

People Biz, Inc. | *Health Works*

CREATING AN EXERCISE PLAN

Name: _____ Date: _____

Definition of a goal: An intention coupled with a specific measurable **result**, and includes a deadline.

Examples with intention underlined and results in **red**:

1. By April 2013, I am healthy and, as a result, weigh 140 lbs.
1. My blood pressure is normal for me (**120 over 70**) by March 2013.
2. I am strong and can now do **30 military push-ups** without stopping by June 2013.
3. My heart is healthy, I can do **60 minutes of cardio at 70% of maximum heart rate** capacity by June 2013.

What are my fitness goals?

- 1.
- 2.
- 3.

Why is this important to me? (Be specific and complete.)

How will it impact my life when I accomplish this? What will I have or experience?

If losing fat is part of your plan, calculate how many calories you will have to burn to hit your goal. (Remember, 3500 calories = a pound of fat.)

- How many pounds do you want to lose? _____
- That number multiplied by 3500 = _____ calories burned.

So for example, if you want to lose 20 pounds in 20 weeks, that's a pound a week, which is 3500 calories a week in exercise. Yes, you could also eat less but it is healthier to eat your daily allowance of calories (see glossary for BMR) and exercise your weight off. That way you keep your metabolism high and get the

nutrition you need.

Ideally, at least five to six days a week of exercise is healthy and will keep you fit. However, it makes sense to work your way into that type of schedule over a few months.

Scheduling way ahead of time (yes, in your planner) makes all the difference. Be prepared for interruptions and/or last minute mishaps by scheduling an extra make-up spot for exercise in your schedule. **Never cancel a workout, just reschedule it.**

Start with walking or swimming (or any type of cardio) for 45 minutes 3x a week. After you have done this two weeks in a row, move up to one hour 3 times a week.

Now, you are ready to add strength training two days a week. You could pick up a video or get a few weights at home, but people don't really do well with strength training until they get a gym membership. At most gyms, you can attend classes. This is a great way to learn proper form. Hire a trainer for 6 weeks just until you get moving. Once you have two days a week consistently, add one more weight workout and you are at ideal.

Strength training is absolutely vital to health success:

- Muscle will burn fat
- Increase in bone density
- Improved posture
- People who are strong live longer
- Increase in metabolism
- Regulated blood sugar
- Regulated hormones

Weight train intensely, three times per week on alternating days, with aerobic exercise three to four times per week. Alternate training the major muscles of the upper and lower body.

- Perform two exercises for each major muscle group of the upper body.
- Select one exercise and conduct five sets with it, starting with a set of 12 reps, then increasing the weight and doing 10 reps, adding more weight and doing 8 reps, adding more weight for 6 reps. Then reduce the weight and do 12 reps. Immediately perform another set of 12 reps for that exercise using the second selected exercise.
- For each exercise, rest for one minute between the first four sets. Then complete the final two sets with no rest in between. Wait two minutes before moving on to your next exercise, then complete this pattern five times for the upper body training experience and four times for the lower body training experience.
- Always plan your training beforehand.
- Record all your weight lifting exercises in a journal indicating the exercise selected and weight lifted.

- Drink water in between sets or exercises.

The law of progressive overload is that you must increase the amount of reps or the weight lifted every single workout in order to ignite muscle growth. The body adapts to stimuli, so how do we use this to our advantage? Well, the key is to place ever increasing demand on the body, thereby forcing it to continually adapt. Training with weights is undoubtedly the best way to achieve this.

If you work out with the exact same weight every session and perform the same number of repetitions, how can you expect your body to respond? Therefore, if you want muscular biceps, you must increase the weight you are lifting every session or the amount of repetitions. Yes, ladies, I am talking to you!