrition Component – Peanut Butter and Banana on Rice Cakes

**Sample Meeting Agenda – 2 hours, 20 minutes**

Welcome, Call to Order & Pledge		5 min
Topic Information Discussion	Review FITT Formula and Steps for Designing your Own Fitness Program	15 min
Activities Related to Topic	Activity # 17 – Back to Back and/or Activity # 18 – Balloon Smash	20 min
Topic Information Discussion	Review Fitness at a Low Cost – Both Elements	20 min
Activities Related to Topic	Activity # 19 – Fitness Alphabet and/or Activity # 20 – Develop your Personal Fitness Program	25 min
Topic Information Discussion	Review Limited Mobility Fitness and Plan into Action	10 min
Activities Related to Topic	Activity # 21 – Personal Trainer Demonstration Activity # 22 – Peanut Butter & Banana on Rice Cakes	40 min
Wrap Up & Social Time		5 min
At Home Challenge	Choose one of the At Home Activities found throughout this meeting	

## FITT FORMULA

The FITT formula can help individuals design their personal fitness program and allows them to evaluate the different exercises they would like to include. Determining the frequency, intensity, time and type of each exercise included can assist in creating balance among exercises to a person's routine and can make each exercise individualized to meet the person's needs.

### Frequency

Exercise frequency refers to how often a person would like to exercise and complete given exercises in their fitness program. This can be very dependent on a person's schedule. However, it is very important to find time to incorporate fitness into your lifestyle. A person's fitness levels can improve with only 2 exercise sessions a week making it possible for people to include exercise into their daily routines. Individuals who choose to exercise daily will need to consider intensity in order to maintain a positive adaption to exercise.

### Intensity

Exercise intensity refers to the amount of effort being performed. This can be seen through the amount of speed that is added to a particular exercise as well as how much weight is placed on the body. Intensity can have significant impacts on how successful a workout can be. If a high intensity workout is too difficult for the individual, then this person's body may not be able to sustain these effects and the person as a result may become discouraged or injured. This can lead to a person not enjoying their exercise program. Therefore, it is important to start off slow and work your way up with intensity to ensure you are completing exercises at the right intensity level for you and your body.

### Time

Exercise time refers to the duration of different exercises and reflects the amount of time that an exercise should be completed for without rest. Exercise time and intensity are linked because the harder the exercise, the shorter the duration. In order to determine duration of your fitness program, examine your current level of fitness, goals and needs. The duration of exercises may need to start at a lower time frame and increase when an individual adapts better to the different exercises. The amount of time given for your fitness program is highly dependent on the person. The longer the duration of your exercise routine, the higher the chance there is for injury.

#### Talk about it!

How often would you ideally like to participate in exercises?

How intense would you want your fitness program to be?

#### Communicate it!

How are you going to incorporate the FITT formula into your personal fitness program?



## Type

Exercise type refers to the type of activity performed. A good place to start is to consider exercises that a person has already completed and has been successful with. Exercising can be fun so it is important to find different activities that a person finds interesting and enjoys. Therefore, evaluate your own exercise experience to determine which type of exercises may be the most beneficial for you. Sometimes the best and easiest place to start is completing cardiovascular activities such as walking, swimming, skating, cycling, and running. The type of exercises in a person's fitness program can be changed as their fitness level improves.



## STEPS IN DEVELOPING YOUR PERSONAL FITNESS PROGRAM

Developing your personal fitness plan should be based around your interests, motivations and preferences. Your fitness plan needs to work effectively for you which will increase your chances of being successful in completing in your fitness program. There are multiple elements to consider when developing your program which are outlined in different steps below. If you follow these steps, you should be able to come up with a personal fitness program that will work benefit you greatly!

### Set Goals

It is important to set goals for your fitness program so you have a targeted area to work towards. Explore your general, specific, long term and short term goals and determine what goal is going to work best for you. Look at your SMART goal completed in meeting two and work with this when setting your goals. A general or long-term goal might include improving posture, increasing energy levels, and lowering your risk of developing illness. Some specific or short-term goals might include the use of the SMART goal setting method to narrow your focus down to one targeted area. It is a good idea to have more than one goal which can contribute to success in different targeted areas.

Sometimes goals can be hard to achieve, however, it is important to stay committed to your goals and motivated in achieving them. A person's fitness improves most quickly during the first six months. After this point, gains can become slower and sometimes intensity needs to be added. Keep this concept in mind when deciding on your goals and remain positive!

### Select Activities

When selecting activities, it is important to ensure all the

#### Share it!

What does SMART stand for?

Review with all the members in the group and discuss.

#### Do it at home!

Find music that can help motivate you when completing your personal fitness program.

Try some different exercises that you enjoy to see if the music chosen is a good fit!

components of physical fitness are being incorporated in your fitness program. Cardiorespiratory endurance, muscular strength and endurance, flexibility and body composition can help create balance throughout your program and allow a variety of exercises to be explored. When deciding on which activities you should include in your program, the following factors can be considered to assist the decision making process.

- **Fun and Interesting.** Your fitness program should be fun and interesting to you which will increase your success in achieving your fitness goals. You are going to be more willing to complete activities that you enjoy doing rather than activities you feel like you have to participate in. Without exercises you enjoy, it can be difficult for you to become motivated to complete and stay committed to your fitness program.
- **Current Skill and Fitness Level.** Although many exercises are appropriate for beginners, research and ensure that you are not choosing exercises that are too advanced for your current fitness level. This is important to ensure you are obtaining the different benefits that fitness has to offer. The most important thing is that you are staying active at a level you are able to maintain and benefit from.
- **Time and Convenience.** Determine how your fitness program is going to work with your schedule. Evaluate the different activities you would like to complete and consider the amount of time you have in order to effectively complete your fitness program. This can include finding another facility or completing exercises at home. Whatever works best for you is important to consider.
- **Cost.** Limit your choices for activities that are low in cost or free. There are numerous activities that require no equipment and are free to complete in any setting, but more importantly, at home!

### Research it!

Research some at home exercises that can be completed with equipment found in the home.

For example, completing exercises on a chair.

What else can you think of?



### Set a Target Frequency, Intensity, and Time for Each Activity

Apply the FITT principle to the different exercises in your personal fitness program. Set a starting frequency, intensity level, and time (duration) for each exercise you choose to include

in your program. This can contribute to creating a starting point for you with your program and for safe measures for your body and abilities to be considered for each exercise. Some recommendations for each type of primary fitness component are listed below.

### **Cardiorespiratory Endurance Exercise**

Frequency of this type of exercise can vary depending on the person. However, 2-7 times per week is an average frequency amount in order for this component of exercise to be successful and have an impact on a person's fitness level. Intensity should be based off of your level of experience with exercising and what your capabilities are around this type of fitness. For this type of exercise, your program should be about 20-30 minutes, however, this is dependent on the intensity. If the intensity is high, then the duration should be less time.

### **Muscular Strength and Endurance Exercise**

It is recommended that frequency for this component of fitness is roughly 2-4 times a week. A variety of exercises should be incorporated with this component that works multiple muscles throughout the body. This section can include 6-10 exercises.



When looking at intensity, if a person chooses to use weights for this type of training, ensure that you are choosing weights that your body is able to handle. For example, a weight that is heavy enough to fatigue your muscles but not too heavy to enable you to complete the exercise. Make sure you are

able to feel comfortable with using weights before proceeding further.

### **Flexibility Training**

The frequency for stretches should occur between 4-7 times a week. This should be occurring when muscles are warm to avoid injury. The intensity of stretches should be increased once an individual's muscles have been worked and exercised. Starting off slow and working your way up is a good way to assess one's flexibility. Each stretch should be held between 10-30 seconds and should be repeated at least 2-3 times.

**Please note:** These are only suggestions as to how to incorporate these elements into your personal fitness program. Exercise frequency, intensity and time may need to be changed to meet the needs of your body and abilities. This component is merely demonstrated to give you

#### **Talk about it!**

How do you think you can incorporate the FITT formula into your personal fitness program?

What kind of exercises have you thought about including into your program?

#### **Do it!**

Play musical chairs with the group. Apply the FITT formula to this activity and show members that this can be applied to any physical activity the members wish to participate in with their personal fitness program.



an idea about what some of the recommendations are and how to set up the FITT formula to each of your exercises.

### **Set Up a System of Mini-Goals and Rewards**

By breaking your specific goals into mini-goals can help you achieve your goals and measure your progress. Mini-goals can be as simple as giving yourself a list of what exercises you would like to complete for each workout. An individual can feel better about themselves if they are able to reach a number of small goals compared to reaching their specific goal in 6-8 weeks. This can boost your chances of recognizing that your goal is attainable and motivate you to continue to move forward by feeling like you have accomplished a part of your overall goal.

Setting up a reward system can also be beneficial and can help you move forward with exercising to reach your goals. It is important to reward yourself for your hard work and achieving mini-goals that are working towards your specific goal is an accomplishment that should be celebrated.

### **Include Lifestyle Physical Activity in your Program**

On a daily basis, individuals complete daily activities that are physical even though they may not be considered an official exercise. Daily activities such as dancing to music, walking, playing a musical instrument, doing physical activities with friends and playing with children are all examples of how daily activities can contribute to your fitness program. This can create a less demanding way to exercise and can still provide a different element of fitness.

### **Develop Tools for Monitoring your Progress**

Record the exercises and the results of these exercises in order to assist in managing your progress. Writing down the results from the FITT formula elements can help you see what you have accomplished over a given amount of time and what else you would like to complete in order to reach your overall goal. Recording results and exercises can allow individuals to reevaluate their successes and determine whether or not their fitness program needs to be modified. This can be completed in some kind of record book that you can refer to periodically.

### **Make a Commitment**

Make yourself a contract that holds you accountable for achieving your fitness goals and increasing your level of fitness by implementing your personal fitness program. Find a witness, sign your contract and keep your contract visible to constantly remind yourself of the commitment that you have made.

### **Communicate it!**

What is an example of a mini-goal that you can set up for yourself?

What reward would you give yourself for completing a certain amount of mini-goals?

### **Judge it!**

What are some daily activities you complete that can be considered physical exercise?

What components of fitness can be used to classify this daily activity as exercise?

## FITNESS AT A LOW COST- WEIGHT TRAINING USING EVERYDAY ITEMS

Many individuals can become intimidated when thinking about joining a gym in order to exercise. However, exercising does not always have to be expensive and there are many ways for people to create a program where they can complete exercises in the comfort of their own home. This can lower costs and opens opportunities for everyday items to be used throughout a person's fitness program. There are many different items that can be used for weights and can save people money by using household items instead of purchasing light to medium weights.

Using items that have unevenly distributed weight like liquids and dry goods forces you to focus on the movement because this activates tiny muscles and challenges your stability. Ultimately, this can assist in making your workout more effective. Some items that can be used for light to medium weights are listed below.

### *Please note:*

The different exercises listed below may need to be modified using different weights than listed. These are only suggestions and may need to be changed depending on your fitness level, abilities and strength levels. All exercises should be started with 1 pound weight. Additionally, not all of these exercises need to be completed with weights, if adding weights is too difficult, just complete the given exercises throughout this section.

### **1-Pounders (454 grams/16 ounces)**

These weights are perfect for any exercise and will not slow individuals down if they are new to this type of exercise. During cardiovascular exercises, these weights can be used when running, walking or jogging. Adding a little bit of weight can help with your strength in a subtle way. Additionally, 1 pound weights are also good for upper body exercises and lateral raises. These should consist of 25 reps per set. Hold one item in each hand along your sides with your palms facing your body. Lift both weights out in front of you and out to the sides so your arms are level with your shoulders. You should feel a burn in your arms, shoulders and upper back which indicates that you have worked your muscles in these areas and have completed the exercise correctly.

### Look it up!

What are some activities that you can complete at home?

What are some household items that you can use for medium to heavy weights?

Do you live on a farm? What activities do you do in a typical day that could be part of your fitness plan?

### Research it!

What are some other household items that can be used for 1 pound weights?

Have you ever used any of these items at home before for exercising?

Describe your experience.

Some household items you can use that weigh approximately 454 grams (1 pound) include:

- Vegetables or fruit (e.g. large apple, grapefruit) weighed at the grocery store
- Cans of soup or beans
- Bottle of salad dressing
- Small bottle of vinegar
- Box of dry cereal
- Cutlery - using about 10 spoons or forks, connect the utensils with a rubber band and then can be used as an effective 1 pound weight



### 2-Pounders (908 grams/32 ounces)

Once you have mastered using 1 pound weights, move onto using 2 pound weights. Try completing lateral raises (side, front and single arm raises) with 2 pounder weights which increases the intensity and allows for these muscles to be stressed and worked further. Repeat this exercise 25 times to work and tone your shoulder muscles. Reps can vary depending on the person and 25 reps is only a suggestion.

Another exercise to try is single arm raises in addition to completing side and front lateral raises. This exercise works the same way however, keep palms facing your thighs and only lift one arm to be shoulder height, slowly lower and lift the opposite arm. Continue to rotate back and forth between arms until 25 reps have been accomplished.

#### Look it up!

Explore this exercise further by researching different position this exercise can be completed in and find a variation that works best for you.

Some household items you can use that weight approximately 908 grams (2 pounds) include:

- Vegetables or fruit weighed at the grocery store
- Small bags of rice
- Bag of frozen vegetables

### 3-Pounders (1362 grams (1.36kg)/48 ounces)

These weights can be used to complete exercises like lunges and triceps kickbacks.

Adding weights to lunges are extremely simple. Complete any type of lunge you prefer and add the weights by holding them while completing the lunge. Your arms should be straight and by your side while





completing this exercise. This will add more weight and work your calves and hamstrings.

