



FITNESS

What is fitness?

fit·ness (Noun):

- The condition of being physically fit and healthy, especially as the result of exercise and proper nutrition.
- A state of general mental and physical well-being.
- The quality of being suitable to fulfill a particular role or task.

Some Terminology

- **Aerobic:** means “with oxygen”. Aerobic exercise is the body’s process of producing energy with oxygen in the bloodstream.
 - Ex. Running, jogging, swimming and dancing
- **Anaerobic:** means “without oxygen”. Energy is produced without oxygen because the exercise is so intense that the heart and lungs can’t get enough oxygen to the muscles.
 - Ex. Weight lifting, rope climbing and sprinting
- **Cardiovascular:** Relating to or involving the heart and blood vessels.



5 Components of Physical Fitness

1. Cardiovascular Endurance

- The ability of your heart and lungs to work together to fuel your body with oxygen.
- Anaerobic conditioning such as jogging, swimming, and cycling can help improve cardio endurance.

2. Muscular Strength

- The amount of force your muscles can exert against resistance in a single effort.
- Exercises such as the bench press, leg press, or bicep curl might be used to measure muscle strength.

3. Muscular Endurance

- The ability of your muscle to perform a continuous effort without fatiguing.
- Anaerobic conditioning such as step machines and sit-up tests are used to improve and measure muscular endurance.

4. Flexibility/ Mobility

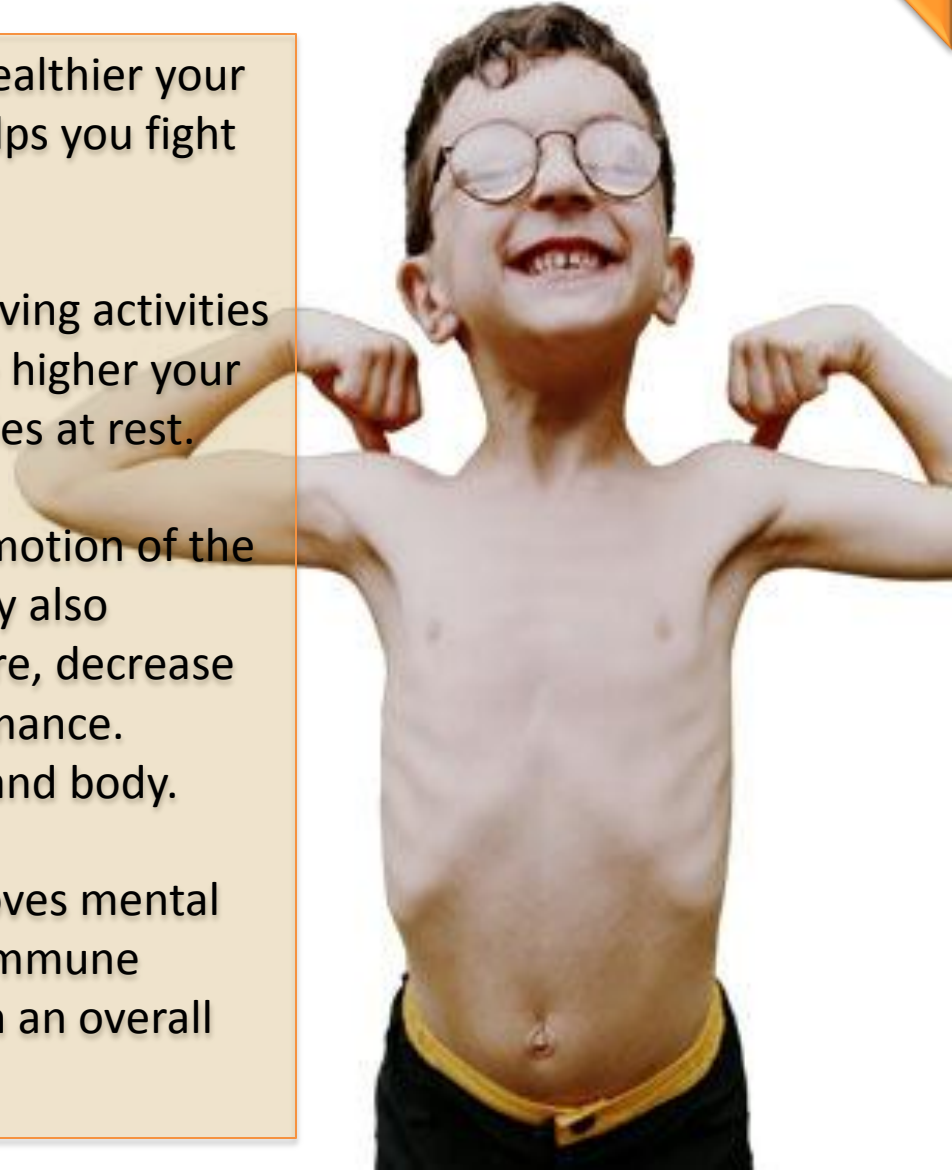
- The ability to move joints and use muscles through their full range of motion.
- Stretching individual muscles or performing sit and reach exercises test flexibility. Yoga and Pilates improve overall flexibility.

5. Body Composition

- Refers to the amount of body fat you have versus the amount of lean muscles, bones, and organs.
- The test used by most doctors, gyms, and health clubs is the pinch test.

Benefits of Being Physically Fit

- The more cardiovascular fit you are, the healthier your heart, lungs, and vascular system. This helps you fight illness and live a long healthy life.
- Muscular strength allows you to do daily living activities efficiently. The more muscle you have, the higher your metabolism is so you can burn more calories at rest.
- Flexibility exercises increase the range of motion of the joints and decreases the risk of injury. They also develop muscular balance, improve posture, decrease muscle soreness, and can increase performance. Flexibility training also relaxes both mind and body.
- Exercise also helps with weight loss, improves mental clarity, keeps you energized, boosts your immune system, enhances balance, and puts you in an overall good mood.



