



Activity & Energy Balance

Critical Concept:

It is important to balance the Calories you consume (take in) with the Calories you use (burn).

Energy Balance Equation	<p>If Calories IN = Calories OUT then a Steady Weight is maintained If Calories IN > Calories OUT then we have Weight Gain or Growth If Calories IN < Calories OUT then we have Weight Loss</p>
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Everything you do burns Calories. Calories in your body are like gas in a car. You burn Calories when you sleep, when you breathe, when you grow, when you jump and run. Your body needs Calories in order to live.

Everything You Do Burns Calories	<p>Approximate Average Calories Burned:</p> <ul style="list-style-type: none"> • Sleeping Can Burn 60 Calories Per Hour • Watching TV Can Burn 75 Calories Per Hour • Standing in Line Can Burn 100 Calories Per Hour • Heavy Housework Can Burn 225 Calories Per Hour • Riding Your Bike Can Burn 385 Calories Per Hour • Fitness Lab Circuit Training Can Burn 540 Calories Per Hour
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Think about how much activity is needed to burn off some of the foods that you eat and drink. It is very easy to eat and drink a large amount of Calories quickly. It's much more difficult to burn those same Calories.

Calorie Count	<p>1 Cup of Cookies & Cream Ice Cream = 540 Calories Bike Riding for 1 Hour 24 Minutes = 540 Calories</p> <p>Large McDonald's Soda = 310 Calories Heavy Housework for 1 Hour 24 Minutes = 310 Calories</p> <p>1 Fresh Apple = 51 Calories Fitness Lab Circuit Training for 6 Minutes = 51 Calories</p>
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Calories can add up quickly!

1 Fast Food Day	<p>1 Small Fast Food Breakfast = 730 Calories 1 Medium Fast Food Lunch = 1,100 Calories <u>1 Large Fast Food Dinner = 1,600 Calories</u> Total = 3,430 Calories</p> <p>If this average student needs 2,500 Calories per day he/she would have to burn 930 extra calories. <i>Maybe standing in line for over <u>9 hours</u> would help!</i></p>
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Energy Balance

Critical Concept:

It is important to balance the Calories you consume (take in) with the Calories you use (burn).

Energy Balance Equation	<p>If Calories IN = Calories OUT then a Steady Weight is maintained</p> <p>If Calories IN > Calories OUT then we have Weight Gain or Growth</p> <p>If Calories IN < Calories OUT then we have Weight Loss</p>
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It is important to consume more **NUTRIENT DENSE foods** (which contain vitamins, minerals, protein, etc.) and less **EMPTY CALORIE foods** (which contain mainly sugar, fat and chemicals).

All Calories are <u>NOT</u> Created Equal!	Whole Foods = Nutrient Dense Foods Empty Foods = Empty Calorie Foods
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Sodas and many “sport” and “energy” drinks are examples of Empty Foods. It is very easy to drink a large amount of Calories quickly (soda, energy drinks, coffee drinks, juice, sports drinks).

WATCH OUT FOR “HIDDEN” CALORIES! Especially in sweet drinks & soda!	EMPTY FOOD: 1 Grande Latte (Whole Milk) = 360 Calories WHOLE FOOD: 7 Fresh Apples = 360 Calories
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Many fast-food “Value Meals” contain more calories than average people need in 2 meals!

Calorie Needs (Depending on Activity Levels)	Teen Girls (age 14-18) need 1800-2400 Calories per day Teen Boys (14-18) need 2000-3200 Calories per day
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Vocabulary:

Calorie (noun) - a unit of measurement for the energy content of food; also used to measure the amount of energy used during activity.

Be Positive!

Critical Concept:

Goal setting is a process of mapping out a route to what you want to achieve. We have to look at our current position on that map to understand the best way to get to where we want to be. Plus, we have to take a look at how we got to where we are – from a positive perspective. We can then build a positive future on the positives of our past!

<p>Food For Thought... Think about these questions over the next few days.</p>	<p>What are one or two things in your life that you accomplished that were difficult to achieve?</p> <p>What are a few important things that helped you achieve that success?</p> <p>What things in your life are you most grateful for?</p> <p>Why are those things important?</p>
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“It is through questions that we grow, develop and improve. Questions (and the search for the answers) shape our lives.” – *From the Book The Winning Mind Set by Kevin Seaman and Jim Brault.*

<p style="text-align: center;">Be Positive! How are you talking to other people and to yourself?</p>	<p>Use positive language, here are some tips...</p> <ul style="list-style-type: none"> • Substitute negative statements with positive ones. For example, ask people to remember something – rather than asking them not to forget. • Remind yourself and others what can be done – rather than what can't. For example, you might say, “We can go to the gym even though it's raining,” rather than, “We can't go for a walk today because it's raining.”
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For some of us, staying positive can be a challenge. That's okay. Luckily, positive attitudes are contagious! Use positive language when you talk with others. If someone asks a negative question – respond with a positive answer! When someone makes a negative statement – respond with a positive one. And, try to talk with more positive people!