Another exercise that can be completed with 3 pound weights is triceps kickbacks. Grab a 3 pound weight in each hand with your palms facing your body and arms should be bent. Bend both knees and lean forward. From this position, extend both elbows so arms are straight and behind you slightly. Move arms back into your original position. Complete this for 20 reps if this works for you. This will work the muscles in your upper arm (triceps and biceps).

Some household items you can use that weight approximately 1.3kg (3 pounds) include:

- Bag of apples
- Standard bag of onions (place in plastic bag so onion skin doesn't shed everywhere)
- Standard bag of oranges
- Create your own bag of fruit to make 3 pound weights, be creative!

NOTE: weigh items at the grocery store to have an accurate idea of weight

#### **4-Pounders (1816 grams (1.8kg)/64 ounces)**

Using 4 pound weights can be good to incorporate with exercises that use multiple muscle groups. An exercise that can be good to use with a 4 pound weight is squats with shoulder presses. Hold one 4 pound item with both hands and stand with your feet hips-width apart and feet facing straight forward. Slowly start to bend your legs like you are about to sit. Hold this position for a few seconds while holding the 4 pound weight in front of you with arms bent. Stand up straight and press the weight straight over your head to work your shoulders. Complete up to 20 reps and up to 3 sets. You should feel this in your shoulders and thighs.



Some household items you can use that weigh approximately 1.8kg (4 pounds) include:

- 4 pound bag of pet food
- Medium sized pumpkin (weighed at the grocery store)
- Large can of ketchup

### 5-Pounders (2270 grams (2.27kg)/64 ounces)

Many household items are not easy to grip and individuals would need to use two hands in order to accomplish a number of exercises dealing with this amount of weight. Try completing a different variation of a lunge. Determine which variation is the best for you with this amount of weight and incorporate this into your fitness program. For some people, this level may take a while to achieve which is completely acceptable. When adding a 5 pound weight, make sure you are thinking about safety. Therefore, hold the weight while getting into the lunge, however put down the household item when returning back to a standing position and pick up the item when you are in a safe position. This can help prevent injury from occurring.

Some household items you can use that weigh approximately 2.27kg (5 pounds) include:

- Large bag of rice
- Bag of flour

### 8-Pounders (3632 grams (3.6kg)/128 ounces)



When heavier weights are incorporated into your fitness program, your muscles will become exhausted with fewer reps. An exercise that can increase muscle strength is a staggered-stance lateral row. To begin, hold the item with your right hand and take a large step

forward with your left leg. Bend your front leg slightly and place your hand on your thigh for extra support. Keep your back leg and spine straight, bend forward from the waist and let the weight hang straight down towards the ground. Bring your right elbow towards the ceiling until the weight is at your right hip. Complete as many reps as you are comfortable with and switch sides.

Some household items that you can use that weigh approximately 3.6kg (8 pounds) include:

- 4 L of milk, a bag of milk
- 2 unopened cartons of 2 L milk
- A jug of water (large bottle of water)

#### Do it!

Ask members to look through catalogues and magazines and find different household items that can be used as weights.

Have some household items available so members can follow along as exercises are being described or demonstrated.

#### Talk about it!

What are the different variations of lunges? Do you think that all variations are safe to add weights to? Why or why not?

#### Communicate it!

How does using a household item as weights make you feel about incorporating weights into your personal fitness program?



### 10-Pounders (4540 grams (4.54kg)/160 ounces)

This can be created using one 10 household item or two 5 pound household items. Completing exercises using this amount of weight should be determined by the individual on what exercises work best for them. An exercise that can be used with this amount of weight

is balancing on one foot while holding 10 pounds with two hands. Another exercise that can increase muscle strength is a one-legged deadlift. Grab the item in your left hand and stand on the right leg. Bend slightly at the waist and let the weight drop to the floor as you extend your left leg out behind you. Return to the starting position and repeat as many times as you wish on each side. There are a variety of different ways to complete this exercise. Therefore, it is important for you to find the best way to fit your fitness goals.

A household item that you can use that weigh approximately 4.54kg (10 pounds) include:

- Large bottle of laundry detergent
- Bag of potatoes
- Bag of flour

### FITNESS AT A LOW COST: EXERCISING USING HOUSEHOLD ITEMS

When individuals think about including weights into their exercise routine, they often become intimidated. Therefore, it is important to know your strengths and limitations before adding any kind of weights to your fitness program. There are many exercises that do not involve weights but still requires equipment. A variety of exercises can be completed by using household items that keeps exercising affordable in the comfort of a person's home.

#### Paper Plates

Paper plates can make a great alternative to a Valslide or glider discs and can assist in creating movement within your fitness routine. This item can be used on carpet or a smooth surface and increase muscle engagement by performing standard body weight exercises. Some exercises that can be performed with paper plates include side/standard lunges and mountain climbers.

#### Do it at home!

Brainstorm ideas and exercises for what you would like to include in your personal fitness program.

Be prepared to work with these ideas during the next meeting.

#### Do it!

Participate in the different exercises provided below during the meeting.

Complete them to the best of your ability and have fun while exercising!



To perform a lunge, start with feet together and knees slightly bent. Place a paper plate underneath one foot. Make sure your other foot is in a sturdy position before starting the exercise. Move your foot with the paper plate to the side or behind you to a proper lunge position. Choose the amount of time per each side and switch sides. Readjust where needed to make sure you are comfortable.



Side Lunge



Standard Lunge

To perform mountain climbers with paper plates, place arms and feet shoulder width apart, arms straight and face towards the ground. The original position should be the starting position for a push up. Place paper plates underneath feet and slide your right knee towards your chest. Slide your right foot back to the original position and repeat with your left foot. Repeat this process as many times as desired.

## Ropes

Large ropes can provide you with a full body workout which can strengthen your arms, shoulders, and legs. Large ropes are heavy and provide a great exercise by completing a variety of arm movements to lift the ropes. This includes double wave, alternative wave and power slams. To complete rope exercises, stand straight with the end of rope in each hand. Move arms up and down to make waves with the ropes. For double wave, move both arms at the same time to create waves. Alternating wave involves moving both arms however, one arm moves up and the other arm moves down. Power slam involves using both arms to go the entire length of your body. Lift ropes above your head and down to the ground to create waves. When completing exercises with ropes, it will be helpful to practice with a jump rope and to place something heavy at the end so the ropes do not go elsewhere.



## Pillows or Couch Cushions

Pillow and couch cushions can become the perfect alternative for practicing balancing exercises. Pillows and couch cushions are more difficult to stand on because of the stuffing inside. Your body will have to work harder to

### Research it at home!

There are multiple variations of exercises with ropes. Research rope exercises to determine which one may best suit you and your fitness needs.

Look up how to complete these variations to gain a better idea of how to complete the exercises properly.

maintain stability. Completing push up, squats and balancing on one foot on either side are all good exercises to try on a pillow or couch cushion. To increase difficulty, try and find firm pillows or stack pillows and cushions so your body is forced to find its balance.

### **Backpack**

A lot of different items can fit in a backpack which can create a decent amount of weight to be distributed throughout the body. By filling your backpack with books or canned foods and wearing it around your house while completing chores, this can allow for muscles to be strengthened in your legs, hips, upper and lower back.



### **PVC Pipe (Also known as Slosh Tube or Slosh Pipe)**

A PVC pipe can be an excellent fitness tool that forces you to stabilize the pipe if filled with water or sand. By capping one end of the pipe, water or sand can be added to the center. Place the second cap on the opposite end to close it. You will have to work hard to try and stabilize the moving fluid inside the pipe. This can be a great workout for your entire body.

### **Towels**

Towels can be a great exercising tool to use for strengthening muscles and assisting with your flexibility. There are a variety of ways to incorporate exercises using towels into your fitness program which are suitable for all fitness levels. Besides using towels to exercise, they can also make great exercise mats when off of a smooth surface.

Some of the exercises that can be incorporated include:

#### **Heel slide**

Sit down on the floor with legs straight and torso straight. Grab the towel at each end and place the loop around your heel. Slowly slide your heel towards you and repeat.



#### **Straight Arm Overhead Creating Resistance**



Straighten your arms over your head while holding both ends of a towel in each hand. Keep your arms straight and over your head, pull with each hand as hard as you can to create resistance. Hold this for several seconds, release and repeat. To increase difficulty, try completing this in different areas.



## Shoulder Hold

Twist a large towel and step onto one end of the towel with your right foot. Grab the other end with your right hand, palm and arm facing down. Keep feet slightly apart and bend knees. Raise your right arm up until it has reached shoulder height. Hold for 30 seconds, switch sides and repeat.



## Ankle Strengthener

Sit down on the floor with legs straight and torso straight. Hold both ends of the towel and loop it around the ball of your right foot. Bend the left knee and try and keep the right leg straight. Pull your right foot towards you with the towel and slowly point your toes so the ball of your right foot is facing the floor. Hold for 30 seconds, switch sides and repeat.

## Basketball

Using a basketball can be used in exercises instead of using a medicine ball. A basketball adds some weight to exercises which allows an individual to increase the intensity of their workout. Some exercises that can be used with a basketball include lunges with overhead press, lunges with twist, basketball push-ups, shoulder press and sit ups with basketball.

## Doorframe

A simple exercise that can be completed in almost any indoor location involves a doorframe. Stand in the middle of a doorframe with your arms extended to the right and left side. Press on each side of the doorframe as hard as you can while keeping your hands flat. This exercise works the shoulder, biceps and triceps muscles.

## Look it up!

Look up different exercises that involve a medicine ball.

Determine which exercises may work the best for you and would like to try. Try these exercises during this section of the meeting.



## Stairs or a Sturdy Stool

Finding a step in your home can dramatically strengthen your calf muscles. Using a stair or sturdy stool, step on your tiptoes and lower your heels. Your calves will quickly become defined. Complete this as many times as you desire. This exercise can also be completed on the ground and can help with a person's balance.



## Chair

There are a variety of exercises that can be completed in a chair. These exercises are great in accommodating for all needs and abilities. Some upper body exercises include chest expansions, side arm raises, dives, arm circles, overhead punches, and side punches. Exercising with chairs can be used as supports as well as changing the way we look at different exercises like planks, push-ups and jumping jacks.

Some exercises that can be practiced in a chair include:

- Seated Jacks
- Leg Lift and Twist with Chair
- Hinge and Cross arm with Chair
- Chair Running
- Chair Squat
- Incline Push Ups with Chair
- Plank Knee Cross
- Standing Hydrant Kickback with Chair
- Standing Side Crunch
- Standing Leg Raise with Chair
- Standing Seat Taps

## LIMITED MOBILITY FITNESS

The benefits of exercise can be shared with all abilities and is not restricted to those individuals who have full mobility. If injury, disability, or illness has contributed to limiting a person's mobility, this can give individuals more of a reason to participate in exercise so they can experience the mood-boosting effects that exercise has to offer. Exercise can ease depression, relieve stress and anxiety, enhances self-esteem, and improves confidence and a person's outlook on life.

## TYPES OF EXERCISES FOR LIMITED MOBILITY FITNESS

All types of exercise offer health benefits. There are plenty of ways to overcome mobility and a variety of exercises that can be completed that accommodate a person's needs and mobility. Some types of exercises may be easier than others depending on the person's situation. Cardiovascular, strength training and flexibility exercises are all possible for individuals

### Look it up!

Look up how to complete these different chair exercises.

### Do it!

While looking them up, do the exercises and determine which ones work best for you.

### Talk about it!

What are some exercises that can be used to accommodate all mobility levels?

Why is fitness for all so important to incorporate into daily life?

with limited mobility to participate in and can be changed by completing exercises in a chair. The aim should be to incorporate three different types of exercises into your routine where possible.

### Cardiovascular Exercise

A cardiovascular exercise that is great for individuals with limited mobility is water aerobics and “aqua jogging”. Many individuals who experience mobility issues are able to exercise in the water comfortably. This is beneficial for most people because the water supports the body and reduces the risk of muscle or joint discomfort. Even individuals who may be confined to a wheelchair can still be able to participate in some kind of water fitness which can increase endurance and get a person’s heart pumping.

Some additional examples of cardiovascular exercises that can be completed include:

- Bed Dancing/Chair Dancing/Ball Dancing
  - Sit in bed or on a chair and move! Dance by waving your arms, wiggle your hips, make figure eights, bounce, tap your feet and have fun!
- Roller Chair Workout
  - Use your arms and legs to move yourself around a given area without carpet.



### Strength Training

Exercises involving weights and resistance assist in building muscle and bone mass. This helps to improve balance and prevent falls from occurring. If a person has lower mobility in their legs, then the focus will be on exercises involving an individual’s upper body.

Some exercises for the upper body can include:

- Shoulder raises – bringing arms out to the side, to the front and then back to the side before dropping your arms to your side.

#### Do it!

Complete some of these exercises in a chair throughout this section.

#### Talk about it!

How can you make your favourite exercise accessible for all abilities?

#### Research it!

Research exercises that you are unsure of how to complete properly and as a group, demonstrate this in the meeting.

- Bicep curl
- Wrist curl
- Shoulder presses
- Arm circles

If an individual experiences a shoulder or arm injury, the individual should be focusing on exercising the lower body. Some exercises for the lower body can include:

- Leg extensions – extend the leg and flex your foot on each side.
- Knee ups
- Seated Fire Hydrant - move your leg to the side with knee bent. Make sure core is straight and not twisting throughout the exercise.
- Straight leg lifts



### Flexibility Exercises

These exercises can improve a person's range of motion, reduce pain and stiffness throughout the body. Completing stretching exercises and yoga can assist with alleviating some of the stiffness and pain. This can strengthen the muscles and prevent muscle atrophy.

