
Physical Fitness for Life

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OBJECTIVES

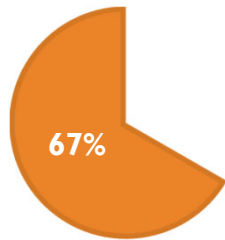
- Know the prevalence of physical activity among Americans
- Discuss the benefits of physical activity
- Identify the five components of fitness
- Evaluate Body Mass Index (BMI)

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PUBLIC HEALTH IMPACT

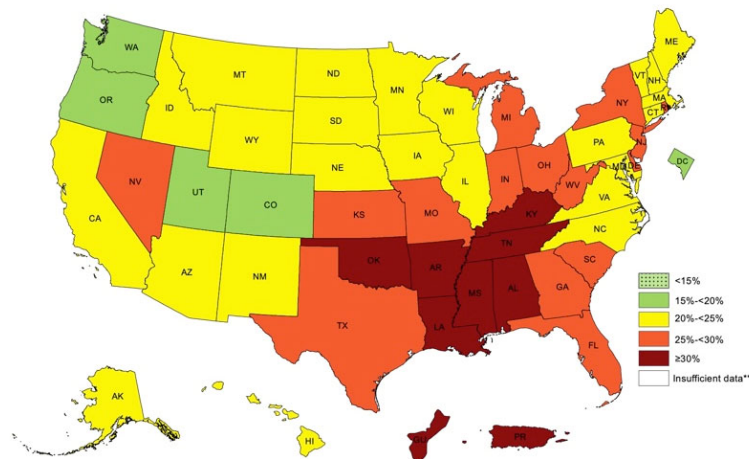
MORE THAN 60% of Americans do not engage in the recommended amount of physical activity

28% are not active at all



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PREVALENCE OF PHYSICAL INACTIVITY (2015-2018)



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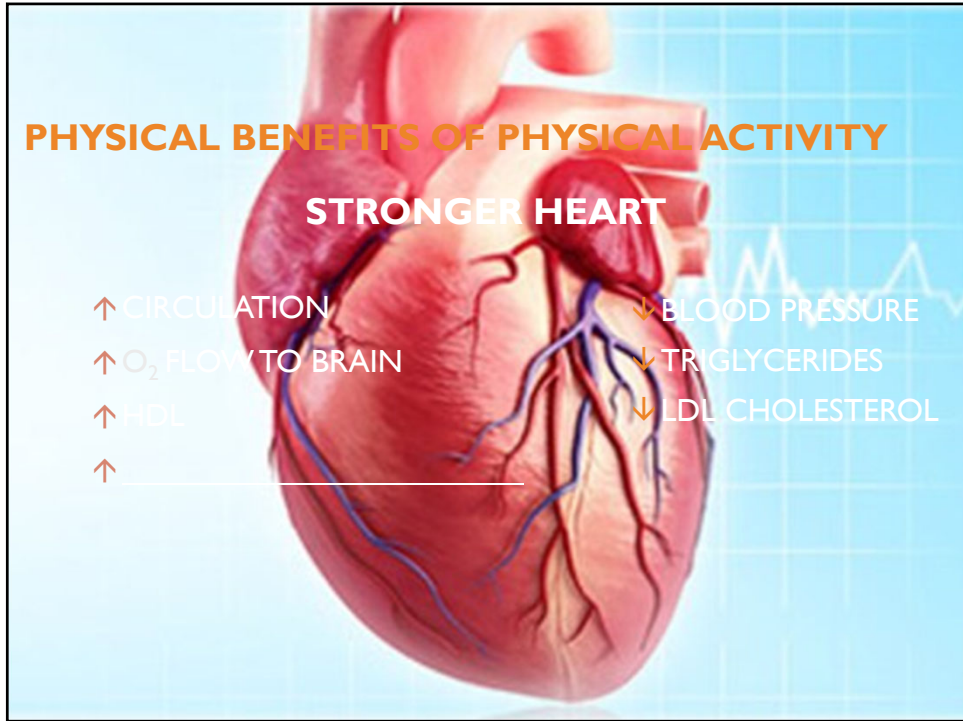


