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THE FUNDAMENTALS OF CARDIO & STRENGTH TRAINING

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- Aquila, Program Manager
- ACE: Certified Personal Trainer
- AFAA: Group Fitness Instructor

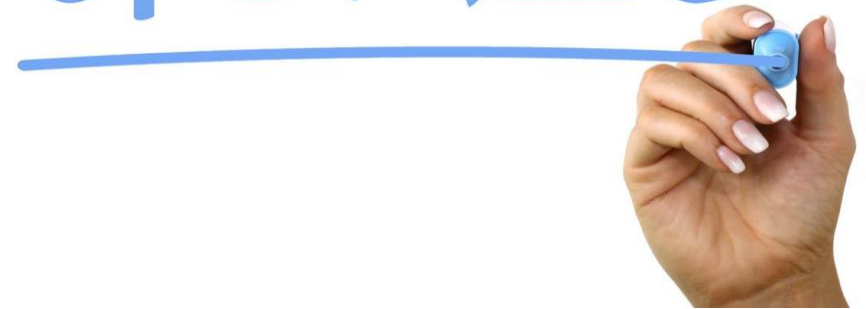


The Fundamentals of Cardio & Strength Training

GOALS AND OBJECTIVES

This webinar will provide participants with wellness and fitness information regarding incorporating cardio and strength training exercises into their daily routine.

GOALS



The Fundamentals of Cardio & Strength Training

SCHEDULE AN APPOINTMENT WITH YOUR PRIMARY PHYSICIAN



Check-In For a Clean Bill of Health

Health Screenings Help Provide Information Regarding Your Health -

The goal is to meet your medical needs and help with living a healthier lifestyle.

Provides and opportunity to discuss your wellness and fitness goals.

The Fundamentals of Cardio & Strength Training

EXERCISE RECOMMENDATIONS

Endurance and Aerobic Activities

150 minutes per week (30 mins. X 5 Per Week)

Strength Exercises to Target All Muscle Groups (2 Times Per Week)

Balance and Stretching Exercises 2 (2 Times Per Week)



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EXERCISE RECOMMENDATIONS



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THE FUNDAMENTALS OF CARDIO TRAINING

The Fundamentals of Cardio Training /Workouts



Facts About Cardio Training

- 1: Good for Heart Health
- 2: Improves Blood Flow to the Brain/Circulation
- 3: Helps prevent diabetes/stroke
- 4: Helps Maintain Healthy Weight
- 5: Reduces Stress/Anxiety
- 6: Improves Functional Daily Tasks
- 7: Improves Sleep



The Fundamentals of Cardio Training /Workouts



Tips to Start – Cardio Workouts

- 1: Start slow and Go Slow
- 2: Set Goals – Track Your Goals
- 3: Use a Buddy System
- 4: Listen To Your Body
- 5: Enjoy the Workout – It's about **YOU!**
- 6: Try – Simple Walks, Golfing, Swimming, Dancing
- 7: Consult your physician before changing or beginning an exercise program.



The Fundamentals of Cardio Training /Workouts



Tips to Start – GYM Cardio Equipment

- 1: Treadmill
- 2: Exercise Bike
- 3: Elliptical Machine





THE FUNDAMENTALS OF STRENGTH TRAINING

The Fundamentals of Strength Training



Facts About Strength Training

- 1: Helps to reduce body fat
- 2: Burns more calories efficiently
- 3: Helps to maintain lean muscle mass
- 4: Prevents Osteoporosis

Fact:

As we age, Lean Muscle Mass Decreases.