Some exercises that can assist with a person's flexibility include:

- Stretching with arms overhead – reaching for the ceiling
  - o Lean on each side and forward to increase stretch

Holding arms straight out to the side

- Hold arm straight out in front of body

### Look it up!

What is muscle atrophy?  
When you have the answer, share the answer with the group.

- Neck - Side Bends and Extension
- Cross-Chest Stretch
- Triceps Stretch
- Torso Twist
- Back Arch
- Shoulder Rolls and Shrug
- Wrist Extensor Stretch
- Prayer Stretch

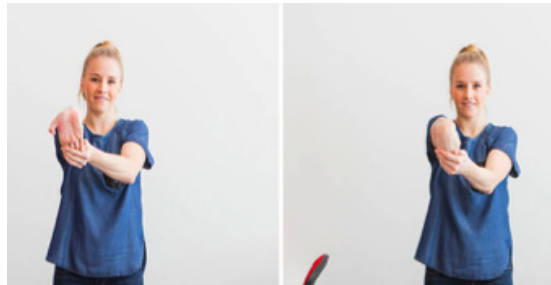
### Talk about it!

What other stretches can you think of that can be accessible for all abilities?

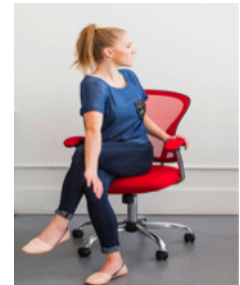
Are there any stretches that you complete that can be helpful in this situation?



Stretch with Arms



Wrist Extensor Stretch



Torso Twist

### Set Yourself Up for Success

Always ensure you have been given medical clearance. This can be extremely important for those individuals who experience limited mobility due to an injury. It can be easy to reinjure yourself when an existing injury is already present. In this case, fitness can sometimes make the injury worse. Therefore, it is important to talk to a doctor or physio therapist about activities that are suitable for you and your fitness program.

### WHY IS INCLUSION IMPORTANT?

Inclusion allows all individuals to be included in activities and all other aspects of life. Inclusion is referred to as meaningful participation where all participants are accepted and supported by others. A program that is inclusive has the following elements present.

- Activities should be modified and individualized as necessary.
- Expectations are realistic.
- Assistance is provided if necessary.
- There is dignity-of-risk and choice available.

### Reach out!

Have a physiotherapist come into your meeting and discuss the importance of knowing what is right for each person's body.



Inclusion is important because it ensures all individuals are included and able to participate in all group and individual activities. An individual's disability does not define who the person is, therefore it is important to ensure all individuals are able to participate in activities that they choose. There should be a variety of activities and exercises that individuals are able to participate in to ensure the environment is fully inclusive where all people can be involved.



## PUTTING YOUR PLAN INTO ACTION

When your personal fitness program has been constructed, it's time to begin thinking about how to put your plan into action. It is important to ensure that your program is created with the concept of maintaining a fitness routine for life is considered. Some strategies that can be used to ensure your personal fitness program is successful are listed below.

### Start Slowly and Increase Fitness Gradually

Having unrealistic expectations from the beginning on your body can have negative impacts on your success of your fitness program. The first step of any fitness program should be to break the pattern of inactivity. Therefore, exercises need to occur slowly in order to prevent discouragement from occurring when discomfort is felt and the potential of injury is increased. Your body needs time to adjust so starting slowly is the key to becoming successful from the beginning of your program. In fitness, achieving small improvements will result in substantial gains which will allow you to slowly increase the duration, frequency and intensity overtime.

#### Communicate it!

How do you think you will start off your personal fitness program?

What is one exercise that you are good at and enjoy?



### Find an Exercise Buddy

Exercising with a friend allow for social elements to be incorporated within your fitness program. This can make fitness more enjoyable and can increase your chance of sticking with your program. Your partner should be at the same fitness level and should have very similar goals. However, this does not mean that a friend needs to be integrated into every element of your fitness program. Having an exercise buddy can allow you to complete certain exercises with a friend and other exercises by yourself.

### Vary your Activities

Finding a variety of activities that you enjoy can help with keeping your personal fitness program interesting and more fun over the long term. Having multiple activities and exercises allows for diversity to be developed for your fitness routine daily. This can include changing

aerobics classes, changing cardiovascular fitness from running to biking or another activity, changing music for aerobic dance class and trying different variations of stretches and muscle training.

Having many different activities in your personal fitness program can assist in building your fitness level, allows you to determine your strengths and limitations, as well as helps to prepare you for a wider range of activities and physical challenges in the future. Changing activities can lower your chances of becoming injured by overtraining one area. This can be demonstrated by choosing different activities on different days or by alternating activities throughout your workout.



### Cycle the Volume and Intensity of your Fitness Routine

Throughout your fitness program, it is important to vary the intensity of your fitness routine. This can help improve your fitness levels faster and can change your fitness program to make it more enjoyable for you. However, this strategy should only be used for those individuals who have a higher level of fitness compared to a beginner who is just starting. Having a higher level of fitness when using this strategy allows time for you to

be aware of your limits and recognize the highest amount of intensity that should be added at any given time for your body. This limit will fluctuate as you improve your fitness level.

### Adapt to Changing Environments and Schedules

It can be difficult to include physical activity when a person's schedule changes. Physical activity is an important for your energy levels, self-esteem and overall well-being. Therefore, some kind of physical activity should be incorporated sometime during your day. Easy exercises to complete on busy days can include walking or going up and down the stairs.

#### Talk about it!

How can you try and mix up the different activities in your fitness program?

What can you do in order to add variety?

#### Share it!

How can you include your fitness program into your changing or busy schedule?

How can you adapt to changing environments?



### Expect Fluctuations and Lapses

Some days you exercise will be better than others. This is completely normal and is important to ensure you are pushing through to complete your scheduled exercises for the day. Progress can constantly fluctuate which can make you feel guilty or discouraged. However, it is important to push through these tough fitness days and work towards your fitness program knowing that this is part of the process.

# DIGGING DEEPER

## For Senior Members

### Fitness is Fun!

Participating in fitness does not always have to entail completing exercises in the home environment or at a gym. There are a variety of areas where fitness can take place. Sometimes we may not even realize we are participating in fitness because it is a fun activity that is usually not associated with fitness and exercise. Adding activities that may not conventionally be considered fitness activities can increase a person's enjoyment of exercising when different environments are involved. Challenge yourself to complete activities that can occur outside the basic realms of fitness. It is still important to include cardiovascular, strength training and flexibility exercises, however, think outside the box when determining variety within your fitness program.

Some examples of activities can include:

- Rollerblading
- Ice skating
- Dancing
- Miniature golf
- Bowling
- Swimming
- Washing a car
- Shopping
- Hiking and exploring multiple outdoor areas (forest trails, etc.)
- Roller skating
- Touring zoos, museums, downtown areas, attending local fairs and festivals
- Playing at the park with your dog
- Riding your Bike
- Participating in a Fitness Class

Although some of these activities can involve minimal exercise, try and choose options that allow you to participate in fitness when needing to reach your desired destination. For example, ride your bike or rollerblade when going to a local fair to maximize the amount of fitness that you are completing for the day. These activities can be a part of your rewards for the achievement of reaching your mini-goals and can be used to create variety to your personal fitness program.



Challenge yourself to participate in one of these activities on a weekly basis. Research some additional activities that may be of interest to you and include these in your personal fitness program. Make a list of the activities that you have researched and record why this activity might be a good fit for you in your program. Record your findings in your record book and be prepared to share during the next meeting.

NOTE: If time permits, this information could be covered during regular meeting time with all members.

## ACTIVITY # 17: BACK TO BACK

DO	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– None!</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Ask for two volunteers to start this game.</li> <li>– Once two members have been chosen, explain to members that they are to sit on the floor and must try and get to a standing position without using their hands.</li> <li>– To begin, have two members’ link arms while sitting on the floor back to back. Members can start when they are in this position.</li> <li>– When two members have completed this activity, keep adding one more person every time the group stands up successfully.</li> <li>– See how many people you can get doing this task successfully before the task becomes too difficult for members.</li> </ul> <p><b>Special Notes:</b></p> <p>Ensure accommodations are being made for all members if needed. Activity may need to be changed slightly in order to allow everyone to participate fully.</p>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To allow members to recognize the importance of teamwork and to determine their own strength when accomplishing a task. This can assist in displaying member’s strengths and areas of improvements with strength training.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– How has this activity assisted in recognizing your strengths and limitations?</li> <li>– How can this group activity be applied into your own individual fitness program?</li> <li>– What has this activity demonstrated for you regarding your own strength?</li> </ul>

Activity Source: <http://www.thesource4ym.com/GAMES/default.aspx?Search=Point>

## ACTIVITY # 18: BALLOON SMASH

DO

**Time:** 10-15 minutes

**Materials/Resources:**

- Balloons
- Paper
- Writing utensil (pen/pencil)
- Equipment for exercises (dependent on exercises)
- Headings for Categories

**Instructions:**

- This activity can be completed in small groups or individually (dependent on how many members and your preference)
- To begin, give each member/team 6 balloons.
- In each balloon, there will be a piece of paper inside with a different exercise on it that members will need to work with for the activity.
- Members will need to begin by popping their balloons. Balloons must be popped one at a time.
- Once they have popped their first balloon, members will run, jump, crab walk, or run with high knees over to the area where the categories are. Categories include strength training, cardiovascular exercises and flexibility training.
- Members can pop their next balloon and complete this process until all balloons have been popped and all exercises have been placed into a category.
- Next, members can look at the exercises that are presented to them and determine which order they would like these exercises to be in.
- Members will then reorganize these exercises (pieces of paper) and complete the exercises in the order they created to finish the activity. Only 4 exercises will need to be chosen.
- This will assist in showing them how certain exercises can fit together when completing their own personal fitness program.

**Special Notes:**

Include exercises that are accommodating for everyone. Have lots of variety so there are many options for members.

Member's personal fitness program may include many more exercises. However, this activity is used to demonstrate what a fitness program may look like and the different components that are important to incorporate throughout.

<b>REFLECT</b>	<b>Learning Outcomes:</b> To allow members to gain a better understanding of how to combine exercises to create a fitness program.
<b>APPLY</b>	<b>Processing Prompts:</b> <ul style="list-style-type: none"><li>- Was this activity effective in assisting how to combine different exercises? Why or why not?</li><li>- How was the FITT Formula applied to each exercise throughout the activity?</li><li>- Was this activity helpful?</li></ul>

## ACTIVITY # 19: FITNESS ALPHABET

DO	<p><b>Time:</b> 15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Writing utensils (pen/pencil)</li> <li>– Lined/Blank Paper</li> <li>– Timer</li> <li>– Equipment for different exercises that may be listed.</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Have members write the alphabet on the left side of the page.</li> <li>– Members can work individually or in pairs for this activity.</li> <li>– Have members make a list of exercises that starts with each letter of the alphabet A-Z.</li> <li>– Time the activity to make this activity more competitive.</li> <li>– If timing the activity is not suitable for all members and abilities, do not set a strict time limit.</li> <li>– The first member/pair that has completed their fitness alphabet should complete these exercises that they have listed to the best of their ability.</li> <li>– Alternative Option – get members to spell their name and complete the given exercises that go with each letter.</li> <li>– The first member/pair that has completed their fitness alphabet and participated in the exercises, wins the game.</li> <li>– If members are struggling to find exercises that fit with some letters, it is acceptable to leave 5-7 letters blank.</li> </ul>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To allow members to recognize a variety of exercises that can be used in their personal fitness program.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– How can this activity serve as a review for the different exercises discussed throughout meetings?</li> <li>– Was this activity too difficult, too easy? Explain.</li> <li>– Do you feel ready to construct your own personal fitness program?</li> </ul>

## **ACTIVITY # 19: SAMPLE FITNESS ALPHABET**

A – Arm Cycling, Arm Circles, Airplane Pose, Arm Stretches, Aquatic Aerobics Class

B – Butterfly Stretch, Back Extensions, Bridge, Bicep Curl, Bear Crawl, Bicycling

C – Calf Stretch, Crunches, Cross Crunches, Cycling, Cone Drill, Crab Walk

D – Dancing, Dynamic Stretches

E – Elliptical Exercise, Explosive Jumps

F – Fencing, Front Lateral Raises

G – Golfing, Gymnastics, Glutes Stretch

H – Hamstring Stretch, Hip Flexors/Extensors, Hurdle Drill, High Knees (Running)

I –

J – Jogging, Jumping Jacks, Jumping Rope,

K – Kickboxing

L – Leg Raises, Lateral Raises, Lying Abdominal Stretch, Lunges, Ladder Drill

M – Mild Back Stretch, Mountain Climbers

N – Neck Extension

O – Oblique Crunches, One-Legged Deadlift

P – Push Ups, Planks

Q – Quadriceps Stretch

R – Running, Rollerblading, Rope Exercises, Reverse Crunch

S – Sit Ups, Side Planks, Squats, Skating, Squat Jumps, Swimming, Stair Climbing

T – Triceps Stretch, Tuck Jumps, Toe Touches

U – Upper Calf Stretch, Upper Body Exercises

V –

W – Wall-Sits, Walking, Water Aerobics/ Water Walking

X –

Y – Yoga Class/ Exercises

Z – Zumba Class

## ACTIVITY # 20: DEVELOP YOUR OWN PERSONAL FITNESS PROGRAM

DO	<p><b>Time:</b> 15 – 20 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Worksheet</li> <li>– Writing utensils (pens/pencils)</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Ask members to begin filling in their personal fitness plan.</li> <li>– This activity should be completed individually.</li> <li>– Give time for members to fill out their template. Some members may need more time than others.</li> <li>– Briefly mention how proper safety precautions and the primary and secondary components of fitness should be included.</li> <li>– Review that exercises should be added that captures member’s interests and those that they find enjoyable.</li> <li>– Encourage members to be creative and to use exercises that are going to work best for them!</li> </ul> <p><b>Please note:</b></p> <p>This activity can also be used as a take home activity. This can be beneficial to allow members to research additional exercises and think about what they might want to include.</p>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To allow members to assess their interests and develop their own personal fitness program.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– How can you know whether or not your personal fitness program is going to work?</li> <li>– Can your personal fitness program always be changed?</li> <li>– How was this template helpful for you in developing your personal fitness program?</li> </ul>

