

Fitness and Nutrition Program Assignment



BLOCK: 3

Health Services 11

Dec. 10, 2012

The main purposes of this program are to enhance the cardiorespiratory fitness and flexibility levels.

<i>Components of Physical Fitness</i>	SMART Goal
1) Cardiorespiratory Fitness	Run at least 5 km without getting out of breath
2) Flexibility	Do the splits (both vertical and horizontal), holding both for at least 30 seconds
3) Muscular Endurance	To maintain speed, power, and agility over a distance

DAY	ACTIVITY
Monday	Yoga and Zumba
Tuesday	Gym-Training
Wednesday	Swimming/Yoga
Thursday	Cross fit/self-workout
Friday	Biking
Saturday	Yoga and Zumba
Sunday	Skating and Walk

Gym Training

Warm up: 5 minute light jog

Dynamic stretch: Hold for 10 seconds. 10 reps. *Examples:* joint rotations (ex. fingers, knees, wrists, neck, etc.), half neck rotation, neck flexion/extension, shoulder circles, arm rotation, side bends, hip circles/twists, half squats, leg swings, lunges, ankle bounce. This should take at least 10 mins.

Muscular Endurance:

- Min. 1 time per week
- Intensity: 40—70%
- Type/Activity (*also trains strength*): Stability balls, machines/bikes, dips, push-ups, hammer curls, lateral lifts, bicep curls, resistance band exercises

- Time/reps: 1-3 sets, 12-20 reps. 30-120 seconds. Resting time between sets: 30-120 seconds, between workouts: 24-48 hours
- Cardio: 15 min run around track

Cool down:

- 5 minute slow jog on the treadmill
- Static stretches (hold for 10 seconds, do 5-10 reps): biceps, upper back, shoulder/triceps, abdominal/lower back, calves, hamstrings, hips, thighs, adductor, groin, Iliobital band stretch, quadriceps, ankles
- Meditating pose for 2-5 mins



Swimming/Yoga

Warm up: 5 minute light jog

Dynamic stretch: Hold for 15 seconds. 5 reps. Joint rotations, neck flexion/extension, shoulder circles, arm rotation, hip circles/twists, leg swings, lunges, ankle rotations, tin soldier walk.

Flexibility/ cardio respiratory fitness:

- Min. 1 time per week
- Intensity: 20-90% (wider range because yoga tends to be relaxing)

Yoga

- Poses (all are also good for strength. Hold for longer if desired): mountain pose, downward dog, warrior pose, tree, triangle, seated twist, sun salutation (15 seconds, 2-3 sets)

Swimming

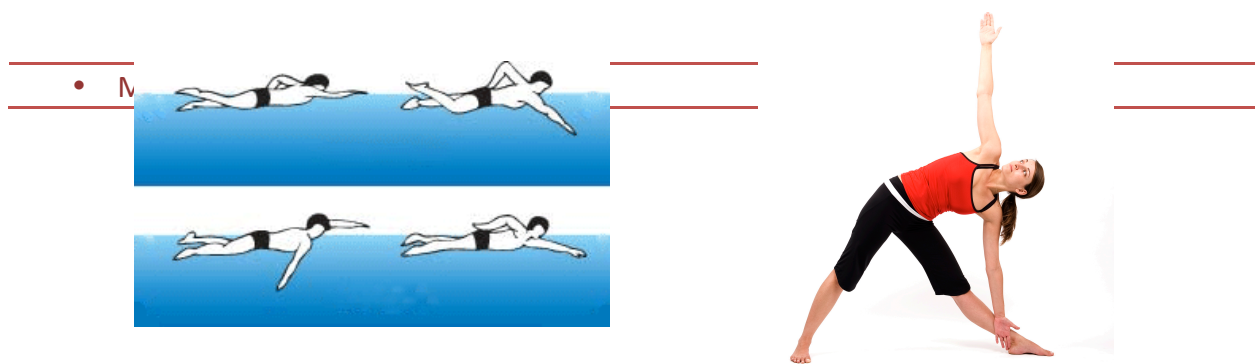
One length= approx 50 meters. Resting time: 10-20 seconds

- Breast stroke (1 length): 2 sets, back stroke (3 lengths): 2 sets, front stroke (3 lengths): 2 sets, butterfly (1 length): 1 set, free style (3 lengths): 2 sets

End workout with 20 minutes on the treadmill.

Cool down:

- Front stroke and backstroke (easy going, slow speed, 1 length each)
- Static stretches (hold for 10 seconds, do 6 reps, choose at least 6): biceps, upper back, shoulder/triceps, abdominal/lower back, calves, hamstrings, hips, thighs, adductor, groin, quadriceps, ankles



Cross fit

Warm up: 10 minute jog (medium speed)

Dynamic stretch: Hold for 15 seconds. 15 reps. Joint rotations, neck flexion/extension, shoulder circles, arm rotation, hip circles/twists, leg swings, lunges, ankle rotations, tin soldier walk.

Cardio respiratory fitness:

- Min. 1 time per week
- Intensity: 60-90%
- Type: 20 jumping jacks, 20 ski lunges, 25 Russian twists, 10 arm curls with weights (5 pounds), 20 jump squats, 10 butt kickers, then a 2 lap run around the track (approx. 400 m no stopping)
- 1-3 sets. 12-20 reps. At least 20 mins.

Cool down:

- 5 mins on treadmill
- Static stretches (hold for 10 seconds, do 5-10 reps): biceps, upper back, shoulder/triceps, abdominal/lower back, calves, hamstrings, hips, thighs, adductor, groin, Iliobital band stretch, quadriceps, ankles
- Meditating pose for 2-5 mins



NUTRITION PLAN! 😊	
Breakfast	- Cold cereal: 2 servings (60 g) - Fruit cup (strawberries, mangoes): 2 servings (125ml each serving) - Glass of milk: 1 serving (250 ml)
Lunch	- Sandwich: bread (2 serving or 2 slices), vegetables (tomato, lettuce: 2 servings, 1 serving= 100ml approx.), cheese (1 serving or 50g), meat (1 serving or 75g) -1 fruit Juice box (1 serving fruit)
Dinner	-Rice: 2 servings (250 ml) -Steak: 1 serving (75g)
Snacks	Granola bar, cup of yogurt (1 serving each)
Training Fuel	Bottle of Gatorade, Pasta (pre exercises): approx. 60-75g



Recommended Number of Food Guide Servings per Day

	Children			Teens		Adults			
	2-3	4-8	9-13	14-18 Years		19-50 Years		51+ Years	
	Girls and Boys			Female	Male	Female	Male	Female	Male
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3