

Creating a Personal Exercise Program

A **Personal exercise program** is a program of activities that promote your specific needs for endurance, strength, flexibility/range of motion (ROM), and balance/coordination and weight control. These activities are those which are specific and appropriate for your abilities, interests and capacities once you have established medical clearance for physical activity from your health care provider.

Definition of terms you need to know to build and describe your exercise program.

Health Related Fitness components are:

Cardio vascular (aerobic, endurance): to strengthen heart, lungs, blood vessels, enhance the oxygen delivery system for energy production (stamina)...improve the ability to work longer without tiring quickly while burning calories and working muscles, tendons, and ligaments supporting the frame. Know your aerobic conditioning heart rate or rate of perceived exertion. You should be able to talk without gasping for air. You know when you are over doing any exercise if exercise induced joint pain lasts more than 2 hours. Know the difference between muscle soreness (a normal response after new exercises) and joint pain.

Muscular strength: to maintain or increase muscle strength and promote muscle balance. Weak muscles add to joint problems, loss of stability, and loss of mobility. **Isometric contraction** (muscle setting) is to strongly contract a muscle but cause no movement. Hold the contraction about 8 to 10 seconds. It is commonly used in arthritis management at which joints are too painful to move. **Isotonic contraction**...a joint exercised against gravity or with another form of resistance

Range of Motion (ROM)/Flexibility/balance: maintains normal joint movement, relieves stiffness and improves joint flexibility and joint movement. Persons with arthritis should try to move each joint through its complete ROM daily to prevent stiffness, loss of motion and deformity. Start out with small movements gradually making them larger. Perform a set of each movement for 3 to 8 repetitions once or twice each day in a pain free range. For general flexibility use static stretching daily holding each stretch from 15 to 45 seconds repeating each stretch 2 or 3 time 5 days a week or more.

Body composition: describes percent of body fat in relation to total body weight. The rest of the body weight is lean tissue (blood, soft tissue, bone, cartilage) everything except stored fat tissue. Ranges for normal percent of body fat are based on age and sex.

Men between 60 to 69 years: 22.1 to 27% body fat. Over 31% is too high.

Women between 60 to 69 years: 27.1% to 32% and over 37% is too high

Waist circumference measures greatest predictor of heart disease: **Ideal Measure: Men** less than 40 inches, **Women** less than 35 inches

F.I.T. (M) Frequency, Intensity, Time (Mode) is a method to describe the physical activity program in terms of activity volume and intensity.

Frequency refers to how often the activity is performed, **Intensity** refers to the perception of effort used in performing the activity, **Time** refers to how much it spent at the activity and **Mode** refers to the type of activity performed in an exercise program.

Example of how to use F.I.T. M. applied to the resistance activity squats

F. =2 times per week, **I.** = 5# dumbbell or just your own body weight) **T.** =1 set of 10 repetitions to fatigue. **M. (activity)** = squats

Common written example: Squats, 1X10, 5lb dumbbells, 2 times per week

This description also can be written as 1 set of squats, for 10 repetitions (reps) with a 5lb. dumbbell, twice a week.

Components for describing the exercise program:

- **Set** describes a certain exercise activity
- **Repetitions** (reps) describe the number of times a certain exercise activity is performed. Generally the number of repetitions in a set range from 10 to 15.
- **Sets of repetitions** describe the number of times you repeat a prescribed number of repetitions of a certain exercise activity. This determines the time spent or the volume of work done in a specific activity. Sets generally range from 1 to 3
- **Intensity** describes how much resistance or perception of intensity used during the activity
- **Resistance exercise tools:** Body weight against gravity, free weights, exercise bands, cables or resistance machines.

8 major muscle groups to be exercised for resistance training are:

Upper body: Upper back, shoulders, chest, arms

Lower body: Lower back, hips, abdominals, and legs

The Frequency in strength training can range from 2 – 4 days per week.

The Frequency in aerobic training can range 5 to 6 days for 20 to 60 minutes.

(see hand out on website for Volume of Oxygen consumed as it relates to Talk test and Rate of Perceived Exertion (RPE) for intensity guidelines)

Prepared by Chris Netto for Body Movement email: cnetto@standingfirmfitness.com

Or visit website: standingfirmfitness.com.