**ACTIVITY # 21:  
GUEST SPEAKER – PERSONAL FITNESS TRAINER**

<b>DO</b>	<p><b>Time:</b> 30 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Dependent on exercises/personal trainer</li> <li>– Everyday household items for weights</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Ask personal trainer to try and incorporate exercises that have been discussed throughout the meetings so far.</li> <li>– Focus on completing exercises safely and correctly.</li> <li>– Fun, interactive exercises to keep members interested, motivated and involved in their personal fitness programs.</li> </ul> <p><b>Special Notes:</b></p> <p>Ensure all members are being included. When choosing a personal trainer to come into the meeting, make sure the exercises being taught are accommodating for all abilities.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To provide members with information on how to properly and safely complete exercises. This demonstration should also provide members with a variety of fun and different exercises that can be completed at home with household items.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Was this demonstration helpful?</li> <li>– Did you gain a different perspective on physical fitness and the different exercises that are available to you?</li> <li>– How was this experience for you?</li> </ul>



**ACTIVITY # 22:  
PEANUT BUTTER AND BANANA ON RICE CAKES**

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>- 1 tbsp. peanut butter (Substitute Sunflower Butter)</li> <li>- 2 Brown rice cakes</li> <li>- ½ Banana</li> <li>- Plastic knives</li> <li>- Paper plates</li> <li>- Bowls</li> <li>- Napkins</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>- Set out rice cakes, peanut butter and cut up bananas. Serve and enjoy!</li> <li>- Members can now make their easy healthy snack.</li> </ul> <p><b>Special Notes:</b></p> <p>This recipe contains peanut butter! Be aware of allergies or food sensitivities that may be present within your group.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to another healthy snack that they can eat once they have completed exercising.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>- Was this healthy alternative of using rice cakes effective instead of using bread?</li> <li>- What are some other healthy snacks that you like to enjoy after exercising?</li> </ul>

## REFERENCES

- Active Living Alliance for Canadians with a Disability – All Abilities Welcome
- Foundations of Professional Personal Training – Can-Fit-Pro (textbook)
- [http://highered.mheducation.com/sites/dl/free/007087753x/447909/fah7753X\\_ch08.pdf](http://highered.mheducation.com/sites/dl/free/007087753x/447909/fah7753X_ch08.pdf)
- <http://www.cosmopolitan.com/health-fitness/advice/a32196/items-that-work-just-as-well-as-weights/>
- <http://www.rodalewellness.com/weight-loss/diy-at-home-fitness-equipment>
- <https://www.verywell.com/everyday-items-workout-use-85820>
- <http://www.helpguide.org/articles/exercise-fitness/chair-exercises-and-limited-mobility-fitness.htm>

## MEETING 5: ALTERNATIVE METHODS OF FITNESS

### Setting Objectives:

To provide members with information on aquatic fitness, how aquatic fitness can be inclusive for everyone as well as incorporating technology into a member's personal fitness program.

### Suggested Lesson Outcomes

- For members to be introduced to different elements of aquatic fitness and a variety of exercises that can be completed in the water.
- Members should have a good understanding of how to incorporate technology into their personal fitness programs through apps.
- Members should have a good understanding of how to incorporate fitness, nutrition and technology into their personal fitness programs.

### Reference Material in this Section:

- Aquatic Fitness
- Basic Safety – Equipment and Safety Procedures
- Inclusive for Everyone and Different Water Exercises
- Technology and Fitness
- Health and Fitness Apps
- Nutrition and Technology

### Activities:

- Field Trip – Participate in an Aquatic Fitness Class
- Gaming Stations – Wii Fit, Wii Sports, Dance Dance Revolution, Just Dance, Zumba
- Twister to Upbeat Music
- Sworkit App – Complete Workout as Group
- Guest Speaker – Registered Dietician – Sports Nutrition
- Nutritional Component – Turkey and Cheese with Apple Slices

**Sample Meeting Agenda – 2 hours, 15 minutes**

Welcome, Call to Order & Pledge		5 min
Topic Information Discussion	Review all of Aquatic Fitness Section	15 min
Activities Related to Topic	Activity # 23 - Field Trip – Aquatic Fitness Class	35 min
Topic Information Discussion	Review Technology and Fitness	5 min
Activities Related to Topic	Activity # 24 - Gaming Stations or/and Activity # 25 - Twister with Upbeat Music	35 min
Topic Information Discussion	Review Health and Fitness Apps, Nutrition and Technology	10 min
Activities Related to Topic	Activity # 26 - Sworkit App and/or  Activity # 27 – Registered Dietician – Sports Nutrition	25 min
Wrap Up, Adjournment & Social Time	Activity # 28 – Turkey and Cheese with Apple Slices	5 min
At Home Challenge	Choose one of the At Home Activities found throughout this meeting	

## AQUATIC FITNESS

### Aquatic Fitness Defined

Aquatic fitness refers to activities that are completed in the water and promote physical and mental fitness. This type of fitness is inclusive for everyone and can allow for all types of individuals to participate in fitness that may be more challenging or impossible outside of the water. The amount of intensity should vary depending on the person's exercise level and abilities. However, the main emphasis for individuals should be based around continuing regular physical activity at levels which should be included throughout a person's lifestyle.

Many health-related components of fitness are enhanced with water fitness and the resistance of water increases muscular strength and endurance training. Depending on the movements that individuals are trying to do, sometimes it can be more difficult to move because of the resistance in the water. However, this results in benefits for the cardiovascular system and overall strengthens the muscles throughout the body when movement in the water occurs. On the other hand, the effect of buoyancy and



the lack of gravity can help with a person's flexibility which allows your flexibility to improve in the water. Therefore, muscles continue to be stretched by resisting the water's ability to make people float. Weaker muscles are automatically worked more in the water and the lack of gravity can allow for muscles to be more balanced throughout the body overall. Therefore, there are many benefits to water fitness that can be an advantage for all individuals of all ages.

### Talk about it!

Do you think aquatic fitness is inclusive for everyone? Why or why not?

What are some of your experiences with aquatic fitness and swimming?

## BASIC EQUIPMENT FOR AQUATIC SAFETY

The six elements for exercising safely should still be applied while participating in water fitness. Some equipment that can be used to encourage safety and prevent injury while participating in water fitness can help people with completing exercises in the water. There are three pieces of equipment that is important to consider listed below.

### Webbed Gloves

Webbed gloves can be used for extra support and balance. These gloves can be used to help people move their hands more effectively when changing directions or to adjust body positions during water fitness routines. These gloves are made in both a soft and stiffer material so participants can choose the level of support they prefer. Water gloves can help prevent people from falling or slipping and injuring different parts of their bodies.



## Water Shoes



If you choose to participate in water fitness as part of your fitness program, shoes should be considered for safe footing on the pool deck and in the water. Shoes allow for more traction and provides cushion for the foot for comfort. Shoes should not be worn in deep water because it can drag people down; however, it is a great idea for shallow water. Shoes are important when individuals complete step work because it will provide grip and toe protection. Furthermore, shoes can prevent people from slipping on the pool deck, losing their grip in the pool as well as providing extra protection for your feet.

## Fitness Apparel

Participants need to have proper clothing when participating in water fitness. Apparel should be comfortable and have the freedom to move. Wearing tight swim attire will make you feel more comfortable as well as will stay on you while exercising. This can help prevent strings from being exposed and in the way of your exercise routine.

### Experience it!

Visit a community pool and watch a water fitness class or sign up for one!

## SAFETY PROCEDURES AROUND THE POOL

There are numerous hazards that can come apparent when dealing with aquatic fitness. People need to be aware of their swimming abilities before deciding to complete an aquatic fitness program. Listed below are some brief guidelines about pool safety in order to assist in making the pool a safe place for everyone.

### Always Swim with a Buddy!

It can be hard to know whether an individual is a strong swimmer or not. Anything can happen; therefore, it is important to make sure people never swim alone and always swim with someone in case of an emergency. This can prevent a person from getting injured and not receiving the help they need. Additionally, this can also help if a person is drowning because the buddy can assist in saving the individual and call for the necessary help.

### Talk about it!

Have you ever witnessed someone get hurt by the pool?

Could this have been prevented?

### Never Run on the Pool Deck and Keep it Clear!

The pool deck can often be slippery with people getting in and out of the pool. Therefore, it can be extremely dangerous to run or walk quickly on the pool deck. By walking carefully, this helps prevent individuals from falling and slipping which avoids a variety of injuries to a person's body. This can also prevent a person from falling on their head which can lead to a person cutting their head open or giving

Share your experiences of pool safety and why you think this is so important.

themselves a concussion. These are serious conditions that should be avoided at all cost by taking the necessary precautions.

### **Children and Youth Should Always be Supervised!**

Many drownings happen because children and youth are not supervised effectively. Therefore, always ensure children are supervised at all times to avoid serious injury or even death from occurring.

### **Always have a First Aid Kit, a Phone and Floatation Device Available!**



In case of an emergency, a first aid kit should be available in order to help deal with minor injuries accordingly. This can help an individual until they are able to see a doctor or paramedic. A floatation device needs to be available in case someone is struggling in the water and needs to make it back to safety quickly. This can help prevent an individual from drowning. A phone should always be close in case emergency professionals

need to be called to help a situation.

### **AQUATIC FITNESS – ACCESSIBLE FOR EVERYONE**

A variety of diverse populations can benefit from physical activity being performed in the water. Aquatic fitness is a great way for individuals to stay active who may experience a chronic illness or a disability. Tasks that may seem impossible on land for individuals to complete can become possible in the water. This opens a range of possibilities for many individuals experiencing an illness or a disability and introduces all individuals to an alternative method of exercising that can be beneficial for everyone. Aquatic fitness can become a great way for individuals with limited mobility to participate in physical activity as well as working towards helping an individual who is injured build back their strength and endurance. Many individuals choose to participate in aquatic fitness because the body is unable to sustain the impact of intense exercise on land but still want to be fit and participate in physical activity.

Water fitness can be a great element for any individual to include into their fitness program. This type of fitness allows for a different setting to be explored and can enhance the variety of exercises throughout an individual's fitness routine.

When determining a fitness program in the water, it is important to remember your physical capabilities. Constructing a program that is going to meet your interests, needs and

#### **Research it at home!**

What are some water exercises that you think you will enjoy?

Research some water exercises and determine which ones may work the best for you.

Think about how you can include water fitness into your personal fitness program and why this may be important?

Find a variety of exercises that you enjoy. This can be anything that involves physical activity in some way. Write down these exercises and be prepared to share them next meeting with the group.



abilities will assist you in moving forward with your fitness program. Therefore, using floatation devices and stationary objects like docks when needed can increase your comfort levels and lower the chances of you becoming injured.

Aquatic fitness can become a way for an individual who experiences limited mobility to participate in a lifelong fitness program that holds value inside and outside the pool. All types of fitness have

benefits and can increase a person's overall fitness levels and well-being. Individuals with limited mobility can gain and maintain muscle strength and endurance and works towards independence in all aspects of life. Being in control of your own fitness program is crucial in order to make gains and accomplish goals.

### **Cardiorespiratory Resistance**

Cardiorespiratory training can be achieved through swimming activities involving large muscle groups of the legs and arms. These exercises should be maintained for approximately 20 minutes. An individual should always have a general idea of what they would like to accomplish during their aerobic workout. The FITT formula can be applied by the individual completing the water aerobics exercises and maintained at an intensity that is sustainable for a person's body.

### **Muscular Strength and Endurance**

All individuals need muscular strength and endurance in order to achieve daily activities. Strength and endurance assist in improving a person's posture and helps prevent injuries by making muscles stronger. Muscular strength exercises can be completed with supports including floating rafts, pull buoys, floating barbells, pool noodles, beach balls, hand paddles or fins as well as webbed gloves.

### **Flexibility**

Aquatic exercise can greatly increase an individual's range of motion of a person who experiences limited mobility. Water fitness is excellent for allowing movement to occur that may be limited on land due to an illness or disability. Increasing a person's range of motion can be completed by choosing exercises that can be done in deep water so more body parts can be kept under water and movements can slowly be controlled easier by the individual.

#### **Look it up!**

What are some cardiorespiratory exercises that can be completed in the water?

#### **Share it!**

Share your findings in the group and demonstrate the motions of completing the exercise correctly.



## WATER EXERCISES

Water aerobics can be performed in both shallow and deep water. Shallow and deep water exercises both have their own benefits that can contribute and enhance an individual's personal fitness program.

### Shallow Water Exercises

Some basic exercises that can be completed in shallow water include walking, kicking, rocking, jogging, jumping, and scissors. These exercises allow individuals to touch the bottom of the pool while participating in these basic exercises and get individuals moving. Using supports where necessary is important in order to ensure a person's safety and to avoid injury.

There are three positions that can create variation while trying to complete aquatic exercises. These include rebound position, neutral position, and extended position. These positions can allow for a variety of different exercises to be performed and contributes to different elements such as buoyancy, gravity, resistance, impact can be enhanced or decreased.

#### *Rebound Position*

The purpose of the rebound position is to press forcefully off the bottom of the pool vertically which will increase the effects of gravity, speed, form drag, inertia, turbulence and impact. To increase intensity and speed with this position, exert more power.

#### *Neutral Position*

Individuals lower their body into the water to enhance buoyancy and to assist in making horizontal movements more effective.