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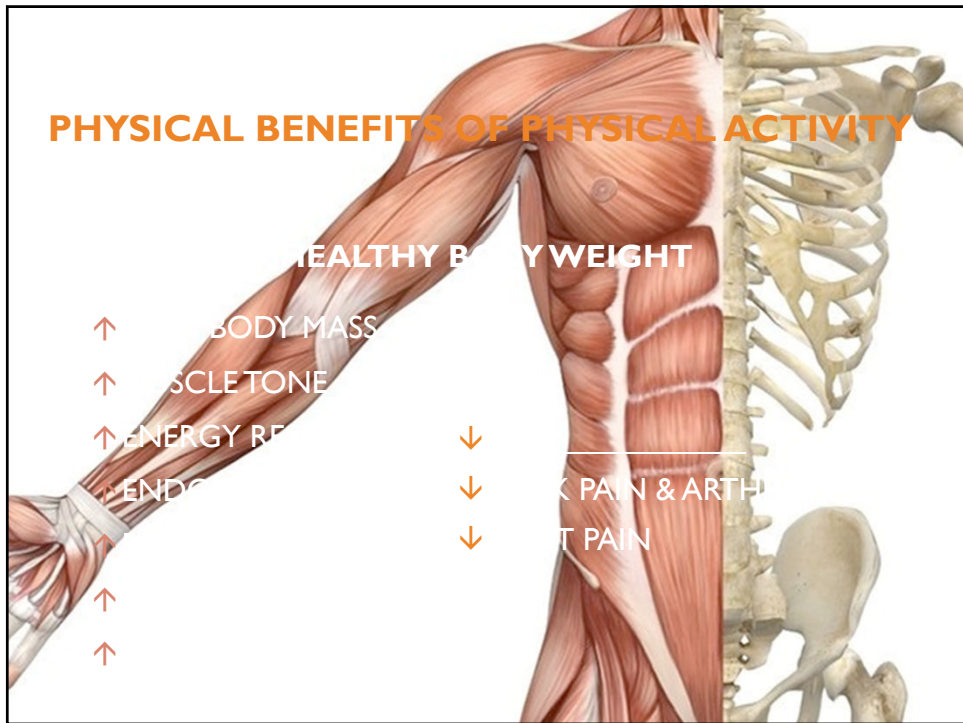
PSYCHOLOGICAL BENEFITS OF PHYSICAL ACTIVITY

<p>Increased:</p> <ul style="list-style-type: none"> ■ _____ ■ Self-image ■ Self-esteem ■ Sleep ■ Ability cope with stressors ■ _____ ■ Learning ability 	<p>Decreased:</p> <ul style="list-style-type: none"> ■ _____ ■ Depression ■ Anxiety ■ Fatigue
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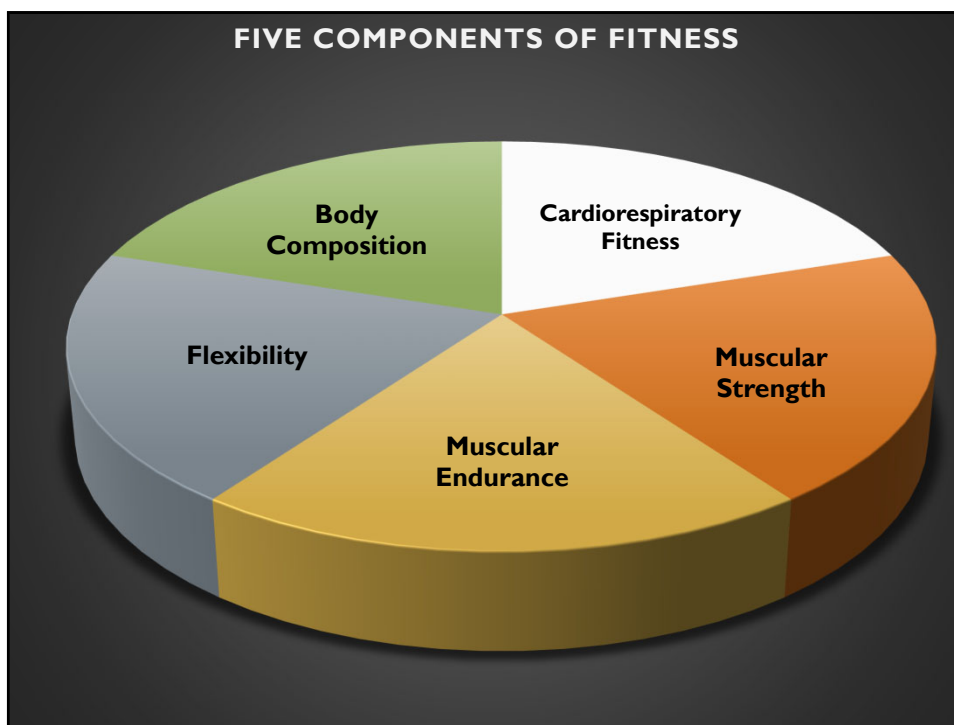
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PHYSICAL ACTIVITY REDUCES RISK OF...