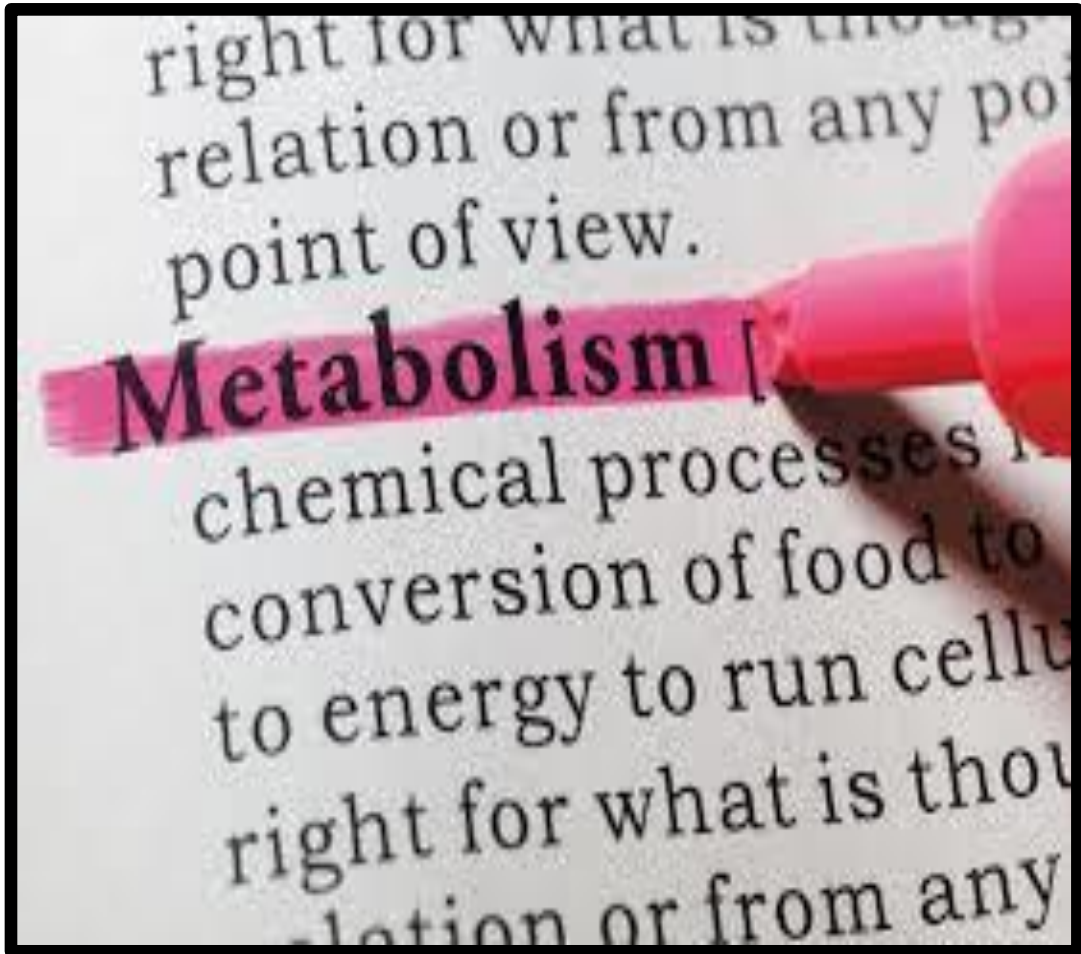


THE FUNDAMENTALS OF STRENGTH TRAINING

STRENGTH TRAINING AND THE METABOLISM

The Metabolism

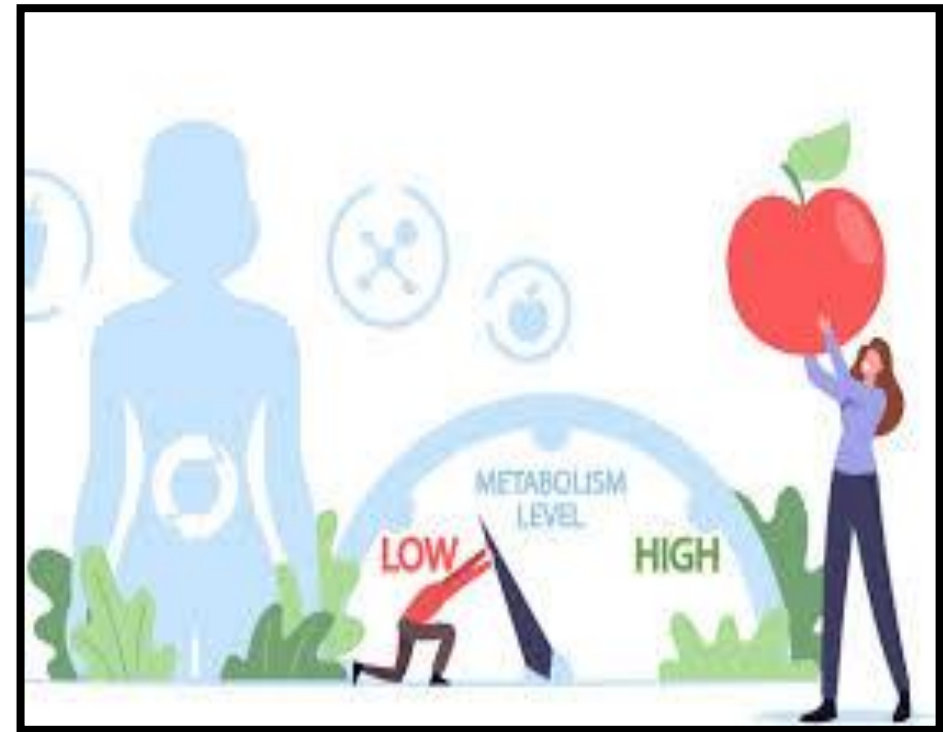
Metabolism is the chemical reactions in the body's cells that change food into energy. Our bodies need this energy to do everything from moving to thinking to growing.



