

Module 4: Personal Fitness Plan
Topic 3 Content: Designing Your Personal Fitness Plan

Introduction



Designing Your Personal Fitness Plan

Click **NEXT** to begin.

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Instructions



Click and drag the slider to the right to learn how to design your own personal fitness plan.

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Setting Your Goals

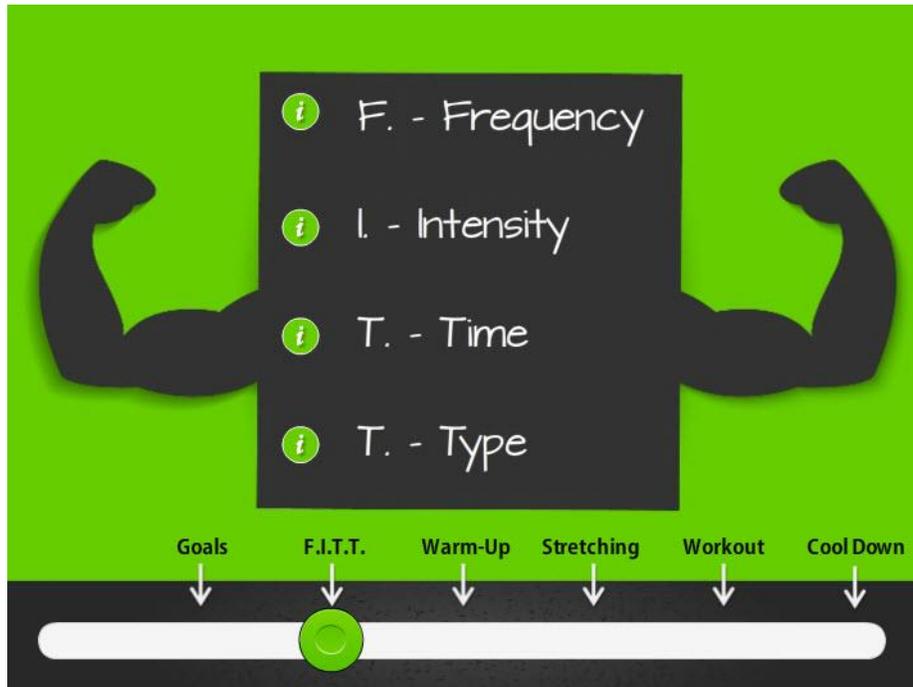


The first step in creating a personal fitness plan is to set your fitness goals. Both your long-term and short-term goals should be realistic and specific. If your long-term goal is to build muscular strength and endurance, your short-term goal(s) should state which muscle groups you will focus on, which strength exercises you will engage in and how often you will complete them, and your deadline for reaching your goal.

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F.I.T.T. Formula Principles



Once you have created your goals, you need to specifically decide the frequency, intensity, time, and type of activities for your fitness plan.

Click each marker to review the principles of the F.I.T.T. formula.

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Frequency

Frequency
How often are you going to work out? This includes how many days during the week and how many weeks you will devote to reach your fitness goals.

- i I. - Intensity
- i T. - Time
- i T. - Type

Goals F.I.T.T. Warm-Up Stretching Workout Cool Down

How often are you going to work out? This includes how many days during the week and how many weeks you will devote to reach your fitness goals.

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Intensity

F. - Frequency

Intensity
How much effort will you put forth, or how hard will you work in a single session? You should maintain your target heart rate during every workout. Remember, use the principles of overload and progression to maximize the intensity of your workouts.

T. - Time

T. - Type

Goals F.I.T.T. Warm-Up Stretching Workout Cool Down

How much effort will you put forth, or how hard will you work in a single session? You should maintain your target heart rate during every workout. Remember, use the principles of overload and progression to maximize the intensity of your workouts.