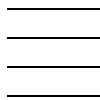
- Heart Attack
- Stroke
- _____
- Cancer
- Obesity
- Osteoporosis & hip fracture
- _____
- Lower back pain

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I. CARDIORESPIRATORY FITNESS



Works heart
and lungs



Increases the
body's abilities
to use oxygen



Focus on
intensity



Improves
endurance

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INTENSITY = TARGET HEART RATE

Age	Target HR Zone 50-85%	Average Maximum Heart Rate, 100%
20 years	100-170 beats per minute (bpm)	200 bpm
30 years	95-162 bpm	190 bpm
35 years	93-157 bpm	
40 years	90-153 bpm	
45 years	88-149 bpm	
50 years	85-145 bpm	
55 years	83-140 bpm	
60 years	80-136 bpm	
65 years	78-132 bpm	
70 years	75-128 bpm	

Heart Rate Zones

- Threshold Zone** 80%–90%
- Aerobic Zone** 70%–80%
- Endurance Zone** 60%–70%
- Recovery Zone** 50%–60%

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FIND YOUR TARGET HEART RATE



Step 1: Find Max Heart
Rate (220-age)



Step 2: Select exercise
intensity (i.e. 70%)



Step 3: Target Heart Rate
= Max HR x .7

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TARGET HEART RATE EXAMPLE

Example for 20 year – old at 70% intensity.

$$\begin{array}{r} 220 \\ - 20 \text{ (age)} \\ \hline 200 \text{ (Max HR)} \end{array}$$

$$\begin{array}{r} 200 \\ \times .7 \text{ (70\%)} \\ \hline 140 \text{ (Target HR)} \end{array}$$

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2. MUSCULAR STRENGTH

Capacity to exert force against resistance

- Weight machines
- Free weights
- Calisthenics



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3. MUSCULAR ENDURANCE

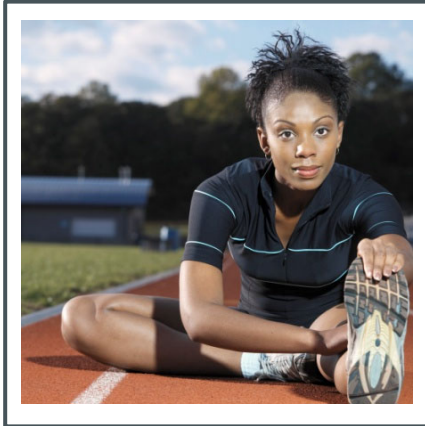
Capacity to exert force **repetitively**

