

Lifetime Fitness



Learning Objectives

- Identify several factors that will assist in maintaining a regular exercise program.
- List key considerations in choosing a fitness facility.
- Discuss the term *fitness expert*.
- Discuss several common exercise misconceptions.
- Identify factors to consider when purchasing exercise equipment.
- List several precautions for the use of hot tubs, saunas, and steam baths

First Six Months of an Exercise Program are Important

- 60% of people who begin an exercise program quit in the first month
- People who maintain an exercise program for 6 months have an excellent chance of continuing an exercise routine for years to come



Maintaining a Lifetime Exercise Program

- Properly plan exercise sessions
 - Warm up
 - Work out
 - Resistance
 - Aerobic
 - Cool Down
 - Progression
 - Goals
 - Other?



Monitor progress

- Helps with motivation
- How do you do it?
 - Training log
 - Fitness testing
- Don't get hung up on the progress issue!



Social support

- Why is this important?
 - Another way to monitor progress
 - Help through the "down-times"



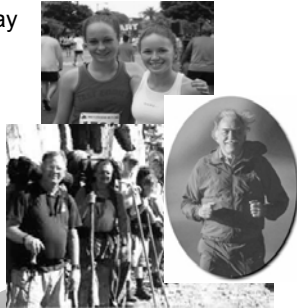
Peers as role models

- Similar to social support, but does not require support
- May provide a motivating factor
- Goal!



Aging and changing physical activity needs

- Goals and needs may change
- Capabilities may change
- Many of the same things can still be undertaken



Choosing a Health Club

- Do you need a health club?
- Investigate a variety of clubs in your community.
- Check the reputation .
- Visit the club several times prior to joining.
- Check contract carefully.
- Avoid clubs that advertise rapid weight loss.
- Check credentials of fitness professionals



Consumer Issues: Common Misconceptions About Diet and Fitness

- Yoga does not increase cardiorespiratory fitness and weight loss.
 - May promote flexibility, relaxation
 - May also lead to joint problems



Hand weights do not generally increase arm strength.

- This is particularly true for college age people
- May improve strength in frail
- May increase metabolic rate slightly
- Gripping may be problematic



More Misconceptions

- Rubber suits or waist belts do not promote fat loss.
- Spot reduction of fat is not possible.
- Avoid exercise equipment advertised to promote rapid weight loss.
- Hot tubs and saunas do not promote fat loss.

Consumer Issues: More Common Misconceptions About Diet and Fitness

- Ergogenic aids do not promote physical fitness.
- Passive exercise machines do not promote physical fitness.
- Carefully evaluate the credentials of authors of fitness articles or texts.



Summary

- Exercise must be performed regularly throughout life to achieve the benefits of physical fitness, wellness, and disease prevention.
- Many factors are important in maintaining lifetime commitment.
- Before choosing a health club follow the guidelines for quality assurance.
- There is no standard definition of a fitness expert; generally a fitness expert has earned an advanced degree in a related field.