#### *Extended Position*

Individuals stand tall ensuring that they are working with a normal posture.

### Sample Shallow Water Workout

#### Warm-Up

- Start off by walking for 3-5 minutes. Then complete high knees for another 3 minutes and proceed to the rest of the exercise routine.

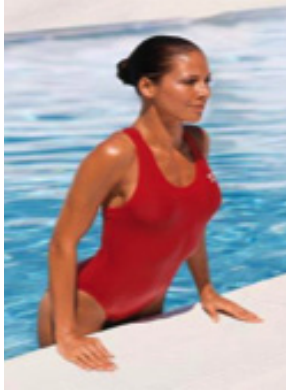
#### Research it!

Research some shallow and deep water exercises that interest you and determine how these exercises might fit into your own personal fitness program.

#### Do it!

Research some of these exercises and demonstrate what you think these exercises might look like.

Participate in these water fitness exercises on land and determine what differences might be present if they are completed in the water.



### Dips

Place palms flat on the pool edge. Do a little hop and raise yourself up as high as you can by straightening arms. Hold position for a few seconds and lower yourself back down. Keep elbows close to your body when lowering and repeat as many times as you desire.

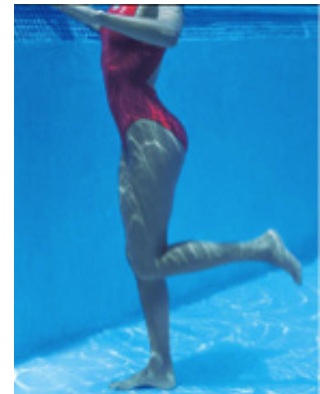
### Arm Curls

- Stand with feet turned out and legs apart so that shoulders are slightly submerged into the water. Palms should face chest while starting and fingertips should touch.
- Extend arms out to the side so palms face forward and arms are parallel to the bottom of the pool. Bring arms back to the original position and repeat as many times as desired.



### Leg Curls

Stand with legs together. Extend arms to hold onto the edge of the pool for balance. Bend left knee and try to touch your heel to your butt. Lower your leg and repeat as many times as desired.



### Jumps

- Stand with legs apart and squat low so shoulders are underwater. Keep arms out to the sides for balance. Jump straight up, placing arms by your side and bringing legs together. Land in starting position and repeat.

### Scissors

- Lean your back against the pool wall and hold onto the edge for support. Raise legs so you are almost in a seated position and spread legs as wide as possible.
- Bring legs together and cross left leg over right. Open back up to the starting position and repeat on the other side. Complete as many times as desired.



## Cool Down

- Finish your routine walking and rocking from side to side to end of series of exercises.

## Deep Water Exercises



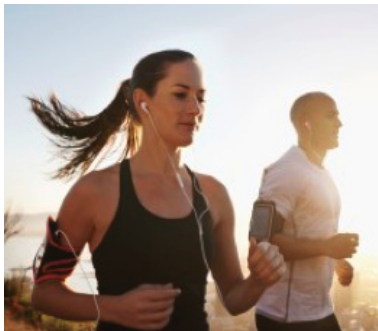
Some basic deep water exercises that can be incorporated into your personal fitness program can include jogging, jumping jacks, running (backwards and forwards), bicycle pumps, kicking (forward, side to side and behind), lateral raises, chest presses, rowing, and scissor kicks. These moves become possible with a floatation belt so movements can be performed in a very similar way as in shallow water. Deep water exercises can become a great way for individuals to use creativity while moving their legs. People are given the opportunity to choose a variety of different kicks that works for them and will still give the individual a good leg workout in the process.

## TECHNOLOGY AND FITNESS

Technology can often be blamed for the increasing rates of inactivity among children, youth and adults. The negative side of technology and fitness is often highlighted before the different positive aspects are presented in the media. However, there are numerous ways that technology can assist in improving a person's fitness program and help individuals reach their personal fitness goals in an efficient manner. In today's society, people are often driven by technology in many different aspects of their life. Therefore, it is important to consider incorporating technology with your fitness program because of the benefits it can offer.

### How can Technology Improve your Fitness Levels?

Technology can contribute to an individual becoming active and wanting to participate in physical activity. With technology today, there are a variety of ways that iPods, smartphones and apps can assist in making exercising easier and more efficient. Technology can be a great support for you when trying to reach your goals for your fitness program and can contribute to achieving desired results. Technology can improve fitness levels by encouraging motivation, planning to be involved as well as to improve current health levels.



### *Motivation*

Music can be a great motivator for many people when participating in physical activities. Listening to music can get rid of boredom that may be experienced if complete silence is present during a workout. Creating a music playlist and incorporating this into your fitness program can assist you in

### Talk about it!

What are some benefits that you think technology can offer you for your fitness program?

Have you ever used technology to participate in physical activity? Describe your experience.

keeping a steady pace as well as push you to reach your full potential for any given exercise you choose to partake in within your routine.

Social media can allow individuals to find motivation from other users on Facebook, Twitter or making yourself accountable with family and friends. This can serve as a constant reminder of what your fitness goals are and what you can do to achieve them in a timely manner. However, it is important to remember that social media should not be your driving force to accomplishing your goals, these needs to come within an individual with limited influences from outside sources.

### *Planning*

Many people have busy schedules which becomes an excuse when people are deciding whether or not they should start a fitness program. Using apps and technology revolving around scheduling can demonstrate that it is not hard to find time to include fitness into a person's life. It is important to set a time each day to dedicate to participating in exercise which in turn will help an individual achieve their goals. This time frame will become a part of a person's daily routine once this has been completed for a few weeks. Therefore, setting a particular time for you to participate in exercise will increase your well-being, improve your quality of sleep, and reduce stress levels.

### *Health Check*

With the increase of technology, more individuals are choosing to use health apps to track the amount of steps taken, to check heart rate, quality of sleep, stress levels, and different nutrition components of a person's diet. Having apps that assist in measuring levels can increase a person's motivation for change and make a person realize what they need to improve for maximum results to be achieved to become closer to reaching a person's fitness goals.

### **How can the Use of Technology Encourage Fitness?**

Technology continues to be an active part of people's everyday lives. In today's society, technology and fitness can become an important part of exercising and can provide people with the motivation they need to move forward and reach their overall goals. Technology can encourage fitness by allowing the tracking of heart rate, food intake, water intake, and step counters to be tracked by apps on smartphones, iPods, iPads, and fitness tracking devices like Fitbit. Technology incorporated

#### **Do it at home!**

Create an upbeat playlist to listen to while participating in your personal fitness program.

Pick all of your favourite songs to keep yourself motivated while exercising.

#### **Talk about it!**

In what ways can technology help you when creating your personal fitness program?

Do you think it would be helpful to use technology for scheduling time for exercise?

#### **Research it at home!**

Research some health and fitness apps that focus on being active.

Think about your own strengths and interests when researching the different fitness and health apps.

What apps have you highlighted when researching and which ones do you believe can benefit you in your fitness program?

into a person's fitness program allows for individuals to be educated about their overall health and wellness as well as encourages people to practice and participate in fitness so their goals can be accomplished and obstacles can be overcome.

Finding a piece of technology to incorporate into your personal fitness program that is going to work for you is important. Assess your own strengths and interests and determine which app for smartphones, iPods, or iPads will work the best for you. There are a large variety of apps in today's society regarding fitness and health. Therefore, it is important to explore the different options available to you before jumping into an app that may not work for you. Explore your options and always work with your own strengths and interests. For example, if you are a competitive person, time yourself while running or completing push-ups and always try to improve your time as you participate in fitness. This allows you to work with your interests and thrive with practice in this particular area.

#### *Fitness Tracking Device – Fitbit*

Fitbit has become a new way for individuals to look at their own fitness levels and to set goals according to a person's abilities. Fitbit tracks the amount of sleep a person receives per night, how many steps are accomplished daily, measuring your resting heart rate as well as tracking the duration of activities and exercises. This can become a useful tool when participating in fitness and allows people to physically see their results. This can contribute to an individual setting their own goals and changing their goals as necessary as person's fitness levels improves. This device can assist in creating a fitness program that can last a lifetime, not just a program to meet short term goals.

#### *Fitness Gaming*

Active video games can also provide fitness and can sometimes create friendly competition among family and friends. Some fitness games can include practicing yoga, tennis, boxing, bowling, dancing and river rafting. In today's society, gaming systems are continuing to release video games that keep individuals active and participating in fitness. The conclusions of a study highlighted that active video games was comparable to walking on a treadmill at 3 mph which is a high enough of an intensity to be classified of promoting health and fitness. Therefore, active video games can create variety in an individual's fitness program. A different way of contributing to fitness can be demonstrated by fitness gaming which differs from the conventional way of playing video games and participating in fitness.

#### **Look it up!**

What other ways can you track your fitness levels using technology?

#### **Talk about it!**

How can a fitness tracking device assist you in reaching your overall fitness goals?

#### **Do it!**

Set up stations throughout the room where active video games are set up. Participate in some of these video games and describe how they can impact your fitness levels.

Can active video games have a positive or negative experience on your fitness program? Why or why not?



## HEALTH AND FITNESS APPS

There are a variety of apps that are available for free which involves health and fitness. This can create variety within a person's fitness program and contribute to meeting the fitness needs of individuals. Exploring apps can provide different methods of exercise to be performed as well as allows for individuals to personalize their fitness program by working with their own strengths and interests. Some apps that can be beneficial for fitness and health are listed below.

### 8-Fit

8-Fit is an app that provides customized workout plans, healthy meal options and tracks your progress while participating in fitness. This app works around the goals that you set within the program and helps goals to be reached by healthy eating, workouts and tracking different elements of fitness (steps counts, heart rate, etc.).



### S-Health

S-Health is an app that can be found on Google Play for androids. This app provides key features that keep your body healthy and fit by recording daily activities and contributing to help individuals live an overall healthy lifestyle. This app can be customized to meet your needs and allows you to decide which fitness and health elements you wish to be tracked. Daily snacks, food intake, water intake, sleep tracker, stress tracker and step counter can all be tracked using this app and certain goals can be set for each element.



### Charity Miles

Charity Miles is an app that is available for Androids and iPhones. Individuals are given the opportunity to give back to the community through exercising. You are able to pick a charity, and you'll earn 10 cents for every mile for biking and 25 cents for every mile for walking or running. Although this is not a large sum of money, every little bit of money helps in making a difference in an individual's life. This app can be used as a motivator because you

are able to help the community by exercising and contribute by making a small difference.



### Daily Yoga

Daily Yoga is an app that provides different yoga routines. These include sun salutation, yoga to improve flexibility, yoga breathing, seated poses, standing poses,

### Judge it!

How does participating in yoga with a yoga instructor differ from participating in yoga from an app?

Explore the app and describe your experience.

yoga sequences and meditation. This app allows you to view the different options there are for yoga and allows you to determine which areas are going to work the best for you in your personal fitness program.

### Sworkit



Sworkit is an app that works with your schedule and goals in order to provide a workout that is going to work well for you. All exercises can be completed at home with no equipment being needed. This app allows you to choose which area you would like to work on (cardio, strength, yoga, pilates, or stretching) and then the length of time you would like your workout to be. This program also allows for you to customize your workouts to meet your needs and abilities. This can be a great app to explore when constructing your personal fitness program.

### Freeletics



This app highlights exercises using your own body weight and can be completed within the comfort of your own home. This app provides videos to demonstrate how to complete the exercises properly for a variety of different exercises in order to meet your fitness needs. Workout variations are available and your goals can be set to better match exercises that may work the best for you.

### FIT Radio

This app provides upbeat music to keep you motivated while participating in fitness. This app provides the opportunity for you to choose your favourite genre and to start exercising without having to deal with interruptions for advertisements. This app will provide steady music of your favourite genre while participating in fitness.

### Zombies, Run!

This interactive game allows you to carry out your mission by running from zombies, collecting materials and keeping the human race safe. This app can motivate you to run further and keep track of your goals by determining how much you were able to accomplish during each mission. This can be completed anywhere by walking, jogging, running or even on a treadmill and can become a more enjoyable way to exercise for some individuals.

#### Share it!

Are there any other apps like this game dealing with fitness?

Do you think this game can be effective in increasing a person's fitness level? Why or why not?

## Water Log

Water is essential in order to function effectively on a daily basis. Water Log is an app that tracks the amount of water that you drink throughout the day. This is very important when exercising because a lot of energy is being used. This app will display how much water has been consumed as well as how much water needs to still be consumed in order to reach your overall fluid goal.



## Sleepbot

This app highlights the amount of quality sleep a person is getting throughout the night. This app measures motions and sounds to determine how much sleep you are receiving a night. This is important to ensure you have enough energy to complete daily activities and participate in fitness.

### Communicate it!

Do you consume enough water on a daily basis?

How can you improve your water intake?

## NUTRITION AND TECHNOLOGY

Nutrition throughout the day is an extremely important element when participating in any kind of physical activity. There are some general rules that can assist in ensuring you are maintaining a positive overall well-being and remaining healthy through proper nutrition. These general rules are listed below.

- Consistency with variety
- Moderation
- Minimizing reliance on fast foods
- Minimizing consumption of overly processed foods
- Always having healthy snacks throughout the day
- Eating some organic foods

Technology can assist in making nutrition a priority through apps that can be downloaded by individuals on iPods, iPads, Smartphones and through computers. Apps create convenience for people because technology is all around us. These apps can provide information for people and provide a better understanding on how to eat healthy and incorporate nutrition throughout a person's fitness routine. Finding healthy recipes and exploring apps can educate individuals on the importance of nutrition and allow for creativity to be expressed through a person's fitness program.

### Do it!

Add a nutrition component to your personal fitness program.

Do you think this is effective for your program? Why or why not?