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Time

i F. - Frequency

i I. - Intensity

Time
i How much time are you exercising in a single session?
Remember, your total workout time includes your warm-up,
stretching, workout, and cool down.

i T. - Type

Goals F.I.T.T. Warm-Up Stretching Workout Cool Down

How much time are you exercising in a single session? Remember, your total workout time includes your warm-up, stretching, workout, and cool down.

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Type

F. - Frequency

I. - Intensity

T. - Time

Type
What specific exercises will you perform as part of your fitness plan? The type of exercises you select should be targeted at helping you reach your long-term and short-term goals.

Goals F.I.T.T. Warm-Up Stretching Workout Cool Down

What specific exercises will you perform as part of your fitness plan? The type of exercises you select should be targeted at helping you reach your long-term and short-term goals.

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Warm-Up

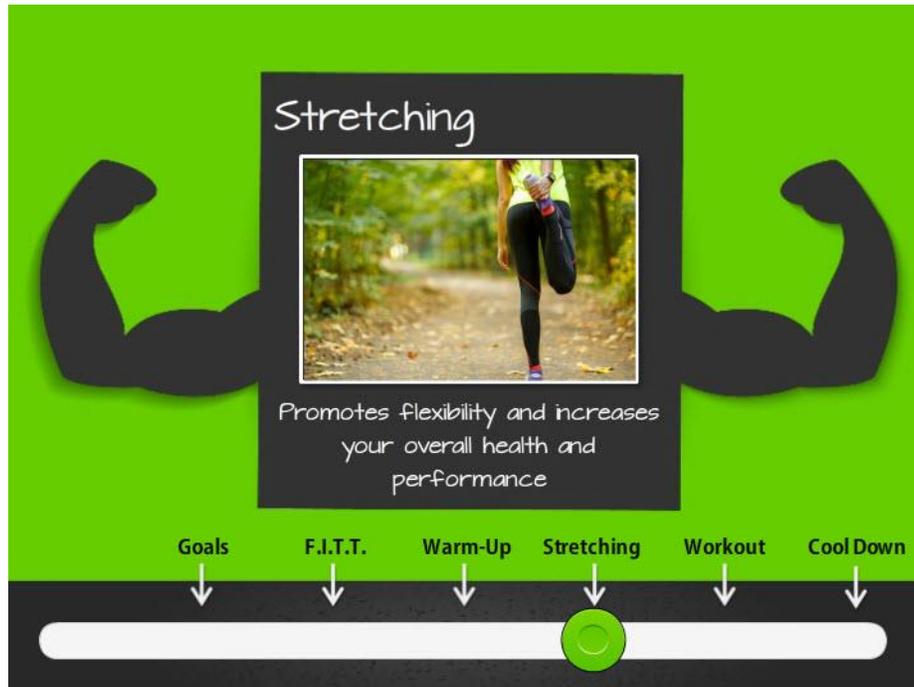


You should warm up your muscles for five to ten minutes before engaging in vigorous physical activity. There are many types of warm-up activities you can choose from. Be sure to select warm-up activities that you enjoy, and that will help you reach your fitness goals.