Tips to Get Started

Once you've measured your components of physical fitness, you can use this information to form a fitness regimen tailored to your needs.



- Write down goals and enlist a friend for support.
- Before any exercise, make sure you stretch to prevent injury.
- Aim for 30-60 of cardiovascular activity a day.
- Add in strength training 2-3 times a week.
 - *If trying to lose weight, one or two pounds a week is usually the safest.
- Make sure you have variety in your workout. After 4 to 6 weeks of doing the same thing, your body doesn't respond in the same way.
 - Any strenuous exercise in one muscle group or fitness component should be followed by 24 to 48 hours of rest for that area to allow recovery.
- After exercising, cool down and stretch again to keep your muscles from shortening and tightening.
- Keep positive and stay motivated!

Ways to be Fit on Campus



Walk, jog, or bike with a friend around campus or in the gyms



Play Frisbee in LaFollette Field

Join an Intramural Team
(Volleyball, Basketball, Dodgeball, Soccer, Wallyball, Flag football, Tug o' war, Kickball, and more!)



Go for a swim in Lewellen or Ball Gym pool



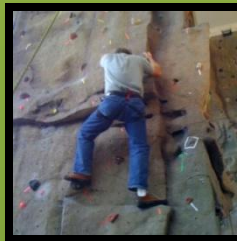
Join a Fitness Class

(Total Body Tone, All About Arms, Cycling, Pilates, Step, Yoga, Zumba and more!)



Play a game of soccer or flag football in the Indoor Turf Field or take it outside

Try rock climbing in the Student Recreation and Wellness Center



Join a Sports Club:

(Martial Arts, Rock Climbing, Running, Fencing, Synchronized Swimming, Slackline, Ultimate Frisbee, Hockey, Quidditch League, and more!)



Workout in Your Dorm Room

Exercise # 1: Put your desk to use

- Shape your arms with a challenging variation of the standard push-up. With your desk up against a wall, place your hands on the edge a little wider than shoulder-width apart. Keep your feet on the ground, back flat and chest in line with the edge of the desk. Slowly lower your chest down, bending at the elbows until you're about 6 inches from the desk. Push your body back up to the starting position. Try to work your way up to 3 sets of 15.

Exercise # 2: Burn off that late-night snack

- Need an energy boost? Instead of reaching for food, opt for a quick cardio blast by alternating 3 sets of 20 stadium runs and 20 jumping jacks. For stadium runs, start with hands on the floor and feet shoulder-width apart. Use a thrusting motion to bring your right knee into the chest. As the right foot goes back to starting position, raise your left knee. Be sure to have a slight bend in the elbow and keep your abs tight.

Exercise # 3: Get six-pack abs

- Tone your tummy with the help of your textbooks. Lay face up on a mat or towel with knees bent and feet on the floor. Hold your heaviest course book directly over your head with both hands. Keeping your abs tight, slowly lift your head and shoulder blades off the towel, lifting the book in the air. Hold for 1 second then slowly release, working your way up to 3 sets of 20.

Workout in Your Dorm Room

Exercise # 4: Use your bed for more than sleeping

- Sculpt your arms from the comfort of your bed by doing dips. Sit on the edge of the bed with your hands next to hips. Move your hips in front of the bed, bend your elbows and lower a few inches while keeping your butt close to the bed. Don't sink into the shoulders or lower past 90 degrees. Push back up and repeat for 3 sets of 15.

Exercise # 5: Get off your butt

- Use your desk chair as a prop for shaping your backside with these squats. Place your feet shoulder-width apart and squat down slowly as you sit back on your heels. Lower as far as you can while keeping your knees behind toes and not going below 90 degrees, then return to starting position. Try putting a chair behind you and act like you're about to sit down, pulling up before actually sitting. Do 3 sets of 10. Want an extra challenge? Use an explosive jump to get up from the bent position and you'll burn more calories.

Exercise # 6: Tone your biceps with your laundry

- This exercise is not a repetition exercise, but rather an exercise of resistance. Begin by twisting a towel, so that it is in a twisted, straight line. Step onto one end of the towel with your right foot. Grab the other end of the towel with your right hand. Now try to create some tension in the towel, and enough so that you feel some pressure in your muscle. Keep this tension up for about 30 seconds, and repeat until your biceps get tired. Repeat with left arm.

Want to get fit?

There's an App
For That

Now you can have a *personal trainer, nutritionist, and wellness coach* at your finger tips!



RunKeeper



RunKeeper uses GPS to track your fitness activities, including distance, time, pace, calories, heart rate, and path traveled on a map.



Lose It!



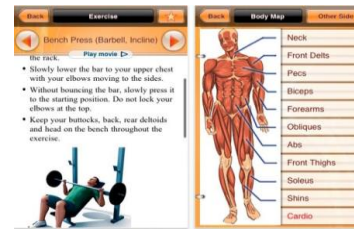
Lose It! sets goals and establishes a daily calorie budget that enables you to meet them. Stay on track by recording your food and exercise and staying within your budget.



Fooducate



Fooducate allows you to scan the barcode of products at the grocery store so you can see product highlights (good and bad) and select better alternatives.



GymGoal



GymGoal features 280 exercises with animations, instructions, and performance tips to optimize your workout. It promotes measurable progress by calculating BMI, target heart rate, and more!

Remember

Just because you exercise does not mean you can eat anything you want whenever you want

AND

Starving yourself will not help you burn more fat and could potentially create more harm to your body.

Proper diet and exercise go hand in hand for optimal health.

*Please visit www.bsu.edu/healtheducation for more information on healthy eating!