## Nutrition Tips

This app provides nutritional and health tips. This can assist you when participating in fitness because eating healthy is just as important to incorporate throughout your fitness program. These nutritional and health tips can provide useful information on food and the importance for eating healthy and exercising. It is important to know the health and nutrition benefits of food before consuming so you are able to gain a greater understanding on nutrition and foods.

## Lifesum

Lifesum encourages you to live a healthy lifestyle by consuming healthy food and always remaining hydrated on a daily basis. This app can be combined when participating in fitness in order to reach optimal results. Healthy choices are recommended throughout the day when using this app to encourage a healthy lifestyle. However, it is important to remember that you know your own body the best so always ensure that you are doing what is healthy for you if you choose to explore this app.



## Yummly

Yummly is an app that provides numerous recipes to meet your needs and lifestyle. It provides healthy alternatives to some of your favourite food items such as burgers and fries and makes adjustments to recipes to ensure food allergies are avoided at all times. This app can assist in you learning your likes and dislikes and will often recommend different recipes that may work for your lifestyle.

## My Fitness Pal

This app will track the different exercises performed as well as make suggestions as to what foods can be consumed to continue with living a healthy lifestyle. Detailed nutritional information is provided and can show how fitness affects food intake. This app is designed to combine fitness and nutrition together in order to contribute to a person's overall well-being.

## Fooducate

Fooducate provides awareness over better analyzing food labels and allows you to gain a better sense of what products are healthy and not as healthy. All foods have good and bad attributes which this app aims to highlight for products and makes suggestions for some healthier alternatives through meal and baking recipes.

## Share it!

Explore the nutrition tips app and determine which facts are true or false.

Share your findings with the group and discuss.

## Do it at home!

Explore this app and find a recipe that you are interested in trying.

Make the recipe at home and determine whether or not this would be a good recipe to eat after participating in exercise.



# DIGGING DEEPER

For Senior Members

## Plan your Meals and Challenge Yourself to Learn New Recipes!

Planning your meals ahead of time can be an effective way to ensure that you are able to eat healthy and contribute to your overall well-being. Look at what foods you have available and determine what you can make as a healthy breakfast, lunch or dinner option. Explore different nutrition apps and find a recipe that you would like to try for this activity at home. Consider having leftovers for the next day and look at what you have available to you at home. When exploring the nutrition apps and participating in this activity, consider how technology has helped you and how this can enhance your personal fitness program.

For this activity, make a sample meal plan for a week and try and consider the general rules listed above regarding how to maintain proper nutrition. This plan does not need to be implemented but should be used as a starting point to incorporate into your personal fitness program. Eating healthy and fitness are highly correlated and it is hard to be successful in athletic performance without eating appropriately.

Make one of the recipes that interest you that you have included into your sample meal and briefly discuss how this has impacted your ability to participate in your fitness program.

Questions to consider:

- Has this activity had a positive or negative impact on your personal fitness program?
- How has technology helped you enhance your personal fitness program?
- Was this activity helpful? Why or why not?
- Describe your experience with this activity. Is planning your meals and learning new recipes effective for fitness?

Record your findings and be prepared to share your experience during the next meeting.

	BREAKFAST	LUNCH	DINNER	SNACKS
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

NOTE: If time permits, the information in this Digging Deeper section could be covered during regular meeting time with all members.

**ACTIVITY # 23:  
PARTICIPATE IN AN AQUATIC FITNESS CLASS**

DO	<p><b>Time:</b> 40 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Materials should be available at the pool</li> <li>– Pool willing to host 4-H members in an Aquatic Fitness Class</li> <li>– Swimming attire and towels</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Participating in an aquatic fitness class can be a great way for members to learn the different exercises that can be completed in the water.</li> <li>– Have members follow instructions given by the instructor and complete the given exercises.</li> <li>– A variety of exercises should be displayed and participated in so members can gain a greater sense of what kind of exercises can be performed in the water.</li> </ul> <p><b>Special Notes:</b></p> <p>Everyone in the group will have different levels of experiences in the water. Therefore, before attending the class, make sure the leader is aware of member’s swimming abilities and whether or not additional floatation supports need to be used to ensure all members are safe.</p>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To introduce members to aquatic fitness and to provide members with a variety of exercises that can be performed in the water.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What are some of the benefits of exercising in the water?</li> <li>– Did you enjoy this experience? Why or why not?</li> <li>– How was exercising in the water different than exercising in the comfort of your own home or at a gym?</li> </ul>

## ACTIVITY # 24: GAMING STATIONS

DO	<p><b>Time:</b> 20-30 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Projector or Television</li> <li>– Gaming Consoles – PlayStation (2, 3, or 4) and Nintendo Wii</li> <li>– Wii Fit (game), Wii Sports (game), Wii Play (game), Dance Dance Revolution (game)</li> <li>– Speakers for Projector</li> <li>– Dance mats for Dance Dance Revolution</li> <li>– PlayStation and Wii controllers</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Create stations around the room (the number of stations is going to depend on the number of gaming consoles).</li> <li>– If there is only one gaming console, try and make a competitive game out of this to keep members motivated and interested in participating.</li> <li>– Switch games according to the members interests.</li> <li>– Briefly demonstrate how each game is played for members so the stations can run themselves.</li> <li>– Supervise and ensure all members are getting a turn to play as well as all members are getting along.</li> <li>– Make sure to choose games that keep members physically active.</li> </ul>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To display to members that there are many different ways of participating in physical activity.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– Do you feel like you are able to participate in a complete workout with this activity?</li> <li>– How was this type of fitness different?</li> <li>– Is there any games that were not part of this gaming station that you would of liked to see and participate in?</li> </ul>

## ACTIVITY # 25: TWISTER TO UPBEAT MUSIC

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– Twister Board and Spinner</li><li>– Speakers</li><li>– iPods, smartphones, CDs</li><li>– CD player</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Lay the twister board on the floor on a flat surface.</li><li>– Choose a person to spin the spinner and call out the directions.</li><li>– Members will listen to the leader and follow that command.</li><li>– For example, if left foot green is called, then all members participating will place their left foot on the green circle.</li><li>– This will continue until members fall or are unable to maintain their positions.</li><li>– Once there is only one person standing, this is the winner of the game!</li><li>– Put some music on to keep members motivated and repeat the game as many times as desired.</li></ul> <p><b>Special Notes:</b></p> <p>Be aware that there may be different abilities present within your group. This activity may need to be modified to meet the needs of all members.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To show members how music can motivate individuals to participate in fitness and continue to strive to reach their full potential.</p>

## APPLY

### Processing Prompts:

- How can listening to music motivate you to reach your full potential when participating in games and fitness?
- How can making an individualized playlist be beneficial to you for your personal fitness program?
- What other motivators can you use in your fitness program?

## ACTIVITY # 26: SWORKIT APP

<b>DO</b>	<p><b>Time:</b> 15-25 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– Smartphone (iPhone, Android or iPad)</li><li>– Workout trainer app</li><li>– Projector or Television</li><li>– HDMI standard cable</li><li>– Apple’s Digital AV Adapter (iPad or iPhone)</li><li>– Micro USB cord (Android)</li><li>– If this technology is not available, get members to download the app and work in small groups to exercise. If members would prefer, they can explore any of the fitness apps listed throughout the meeting.</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Set up the device and display the app onto the television.</li><li>– Choose which type of exercises you would like to participate in.</li><li>– Choose where on the body you would like to exercise</li><li>– Set the time for your workout.</li><li>– A number of exercises will be demonstrated on the screen and have members participate.</li><li>– If exercises are too hard for members, ensure to modify them so all members are participating.</li><li>– Stress the importance of members completing what is comfortable for them and working within their own abilities.</li><li>– Smaller groups may work better for this activity.</li></ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To demonstrate to members how one of the fitness apps work and to encourage them to use this fitness app in their own personal fitness program.</p>

## APPLY

### Processing Prompts:

- Do you think using apps is an effective way of participating in physical activities? Why or why not?
- Was using the fitness app helpful in demonstrating different exercises?
- Do you think incorporating technology into fitness is a good idea? Why or why not?
- How was this experience for you?



## ACTIVITY # 27: GUEST SPEAKER – REGISTERED DIETICIAN - SPORTS NUTRITION

<b>DO</b>	<p><b>Time:</b> 30 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Depends on dietician and exercises that may be performed.</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Matching different exercises with nutrition.</li> <li>– Ask the dietician to focus on fitness and the kinds of foods that are great in order to maximize a person’s results.</li> <li>– Highlighting why nutrition is so important before and after exercising and the impacts that this has on a person’s body.</li> <li>– The harmful effects when people skip meals and take exercising too seriously.</li> <li>– Ensure that dietician has included an activity into their presentation.</li> </ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To highlight to members the importance that nutrition has on fitness and how healthy eating can positively impact a person’s performance.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What are some things you learned throughout this presentation?</li> <li>– How has healthy eating impacted your life in some way?</li> <li>– How does including healthy eating into your fitness program make you feel? Why do you feel this way?</li> </ul>

## ACTIVITY # 28: TURKEY AND CHEESE WITH APPLE SLICES

<b>DO</b>	<p><b>Time:</b> 10 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>- Sliced deli turkey</li><li>- Soft cheese wedge</li><li>- 1 apple (cut up into slices)</li><li>- Knife</li><li>- Napkins</li><li>- Paper plates</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>- Separate all ingredients into separate bowls so members can make their own snacks.</li><li>- Spread a cheese wedge onto two or three slices of deli turkey.</li><li>- Roll up the deli turkey for a high protein snack.</li><li>- Place sliced apples into bowls and encourage members to include this as part of their snack.</li><li>- Enjoy!</li></ul> <p><b>Special Notes:</b></p> <p>Be aware of any food sensitivities or allergies within your group. Some ingredients may need to be substituted if members are allergic or sensitive to dairy products.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to a healthy snack that they can use before or after participating in their personal fitness program.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>- Do you think this is a snack that you would like to enjoy at home?</li><li>- What other snacks do you enjoy to eat after exercising?</li></ul>

## REFERENCES:

- Concepts of Physical Fitness – Active Lifestyles for Wellness – Charles Corbin, Greg Welk, William Corbin, Karen Welk (textbook)
- YMCA Water Fitness for Health – Edited by Mary E. Sanders (textbook)
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- <http://www.prevention.com/fitness/total-body-water-workout>
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- <https://blog.dacadoo.com/blog/2014/11/03/how-technology-can-improve-your-fitness/>
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- <http://greatist.com/fitness/best-health-fitness-apps>



## MEETING 6: FUTURE GOALS

### Setting Objectives:

To provide members with information on what physical activity elements should be included in an individual's fitness program, how to maintain their fitness program for life and recognizing why achieving your goals is important.

### Suggested Lesson Outcomes

- For members to understand how to maintain their fitness program for life and how to achieve their fitness goals that can contribute to an overall healthy lifestyle.
- Members should understand the impact that ParticipACTION has on communities and why this organization is so important for encouraging fitness throughout Canada.

### Reference Material in this Section:

- Physical Activity Pyramid
- Steps to Achieving your Health and Fitness Goals
- Why is Achieving your Fitness Goals Important?
- ParticipACTION
- Maintaining your Fitness Program for Life
- Fitness for a Lifetime

### Activities:

- Physical Activity Pyramid – Match Game
- Animal Pentathlon – Relay
- Tennis Ball Game
- Yoga Instructor
- Nutrition Component – Tuna on Whole Wheat Bread

### **Sample Meeting Agenda – 2 hours**

Welcome, Call to Order & Pledge		5 min
Topic Information Discussion	Review Physical Activity Pyramid	10 min
Activities Related to Topic	Activity # 29 – Physical Activity Pyramid – Match Game	15 min
Topic Information Discussion	Review Steps to Achieving Goals and Why Fitness Goals are Important?	10 min
Activities Related to Topic	Activity # 30 – Animal Pentathlon – Relay	15 min
Topic information Discussion	Review ParticipACTION	5 min
Activities Related to Topic	Activity # 31 – Tennis Ball Game	15 min
Topic Information Discussion	Review Maintaining Fitness Program for Life and Fitness for a Lifetime	10 min
Activities Related to Topic	Activity # 32 – Yoga Instructor and/or Activity # 33 – Tuna on Whole Wheat Bread	30 min
Wrap Up & Adjournment & Social Time		5 min
At Home Challenge	Choose one of the At Home Activities found throughout this meeting	

## PHYSICAL ACTIVITY PYRAMID

The physical activity pyramid demonstrates how different types of exercises contribute to the development of health and physical fitness. There are 5 steps that are included into the physical activity pyramid where each step represents a different activity being performed. It is important to remain active and include physical activity as part of your daily routine.

### Inactivity

It is very important to ensure that fitness is a part of an individual's life. Inactivity can be hazardous to your health. Therefore, there should be a focus on minimizing the amount of inactivity present within one's life and being active should be pursued instead. It can become easier for individuals to constantly sit in front of a television or computer for hours instead of being active. Inactivity can have negative long term impacts on health. However, this can be changed with physical activity. Small changes like standing while working, walking while talking on the phone or taking a stretch break can contribute to positive health benefits and allows individuals to sit less and increase activity levels. When possible, inactivity should always be avoided.

#### Talk about it!

Why do you think learning about the physical activity pyramid is beneficial when creating your fitness program?

### Step 1: Moderate Physical Activity

Moderate physical activity can often be referred to as lifestyle physical activities. These activities can include those that can be completed on a daily basis such as brisk walking, climbing the stairs, and completing housework/chores. Additional activities that can be performed is completing yard work and playing golf. This level of activity should be the minimal amount of activity performed by any individual. The general rule for this level of activity can be demonstrated by the FIT formula.

- F = 5+ days a week
- I = Equal to brisk walking
- T = 30+ mins/day

#### Communicate it!

What kind of moderate physical activity do you perform in your daily routine?