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Stretching

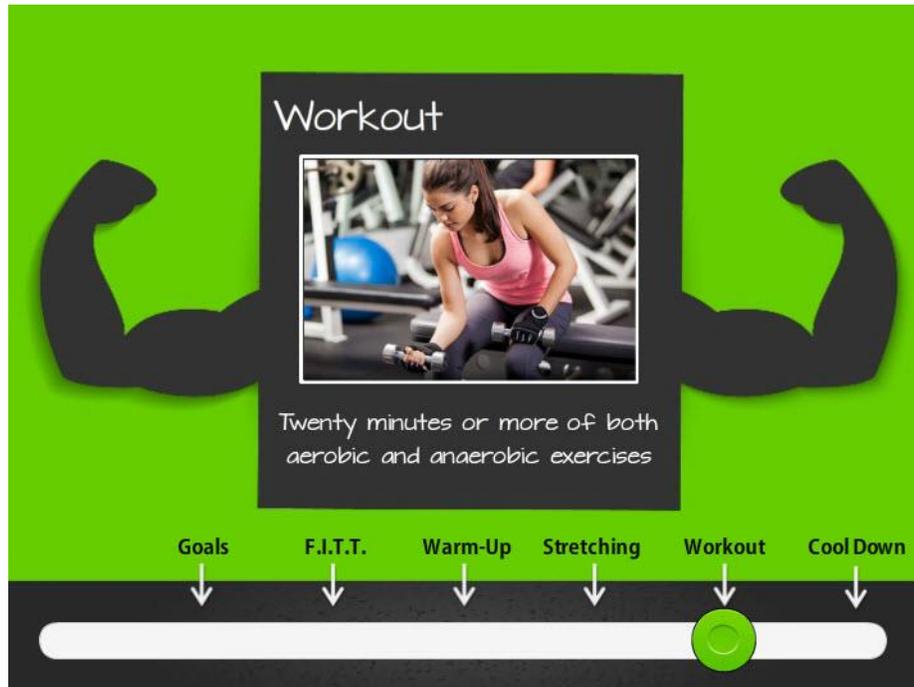


After your warm-up, you will want to perform a variety of stretches. You may choose not to do the same stretches each time you exercise. For example, if you are working your leg muscles, it is important to stretch your calves, quads, and glutes. Stretching promotes flexibility and increases your overall health and performance.

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Workout

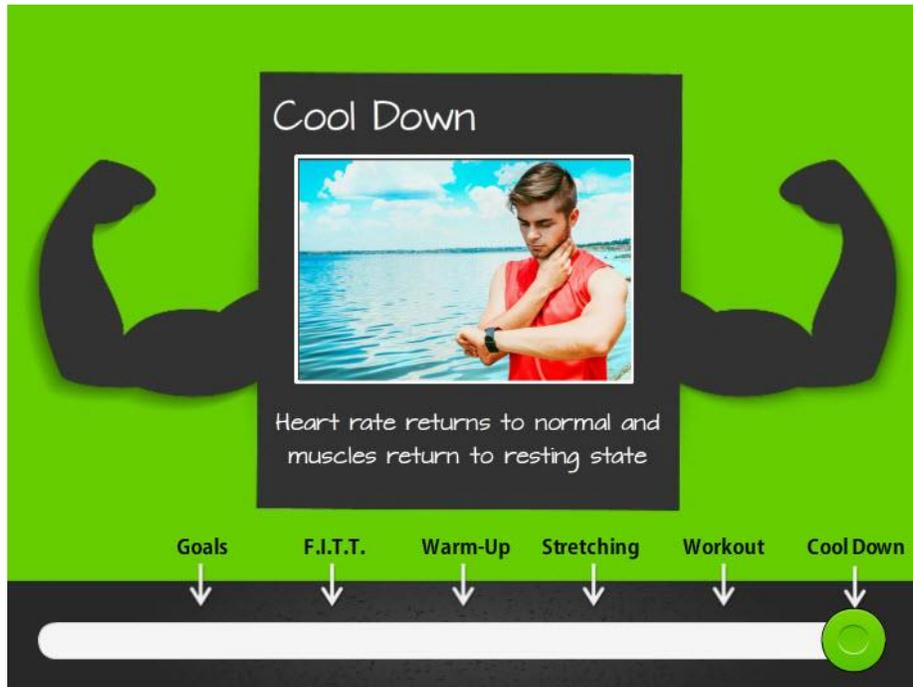


Your workout is the bulk of your fitness plan. Your workout should be a minimum of twenty minutes and should include both aerobic and anaerobic exercises. However, aerobic and anaerobic exercises do not have to be completed in the same session. Your workouts should be made up of activities you enjoy. This will help you enjoy your workout.

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Cool down



Once you have completed your workout, your body needs to cool down. During your cool down, you are letting your heart rate return to normal. You are also preparing your muscles to return to a resting state. Your cool down should be at least five minutes. Walking, dynamic stretching, and static stretching are all great cool down activities.