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

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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.