How can you improve your moderate physical activity level in your daily life?



### Step 2: Vigorous Aerobics

Vigorous physical activity involves increasing the intensity of exercises which result in an increased heart rate and higher oxygen consumption. This type of activity is great for building cardiovascular fitness and gets a person moving. Some examples of this type of exercise include jogging, biking, aerobic dance, swimming, water exercise, and cross-country skiing. Moderate physical activity and vigorous aerobic activity can be combined to ensure a healthy amount

of exercise is achieved so health benefits can be experienced in the present and future. The FIT formula is applied for this type of exercise below.

- F = 3+ days/week
- I = Noticeably increased heart rate
- T = 20+ mins/day

### Step 3: Vigorous Sports and Recreation

Vigorous sports and recreation are those activities that increase the intensity of your activity level by having short bursts of activity and rest. These activities often include sports and recreation like hiking, tennis, soccer, basketball, skiing, and football. These activities are great for improving cardiorespiratory endurance and contributing to improving your intensity of cardiovascular exercises for the future. The FIT formula applied is the same as vigorous aerobic activities.

- F = 3+ days/week
- I = Noticeably increased heart rate
- T = 20+ mins/day

#### Communicate it!

What activities do you participate in or would like to try that would be considered vigorous sports and recreation activities?

### Step 4: Muscle Fitness Exercises

These exercises are used to build muscular strength and endurance. Some benefits of this type of training assists in lowering heart disease, high blood pressure, diabetes, rehabilitation from some cancers, and decreasing a person's risk of injury. Some activities involve weight lifting (free weights), rock climbing, gymnastics and wrestling. The general rule for this level of activity is demonstrated by the FIT formula.

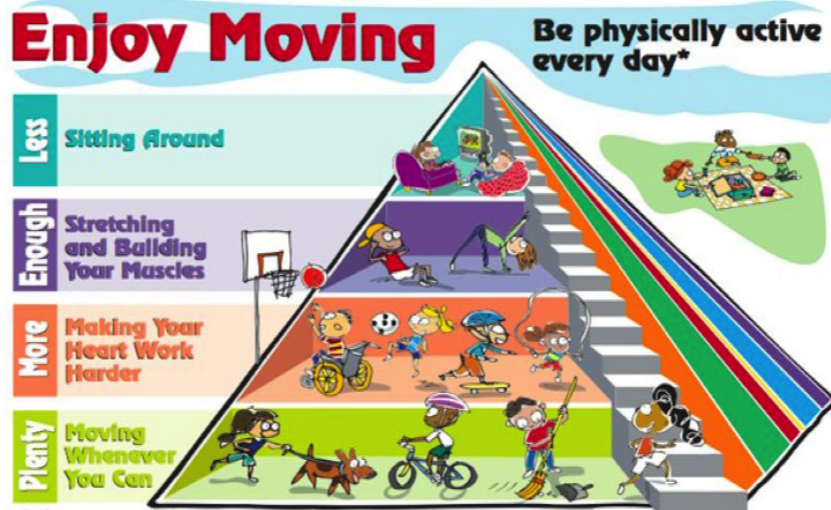
- F = 2-3 days/week
- I = Dependent on the person
- T = 8-12 reps, 2-4 sets per muscle group

### Step 5: Flexibility Exercises

These exercises are used to increase a person's flexibility through stretching exercises and participating in yoga. Flexibility activities will increase a person's range of motion and assist with an individual's movement for the present and future. The general rule applied for flexibility exercises are included below.

- F = 3+ days/week
- I = Dependent on the person
- T = 15-60 seconds, 4+ reps per muscle group





## STEPS TO ACHIEVING YOUR HEALTH AND FITNESS GOALS



Achieving your fitness goals is a huge accomplishment that should be celebrated with the important people in your life. Taking a step towards working on a fitness program takes a lot of time, dedication and determination to pursuing and engaging in an overall healthy lifestyle. The successes present throughout your fitness program should be rewarded. However, sometimes it can be difficult for you to see the successes until you look back at previous exercising patterns which can include constantly practicing particular skills until they are almost perfected. This can become discouraging at times and can make it more difficult to accomplish your goals because of a lack of motivation.

Achieving your goals is a gradual process and can take multiple steps in order to reach. Some steps that can assist in helping you achieve your health and fitness goals are listed below.

### Always Remain in the Present Moment

Experiences in the past can often hinder a person's ability to perform well in the present and future. However, it is important to ensure that individuals recognize that fitness can improve in the present when the past stops being a barrier. Although this is a difficult task to do, placing the past aside can help you move closer to achieving your fitness goals by thinking about the now and moving forward in the present. Action can only occur in the present.

### Set Realistic "Mini Goals."

When thinking about achieving your fitness goals, this thought can become very overwhelming and imitating. The goal can sometimes feel far away and can be hard to think about ever accomplishing these goals.

### Communicate it!

Has the past ever interfered with your ability to reach your goals? How did you overcome this obstacle?

Describe your experience.

However, setting daily mini goals regarding fitness can allow you to accomplish a little bit more each day. Plan this out ahead of time so you know in advance what you will be working towards.

### Positive Thinking

It can be easy to become discouraged when goals are not met in a given amount of time. However, setting daily goals and thinking positively can assist in allowing you to reach your fitness goals faster. Telling yourself that “I can do this”, “It’s really not a lot of work”, or “I enjoy my fitness program” can allow for more positive thinking to occur. These statements can all contribute to you changing your thoughts from being negative to positive and you are able to start believing that you can achieve your fitness goals.

### Patience

Fitness goals will take time. Do not become discouraged just because you are not seeing results right away. Always try your best regardless if you see the outcome. Achieving your fitness goals will take time, patience and perseverance.

### Give Yourself Recognition

When working hard on your personal fitness program, remember to constantly reward yourself. Rewarding yourself will assist in making it easier for you to continue to participate and stick with your program. Always recognize your accomplishments, hard work and dedication. Take days off, go to the beach, and enjoy your favourite activities as a way to recognize the time and effort you are putting in to achieving your goals.



### Never Give Up

Always remember your goal and continue to push through by overcoming any mishaps or obstacles that become present throughout your fitness program. Never look back and continue to work hard in order to move closer to achieving your goals.

### Believe in Yourself

Erase any thoughts of doubt, worry, fear or lack of self-confidence from your mind because these elements can contribute to keeping you further away from your goals. Always remember that you have the power to achieve anything that you stick your mind to and you have the potential to be successful. Hard work and dedication can go a long way in achieving your goals and makes everything possible.

#### Talk about it!

Describe a time where you used positive thinking in order to overcome an obstacle? Was this method effective?

How did positive thinking change the results?



## Surround Yourself with Supportive People

Finding people that want you to succeed and do well can make all of the difference. This can contribute to you feeling better about your goals, allows you to work towards reaching your highest potential as well as serves as a motivator that you can do well and achieve your goals. Become inspired by other people and allow them to encourage you to participate actively in your personal fitness program.

## Why is Achieving your Fitness Goals Important?

Setting up goals and working hard to reach your goals allows you to focus on your long term objectives and provides you with the ability to determine how your actions today may have an impact on your life in the future. Reaching your goals can assist in the recognition of knowing your strengths and limitations. This can provide you with insight on how to work with these strengths and improve limitations through using your strengths. Achieving goals can help demonstrate different skills that an individual possess and how these skills can be used throughout a person's life. Skills such as having self-awareness, self-confidence, resilience, perseverance, patience, as well as being determined and motivated can all be examples of skills that can be gained through working hard and achieving your goals. These skills can be learned through setting goals and constantly built upon as new fitness goals are set and achieved throughout a person's life.

Achieving your fitness goals can allow you to develop the confidence you need to move forward in setting new fitness goals and increasing difficulty throughout your fitness program. Setting mini goals can increase a person's confidence since a small section is being accomplished daily. This can create more motivation to occur and allow individuals to feel that they have more control over reaching their existing and new fitness goals.

## PARTICIPACTION



ParticipACTION is a non-profit organization whose mission is to help Canadians become more active. This organization provides a detailed approach of how Canada can become more active and provides different suggestions of programs that Canadians can participate in

### Talk about it!

How do you think surrounding yourself with supportive people can make a difference in achieving fitness goals?

Have you experienced something like this before? Explain.

### Share it!

Describe a time where you were able to achieve one of your goals.

What goal did you achieve? How did this make you feel? What process did you partake in to achieve your goal?

### Do it at home!

Create your own post-it challenge by writing down your daily goals with motivational sentences as a form of encouragement. When these mini goals are accomplished, place them in a pile to look back at all that you have achieved.

so physical activity is constantly encouraged to be performed more frequently. Some programs that are provided by ParticipACTION are included below.

### Teen Challenge

ParticipACTION creates a program to challenge teens to find their passion and to become physically active. Limited amounts of children and youth are meeting the guidelines of 60 minutes of physical activity per day which is resulting in this group not being active enough. Therefore, this program is used to empower teens and encourage them to become active. ParticipACTION is working with Coca-Cola to break down the barriers that teens face in getting active and allow these individuals to define how they would like to participate in physical activity. This collaboration is providing these individuals with the support they need, in order to make



this possible. The overall goal of this program is to encourage physical activity for teens that can contribute to an individual living a healthy active lifestyle.

#### Do it!

Research organizations that strive in increasing physical activity levels and see what you can find.

If you can find an organization in your area, sign up for a fitness program and potentially join the nationwide ParticipACTION teen challenge!

To get involved with this challenge, find a community organization that is involved with physical activity and from here, the different organizations can register at [www.participACTION.com/teenchallenge](http://www.participACTION.com/teenchallenge). All organizations involved with ParticipACTION must provide opportunities for individuals to participate in physical activity at least for 30 minutes a week for 4 weeks. This can allow for building blocks to fitness to be developed and can leave people feeling confident that they are able to be physically active on their own. This program can be included into a person's personal fitness program and may provide a different perspective on fitness.

### National Health and Fitness Day

This designated day that comes around once a year encourages all ages to come together and participate in physical activity and fitness. This can include any activity that an individual chooses and can provide an opportunity for individuals to explore different physical activities within a person's community. However, the main goal of this day is to encourage communities to take part in this event by promoting health, recreational activities, sports and fitness facilities. This initiative is trying to be implemented across Canada to assist in making Canadians more physically active and contributing positively to their overall health and well-being.

#### Experience it!

Participate in national health and fitness day and find out where an event is being held near you!





One of the easiest ways for you to become involved includes researching which communities have agreed to partake in this event and whether or not your hometown is willing to participate in national health and fitness day. This can be a great asset to add to your personal fitness program which will create variety and allow you to socialize and examine different physical activities.

However, even if your local community does not have a designated event for this day, you should still participate in fitness. Choose one of your favourite activities, research summer or winter activities and challenge yourself to try something new. This can ultimately lead to you developing an additional interest in a new physical activity that can be added to your personal fitness program. Participating in fitness and spreading awareness over national health and fitness day can assist in educating people about becoming active and may slowly become an event in your community if enough awareness is spread.

### 150 Play List

This program encourages individuals to get out and be active through finding 150 physical activities that can define us as being Canadian. Any individual can participate in this program with no training or experience required. This program is designed for individuals as suggestions for Canadians from Canadians on different activities you can participate in that count as physical activity. These can include sports, recreational activities, daily routine activities as well as fitness exercises.

This list will challenge individuals and may inspire people to participate in a variety of activities and make an effort to become more active in their daily lives. The goal of this program would be for individuals in communities, workplaces and schools to try and complete as many activities on the list as possible which will be released as of January 2017.

### Research it!

Research the ways that communities who partake in this day involve multiple people to participate in physical activity?

What are some activities that are present?

How can you make a difference in your own community and spread awareness over this day?



## MAINTAINING YOUR PROGRAM: FIT FOR LIFE

Choosing activities that you can carry with you for life is important to remember when creating your personal fitness program. Making physical activity a habit and a part of your daily routine will help you ensure that you participate in some kind of physical fitness daily. Including physical activity daily will make you a healthier person overall and have positive impacts on your health and wellness. Some strategies that can be used to keep you active for life are listed below.

### Be safe!

Decrease the risk of injury by always remembering to exercise safely. Use proper techniques, equipment, and knowing warning signals from your body are good ways to prevent injuries from happening. Always remember to warm up, cool down and remain hydrated before, during and after exercise.

### Several Exercise Options

Have a variety of options and exercises to choose from when participating in physical activity. Try some exercises that can be completed according to the season. This allows for some exercises to change but keeps physical activities different and interesting. There are many different variations of how to complete exercises so ensure these are being used to meet your needs, abilities and interests.

### Keep an Exercise Journal

Having a journal can assist in keeping you on track with your fitness program. A journal allows you to see your strengths, areas of improvement, sources of problems and improvements that have been made from the beginning to present. This can be a great motivator for you and can display what direction you may want to go moving forward.

### Sample Exercise Journal

Date	Description of Exercise	Minutes/ Sets/ Reps	Additional Notes

### Talk about it!

Brainstorm some ideas of activities that can be completed seasonally.

What are some physical activities that you can participate in the winter?

What are some physical activities that can be performed in the summer?

### Do it at home!

At the end of this meeting, fill out your exercise journal to determine how effective this strategy is for you when completing exercise.

## Reward Yourself

When goals are accomplished, milestones are reached and you are able to stick with your program, make sure to reward yourself. A lot of hard work, dedication and motivation take place for you to reach high fitness levels, so rewards should constantly be given to celebrate your success. Set up your own system to determine when these rewards should be given.