- Calisthenics
- Free weights
- Weight machines



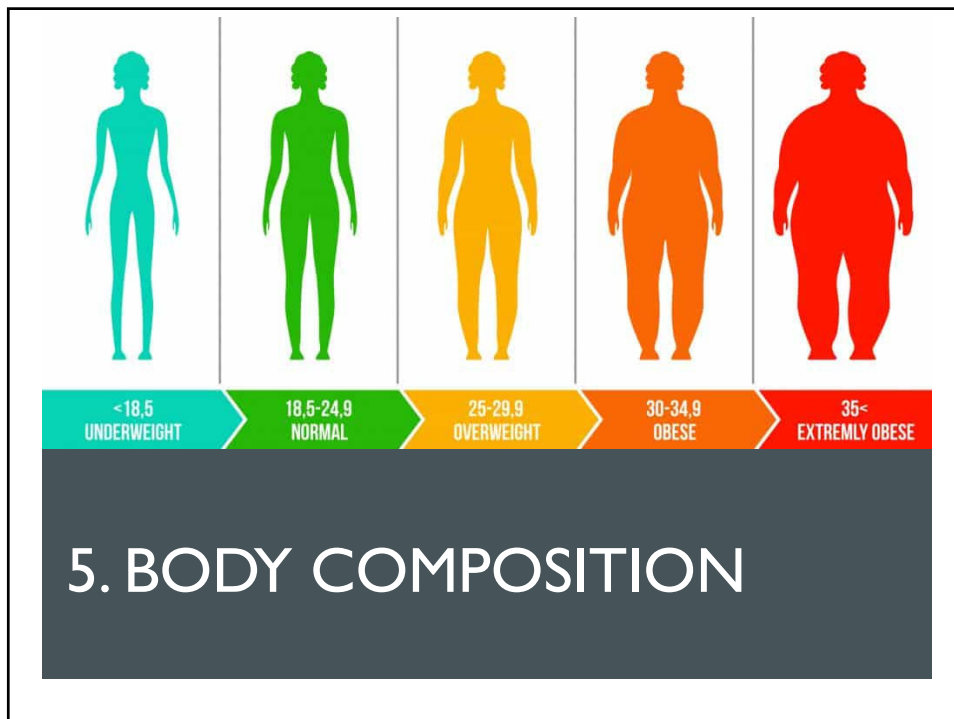
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4. FLEXIBILITY



- Most _____ component of fitness
- At least 2-3 days/week
- Stretch to point of mild discomfort (not pain)
- Warm up before stretching

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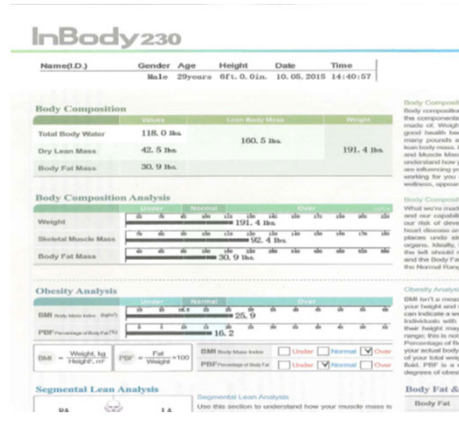


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BODY ANALYSIS

- Body Fat Analyzers
- Smart Weight Scale
- USF Wellness (InBody)

* More Accurate



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Adults need a mix of physical activity to stay healthy.

Moderate-intensity aerobic activity*

Anything that gets your heart beating faster counts.

at least
150
minutes
a week



AND

Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

at least
2
days
a week



* If you prefer vigorous-intensity aerobic activity (like running), aim for at least 75 minutes a week.







If that's more than you can do right now, **do what you can.** Even 5 minutes of physical activity has real health benefits.

Walk. Run. Dance. Play. **What's your move?**

MOVEMENT
GUIDELINES

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BE
PHYSICALLY
ACTIVE!

-  Campus Rec.
-  Local gyms
-  Apartment gyms
-  Parks
-  Your neighborhood
-  At home

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READINGS

- 20% of quiz questions will come from reading material not covered in the notes. See Canvas for readings associated with this topic.

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