



Three Components of Fitness

CARDIO

The first component aerobic, also known as cardio is probably the most important of the 3. Cardio, short for cardiovascular exercise, means that you're involved in an activity that raises your heart rate to your Target Heart Rate Zone. In this zone good things happen, calories are burned (weight management), this zone keeps our hearts strong reducing the risk of heart attacks. This zone also increases our lung capacity, and reduces risk for high cholesterol, high blood pressure and diabetes.

Depending on your fitness lifestyle, home, the gym, or non-existent, cardio is easily integrated into a program. Examples of cardio are running (treadmill or equipment free), the elliptical, jump roping, walking, biking, stair climbers and aerobic classes such as boot camps, step aerobics, Zumba and kickboxing.

There are also components within the 3 fitness components that need to be incorporated when creating a fitness plan. They are intensity, frequency and duration. To design your program 1st choose an exercise; decide on the frequency and the duration. For example, Client X likes to run (for cardio) and is training for a Marathon. Her frequency is 4 times per week for shorter mileage (45 min to 1 hour) with longer runs 1 day per week. Her intensity needs to be at or around her target heart rate zone.

To find your max heart rate subtract your age from 220. Example, a 38 year old would take $220 - 38 = 182$. This is the max heart rate. To find your heart rate, count the number of beats in six seconds and add a zero on the end. Subtract your resting heart rate from 220. (Example: $220 - 60 = 160$). So, the target heart rate zone is 160-182. Once you calculate yours - that is the zone you want to be in and around for the duration of your cardio work. A rule of thumb for cardio is 3 days/week. Along with a strength training and flexibility program your fitness lifestyle will start to improve.

STRENGTH

Strength training or resistance training is the 2nd component of fitness. Strength training is the use of resistance for muscular contraction to build the strength, anaerobic endurance and the size of skeletal muscles. Try not to think of strength training as bodybuilding, weightlifting or power lifting, these are sports rather than forms of exercise. With the increase of muscle comes a decrease in fat mass, tendon and ligament strength, bone density, flexibility, tone, metabolic rate

increases and postural support. More muscles = higher metabolism and higher calories burned.

Strength training can be done using free weights (dumbbells), resistance bands, weight machines, and simply with just your body and gravity. Strength training requires proper form, which if ignored can result in injury or an inability to meet training goals.

FLEXIBILITY

Flexibility is an important component that is often neglected. It is an important part of fitness for everyone regardless of age, gender, goals, or experience. Flexibility will help alleviate stiffness in joints and muscles prevent injuries and help to maintain good range of motion. Overall flexibility helps to improve muscle imbalances which can cause pain and injury.

Yoga and pilates are excellent ways to increase flexibility. A rule of thumb is at least 4 days a week of a stretching program, working through the main muscles groups of the body. This should only take about 15-20 min per day. Overtime you'll see a great improvement in flexibility and your fitness lifestyle.

FOOD INTAKE - You are what you EAT!

Another key component to overall total health is your food intake. Eating balanced and healthy is essential for you to achieve total overall health. Most people think being healthy is "80% exercise and 20% food intake". **WRONG.** It's actually the opposite!!! Total overall health is a result of "80% FOOD INTAKE and 20% exercise".

"YOU CAN'T OUT-TRAIN A BAD DIET"

"You are what you eat - so don't be Fast, Easy or Cheap"

"Don't DIET. Instead, eat according to your goals"

"Your body is a finely tuned vehicle, give it good fuel and it will take you places"

"Eat to meet long term goals, not short term satisfaction"

"Strive for PROGRESS, not PERFECTION"

MGF Motto: Fitness is a daily JOURNEY not a Destination