## FITNESS FOR A LIFETIME



Developing your personal fitness program involves constantly thinking about your interests and different exercises that you can participate in for the present and future. It is important for you to develop skills throughout your fitness program, learn a variety of techniques as well as knowing how to apply these skills and techniques for future fitness programs. As time progresses, your personal fitness program will need to be slightly changed to meet your changing needs and

account for lifestyle changes that may occur as you get older. Therefore, fitness should remain a consistent aspect of your life in order to maximize your overall fitness levels, health and well-being.

Making lifetime physical fitness a goal can assist in pushing you to accomplish incorporating fitness into daily life by ensuring that you are always trying to make time for fitness. Fitness will become easier with practice, therefore, participating in your personal fitness program sooner rather than later can have many health benefits, improves energy levels as well as sleep patterns. There are some basic steps that can assist in helping you attain a healthy lifestyle and to always participate in physical fitness.

## Eat a Healthy Diet

Eating healthy has many health benefits on its own. When this is combined with fitness, you are moving towards living an overall healthy lifestyle. Eating healthy allows you to gain the most out of your personal fitness program and can encourage you to continue because of the many benefits that participating in fitness has to offer. By eating foods from Canada's food guide and lowering the amount of processed, packaged and junk foods consumed can provide you with the energy you need to participate in your personal fitness program.

## Get Moving and Stay Moving

Overtime, your fitness levels and needs may change. However, exercise is key to ensuring lifetime physical fitness. It is important to find a balance and to adjust your program

### Talk about it!

What are the benefits of fitness listed in the first meeting?

Discuss in small groups and share with the larger group.

### Judge it!

How can you make a small difference in your diet to ensure you are eating healthy?

How are fitness and healthy eating connected?

Discuss in small groups and share your responses.

accordingly to prevent injury and to meet your changing needs. Ensure that you are meeting intensities that are safe for your body and that you are never over doing it to reach a goal.

Always choose activities that you enjoy and stay committed to your fitness program. Sometimes this can become easier when



other people are involved and can make you accountable for your fitness routine.

### Participate in Strength Training

Maintaining strength training can keep your muscles strong and toned and contribute to raising your metabolism. This is important for everyday life because this improves balance, prevents potential injuries and allows individuals to become less prone to falling. Strength training does not always have to involve weights and can be as simple as walking, biking or taking the stairs instead of using an elevator.



### Communicate it!

How do you think you'll be able to remain committed to your personal fitness program?

How do you think you will be able to keep moving and stay moving?

### Communicate it!

Have you achieved your goals throughout the project?

Do you feel like you have improved your fitness level since the beginning of project?

What did you do to improve your fitness levels?



# DIGGING DEEPER

## For Senior Members

### Create your Own Circuit Workout!

Circuit workouts can be a great way for you to increase intensity through resistance and cardiovascular exercises. These exercises are often great at increasing a person's muscular strength and endurance. To add variety to your fitness program, challenge yourself to create your own circuit workout. This will provide you with a higher intensity workout and can be added when ready to increase difficulty in your fitness program.

This type of workout will give you a full body intense workout within a 10 to 30 minute time frame. Pick exercises that are going to highlight all body areas to gain the most out of your workout. For example, upper body exercises, lower body exercises and exercises for entire body are good to include ensuring all muscles are being exercised. However, your circuit routine should be based on your interests and abilities. Some suggestions are listed below for exercises that can be included in your circuit.

Sample exercises that can be included are:

- Upper Body Exercises
  - Pushups
  - Shoulder presses
  - Burpees
  - Tricep dips
  - Bicep curls
- Lower Body Exercises
  - Walking lunges
  - Suicides (in small area)
  - Supermans
  - Squats
- Entire Body Exercises
  - Jumping jacks
  - Mountain Climbers
  - Bench hop overs
- Sprints
  - Jumping rope
  - Running
  - Stair climbing

These sections of your circuit can be repeated as many times as you desire and a certain time

frame should be set for each station. Generally one minute intervals per station are a good amount of time to work on each individual section of exercises.

Researching different videos of circuit workouts and finding additional information on this type of workout can be beneficial for you to understand what this type of workout may look like. This can assist you in determining what you may want to include in your circuit and how you can implement this into your home environment and your personal fitness program.

**ACTIVITY # 29:  
PHYSICAL ACTIVITY PYRAMID – MATCH GAME**

DO	<p><b>Time:</b> 15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– Cards for titles and answers</li> <li>– Tape</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Separate members into small groups.</li> <li>– Give members cards for titles and answers with a roll of tape.</li> <li>– Members will be required to review the physical activity pyramid and determine which exercises will fit in what step of the pyramid.</li> <li>– Members will start by taping the headings to the wall/ floor and place them in order according to each step.</li> <li>– The different exercises will be placed across from the group’s station and members will have to run back and forth. Only one exercise per person can be taken at a time.</li> <li>– Members will then look at all the exercises and place them under appropriate heading.</li> <li>– Once all exercises have been placed under the appropriate heading, the leader will revise.</li> <li>– The first team to have the correct answers will win the activity.</li> </ul>
REFLECT	<p><b>Learning Outcomes:</b></p> <p>To ensure members have a good understanding of each component of fitness and the different exercises that they can incorporate into their own personal fitness program.</p>
APPLY	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– How was this activity helpful?</li> <li>– Did you enjoy this activity?</li> <li>– Did this activity feel like a review or was it comprised of new information for you?</li> </ul>

## ACTIVITY # 29: PHYSICAL ACTIVITY PYRAMID – MATCH GAME ANSWERS

### Inactivity

- No exercise
- Watching TV for more than 2 hours a day
- Playing non interactive video games
- Sitting all day
- Laying on the couch

### Step 1: Moderate Physical Activity

- Completing house chores
- Brisk walking
- Climbing the stairs
- Doing yard work
- Playing golf
- Fishing
- Playing hackysack

**F = 5+ days a week**

**I = Equal to brisk walking**

**T = 30+ mins/day**

### Step 2: Vigorous Aerobics

- Jump rope
- High knees
- Butt kicks
- Jumping jacks
- Mountain climbers
- Burpees
- Biking
- Water aerobics and aerobic dance
- Swimming

**F = 3+ days/week**

**I = Noticeably increased heart rate**

**T = 20+ mins/day**

### Step 3: Vigorous Sports and Recreation

- Hiking
- Tennis
- Soccer
- Basketball
- Skiing
- Football

**F = 3+ days/week**

**I = Noticeably increased heart rate**

**T = 20+ mins/day**

#### **Step 4: Muscle Fitness Exercises**

- Weight lifting
- Rock climbing
- Gymnastics
- Wrestling
- Marital arts

**F = 2-3 days/week**

**I = Dependent on the person**

**T = 8-12 reps, 2-4 sets per muscle group**

#### **Step 5: Flexibility Exercises**

- Yoga
- Pilates

**F = 3+ days/week**

**I = Dependent on the person**

**T = 15-60 seconds, 4+ reps per muscle group**

## ACTIVITY # 30: ANIMAL PENTATHLON – RELAY

DO

**Time:** 20 minutes

**Materials/Resources:**

- Pylons
- Tape or Jump Rope for start/finish line

**Instructions:**

- Divide members into two teams.
- Divide the activity space into five sections.
- Have members line up behind the starting line and wait to begin.
- Briefly demonstrate each type of movement throughout the relay for members to avoid confusion.
- To begin, members will start off by completing frog jumps. Frog jumps entails members to do a full squat to the floor, jump forward and return back into a squat. This should continue until the members have reached the second section.
- The second section will consist of members participating in a bear crawl. The bear crawl entails members to walk on their hands and feet with their alternate leg and opposite hand being used at the same time. This will continue until members have reached the third section.
- In the third section, members will have to complete a crab walk. A crab walk allows members to walk on their hands and feet as their body is facing upwards (bridge position). Members can move on to the fourth section once they have reached the fourth section.
- The fourth section involves members performing donkey kicks. Members will start this section with both hands and knees on the floor. Kick your leg back and swing it forward and repeat with the opposite leg. Move onto the fifth section once the fourth section is complete.
- The fifth section will involve members to complete a gorilla run which involves starting in a squat position, jump forward and landing on one foot and repeating while alternating feet.
- Once members have completed all sections of the relay, have members run normally towards the finish line.

	<ul style="list-style-type: none"> <li>- The first team to have all members complete the relay will win the relay!</li> </ul> <p><b>Special Notes:</b></p> <p>Some sections of the relay may need to be changed or modified to accommodate all members within your group.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To introduce members to a variety of different movements that they can choose to use in their own fitness programs.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>- How can some of these exercises performed in this activity be classified in the physical activity pyramid? (Moderate activity, Vigorous activity, etc.)</li> <li>- Was this relay hard? Why or why not?</li> <li>- What component of fitness do you think was predominantly demonstrated in this activity?</li> </ul>

**Activity Source:** <http://bootcampideas.com/9-awesome-bootcamp-games/>

## ACTIVITY # 31: TENNIS BALL GAME

DO

**Time:** 15 minutes

**Materials/Resources:**

- 16-24 tennis balls (8-12 per team)
- 16 pylons
- Big open field or activity space
- Black permanent markers to write on tennis balls
- Tape or jump rope for start/finish line

**Instructions:**

- Divide members into two teams. When dividing members, ensure fitness levels are equal on both teams.
- Before the meeting, write one exercise on one tennis ball. Complete this for all 16 tennis balls. All exercises on the tennis balls should be different from one another.
- In a line, set up the pylons an equal distance apart. The last cone will be at the end of the activity space.
- Place one ball at each pylon.
- Before starting the game, demonstrate all the exercises for members to avoid confusion.
- Members will line up and take turns to retrieve the tennis balls. Ensure there is one tennis ball for every member. Some pylons may need to have two tennis balls to accommodate all members.
- Members will leave the start line, run to the first pylon, take the tennis ball and bring it back to their team.
- The member will read out the exercise and complete the exercise as a team before moving forward.
- Once the exercise is completed, the first member will move to the end of the line. Keep the tennis ball with your team and send another member to go get the second tennis ball at the second pylon.
- The same process will continue until all members have a turn and all exercises have been completed that are on the tennis ball.
- The first team to complete all exercises and retrieve all their tennis balls will win the tennis ball game!



	<p><b>Special Notes:</b></p> <p>Be aware of all members' abilities and ensure exercises are modified to meet the needs of all members.</p> <p>Choose exercises that are going to benefit all members. Therefore, ensure exercises are not too advanced or too easy for members so they will benefit all abilities and fitness levels.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To provide members with the opportunity to work as a team and review the many exercises that has been introduced throughout the personal fitness project.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What was your team's goal for this activity?</li> <li>– Were you and your team able to accomplish your goal? Explain the process you used to achieve your goal?</li> <li>– How was every member who participated in this activity successful?</li> </ul>

**Activity Source:** <http://bootcampideas.com/9-awesome-bootcamp-games/>

## **ACTIVITY # 31: TENNIS BALL GAME – LIST OF EXERCISES**

### **Sample Exercises**

- Jumping rope for 25 seconds
- 10 push ups
- Plank for 15-30 seconds
- 10 tuck jumps
- 1 lap around activity space
- 10 jumping jacks
- 20 high knees on the spot
- 10 sit ups or crunches
- 12 mountain climbers (6 on each side)
- 10 squat jumps
- Hold bridge position for 15-30 seconds
- 10 explosive jumps
- Side plank for 15-30 seconds (each side)
- 10 arm circles
- 10 bunny hops
- 10 burpees
- 10 cross crunches

## ACTIVITY # 32: YOGA INSTRUCTOR

<b>DO</b>	<p><b>Time:</b> 30 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"><li>– Yoga mats</li><li>– Yoga blocks, bolster, stretch bands or straps</li></ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"><li>– Ask yoga instructor to include a brief warm up section and cool down to ensure muscles are warmed up properly before stretching.</li><li>– All members should have their own mat to use and should be encouraged to use any supports they need to get the most out of their yoga session.</li><li>– Ensure there is a focus on completing different yoga poses correctly.</li><li>– Make sure members are wearing the proper attire (avoid loose clothing).</li></ul>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To ensure that members are given the proper knowledge of how to complete yoga poses and exercises effectively and properly to avoid injury when on their own.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"><li>– How did you find this experience? Did you like or dislike this session? Why or why not?</li><li>– How would you include yoga into your personal fitness program?</li></ul>

**ACTIVITY # 33:  
NUTRITION COMPONENT – TUNA ON WHOLE WHEAT**

<b>DO</b>	<p><b>Time:</b> 15 minutes</p> <p><b>Materials/Resources:</b></p> <ul style="list-style-type: none"> <li>– 1 can of drained tuna (flaked or chunked tuna)</li> <li>– Can opener</li> <li>– Mayonnaise</li> <li>– Olive oil</li> <li>– Lemon juice</li> <li>– 1 or 2 slices of whole wheat bread</li> <li>– Napkins</li> <li>– Plastic cutlery</li> <li>– Paper</li> </ul> <p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>– Spread mayonnaise onto a slice of whole wheat bread.</li> <li>– Drain tuna and place onto whole wheat bread.</li> <li>– Drizzle a little bit of lemon juice and olive oil over tuna and enjoy!</li> <li>– If members choose not to use lemon juice and olive oil, they can mix mayonnaise through the tuna and place this on their slice of bread.</li> <li>– Ensure that all materials are set out for members so they can choose how they would like to create their snack.</li> </ul> <p><b>Special notes:</b> Be aware of all allergies within your group and substitute another snack if members are allergic to fish.</p>
<b>REFLECT</b>	<p><b>Learning Outcomes:</b></p> <p>To provide members with a healthy snack that they can make for themselves before or after participating in their fitness program.</p>
<b>APPLY</b>	<p><b>Processing Prompts:</b></p> <ul style="list-style-type: none"> <li>– What is another way to have carbs and protein together?</li> <li>– Is there a sandwich that you enjoy to have after a workout that is different than tuna?</li> </ul>

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