1. **Lifetime Fitness**

2. **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.

3. **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.

4. **Maintaining a Lifetime Exercise Program**
   1. Properly plan exercise sessions
   2. Warm-up
   3. Work out
      - Resistance
      - Aerobic
   4. Cool Down
   5. Progression
   6. Goals
   7. Other?

5. **Monitor progress**
   - Helps with motivation
   - How do you do it?
      - Training log
      - Fitness testing
   - Don’t get hung up on the progress issue!

6. **Social support**
   - Why is this important?
      - Another way to monitor progress
      - Help through the “down-times”

7. **Peers as role models**
   - Similar to social support, but does not require support
   - May provide a motivating factor
   - Goal!

8. **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
  - ACSM

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.