Decreasing Metabolism

What are Signs of a **Decreasing** Metabolism

- **Weight Gain**
- **Difficulty Losing Weight**
- **Tired (not getting enough sleep)**
- **Not enough physical activity**



The Fundamentals of Strength Training

TIPS TO INCREASE THE METABOLISM

- Fuel the body with nutritional foods. Eating too few calories can cause a major decrease in the metabolism
- Foods that have higher protein base support-muscle mass-
- Remain physically active
- Incorporate Strength Training into your exercise programming. Strength training increases muscle mass and helps to preserve the metabolism (metabolic rate) during weight-loss and aging
- Get enough adequate rest – (sleep)



FOODS TO BOOST THE METABOLISM

- Daily Water Intake
- Natural Spices: Garlic, Black Pepper, Cayenne Pepper, Chili Powder, Ginger
- Nuts/Seeds – Omega3-Rich in Calcium
- Beans/Legumes - Protein Source – Regulates Blood Sugar Levels
- Broccoli – Green Vegetables – Detoxify Agents – Vitamin – A,K, and C
- Dried Beans – Legumes, Lintels – Protein Source – Also Regulates Blood Sugar Levels
- Reduce Process Foods
- Whole Grains – Fiber
- Include Fresh Fruit – Berries/Apples/Limes/Lemons
- Drink Teas Regularly - Green Tea/Turmeric/Ginger
- Include Fish – Salmon/Cod/Flaxseed Oil – Omega 3

What to Eat Before/After a Workout:

Before -Light Snacks: Banana, Yogurt, Egg Whites

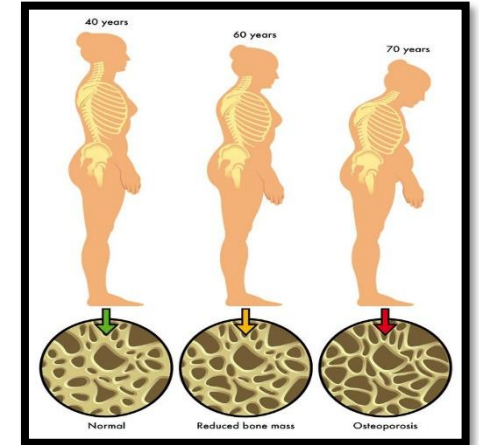
After- Protein Shake – Apple-(complex carb that replenishes the body after a workout)



Staying Active Can Strengthen Bones

By conducting strength training exercises, bone density can be increased and reduces the risk of osteoporosis.

What is Osteoporosis: a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin D.



Bone-Strengthening Exercises

Walking, Dancing, Lower Impact Aerobics,
OR- Higher Impact Exercises as your fitness level allows.

Weight-Bearing Exercises

Lifting Free Weights, Using Weight Machines, Own
Body Weight, Balance Exercises –Yoga/Pilates -



Fact or Myth: Strength Training Makes You Bulky

ANSWER:



No is the answer:

By Improving Strength Training – You Improve overall Muscle Mass

The Body-Builder Physique has restrictions/**ADAPTATIONS:**

- *May Include additional supplements*
- *Additional Workouts beyond the CDC recommendations*
- *Different Dietary Recommendations*

IMPROVING CARDIO & STRENGTH TRAINING

Cardio: Increase Endurance – Add Variety of Cardi

Strength Training:

Slowly increase resistance by 5-10 Percent (4-8 Weeks)

Add a Variety

Exercise Order Based on Goal	
GOAL	SEQUENCE
 Strength	Strength → Cardio
 Cardio Endurance	Cardio → Strength
 Power	Cardio → Strength
 General Fitness	Focus on exercise you enjoy

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EXERCISE RECOMMENDATIONS

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BENEFITS OF USING A PERSONAL TRAINER



PERSONAL TRAINING AND FITNESS CONSULTATION-ASSESSMENTS

- The personal trainer will consult with client to establish a one-on-one relationship/connection
- Identify Client's Fitness Goals (PAR-Q) physical activity readiness questionnaire – review any medical conditions & restrictions for exercise prescription
- Develop SMART – Goals for Client
- Provide a proper fitness assessment for baseline workouts
- Personal program design
- Provide Motivational Encouragement and Support



Cardio Circuit in 15-Minutes

This is a 15-minute cardio express workout. It is important to incorporate exercises that keeps the heart, lungs, and circulatory system healthy to improve overall fitness. This 15-minute cardio circuit workout is designed to provide exercises to improve cardiovascular endurance. All exercises should be conducted in numerical sequence.

1. 2-minute Run or walk in Place, rest 30 seconds, proceed to the next exercise
2. 1-minute Jump Rope with or with a jump rope, rest 30 seconds, proceed to the next exercise
3. 1-minute Jumping Jacks, rest 30 seconds, proceed to the next exercise
4. 1-minute Standing Mountain Climbers, rest 30 seconds, proceed to the next exercise
5. 1-minute Floor Mountain Climbers, rest 30 seconds, proceed to the next exercise
6. 1-minute Sumo-Jump-Squat, rest 30 seconds, proceed to the next exercise



The Fundamentals of Cardio and Strength Training

Total Body Workout

Arm Circles

Jumping Jacks-Jog In place

Lateral Hops

Bicep Curls

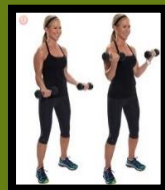
Triceps Extensions

Squats

Lunges

Ab-Crunches

Beginning Perform each exercise 10-12 repetitions.





THE FUNDAMENTALS OF CARDIO AND STRENGTH TRAINING DEMO



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THE FUNDAMENTALS OF CARDIO & STRENGTH TRAINING QUESTIONS?