<p style="text-align: center;">The Power of Positive Thought: Pass It On!</p>	<p>Try this experiment:</p> <ul style="list-style-type: none"> • When you see someone during your day don't ask him or her, “How are you doing?” • Instead ask, “What's good with you today?” • Note how many people respond positively compared to how many respond negatively.
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**“Some men see things as they are, and say, ‘Why?’
I dream of things that never were, and say, ‘Why not?’”
- George Bernard Shaw**

What is Fitness?

Critical Concept:

Since ancient times people have known that perfect health must involve three aspects of human life: Mind, Body & Spirit.

We will use the word Fitness as a term that describes the overall condition of each of these. In our definitions we'll follow the lead of the National Association for Sport and Physical Education and incorporate aspects of their vision of physically educated people who have the knowledge, skills and confidence to enjoy a lifetime of healthful physical activity (NASPE 2004).

Physical Fitness (Body)	If you are physically fit you have the skill, strength, flexibility and endurance to perform and participate in regular moderate to vigorous physical activity.
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Examples of moderate physical activity can come in the form of daily tasks and chores, like doing housework or walking to school.

More vigorous physical activity can come in the form of hiking, sport practice or games and fitness walking. *Participation in Fitness Lab Circuit Training is vigorous!*

Mental Fitness (Mind)	If you are mentally fit you have the ability, focus and desire to learn new information and skills and apply what you've learned to achieve goals and accomplish tasks.
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It's important to realize that mind and body fitness are linked! Regular physical activity helps our minds focus on what we are trying to do, learn and/or accomplish. We also need to be able to focus on participation and the learning of physical skills that will help our bodies stay safe, active and physically fit. Plus, physical activity can actually help our brains think more clearly and learn more.

Spiritual / Emotional Fitness (Spirit)	If you are spiritually and emotionally fit you are able to enjoy what you do, accept and overcome challenges, and express how you feel and what you believe to yourself and others. You are grateful for opportunities presented to you and for the people that support you. You can maintain a high sense of self respect and self worth.
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Over the next few days really try to pay attention to your mind, body and spirit. Feel the different ways that they affect each other – both positively and negatively.

Again, fitness of the spirit is directly linked to the mind and body. Sometimes illness or difficult information can cause us to become discouraged and upset. Our ability to keep our heads held high and continue on is what helps our fitness level in all three areas continue to improve.

It's important to know that fitness and fitness levels are always changing. Some days are better than others. That's okay. And, how much weight someone can lift or how fast they are may not be the best ways to tell how fit they are.

Protein Power

Critical Concept:

Protein is needed to build, maintain and rebuild cells – every kind of cell such as those found in organs, muscles, antibodies, blood cells, hormones, enzymes, skin, and hair.

It is very important to choose lean proteins. Sources of protein contain varied amounts of fat.

<p>Sources of Lean Protein:</p> <ul style="list-style-type: none"> • tuna canned in water • white meat poultry without skin • cooked dry beans • tofu 	<p>Sources of Higher Fat Protein:</p> <ul style="list-style-type: none"> • hamburger • poultry with skin • fried chicken • prime rib steak
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High protein diets are used by many for weight loss. However, a high protein diet can be very harmful to one’s health. Protein deficiency is also very serious; however it is uncommon for Americans to be deficient in protein. Most Americans get more protein than they need.

<p>Risks of High Protein Diets Include:</p>	<ul style="list-style-type: none"> • loss of calcium from the bones • osteoporosis • impaired kidney function • increased risk of some cancers • increased risk of heart disease
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Vegetarian diets can provide adequate amounts of protein.

<p>Great Vegetarian Protein Sources are Lean Proteins and Include:</p>	<ul style="list-style-type: none"> • cooked dry beans & peas • tofu • veggie burgers and other meat substitutes • soy milk • low fat or fat-free milk, cheese and yogurt
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Vocabulary:

Protein (noun) - one of the 3 essential macronutrients that supply us with Calories (4 Calories per gram). Proteins are combinations of Amino Acids.

Protein (1 gram) = 4 Calories : Carbohydrate (1 gram) = 4 Calories : Fat (1 gram) = 9 Calories



Date: _____

Portfolio Update: Taking It Home!

You have already learned some important things about fitness, health, and wellness. Make a strong effort to share this new information with those that you care about – your friends and family. By taking it home you'll be building a support system for your goals and helping others learn the importance of staying healthy and active.

Answer the following questions in the space provided:

Whom would you like to share Fitness Lab information with? _____

What are things in your life that you are grateful for? _____

Why are these things important to you? _____

What have you done in the past few days to help keep your energy balanced?
(Remember *Energy In = Energy Out*)

List 2 other things that you can do to help keep your energy balanced.

1. _____

2. _____

F.I.T.T. What is it?!

Critical Concept:

As we talk about keeping our bodies physically fit we'll use the F.I.T.T. Principle of physical activity.

<p>F.I.T.T. Stands For:</p> <ul style="list-style-type: none"> ✓ Frequency ✓ Intensity ✓ Time ✓ Type 	<p>Frequency – How often are you physically active? In a perfect week your activity frequency will be 7 days. On average you should work toward 5 to 6 days in which you get Moderate to Vigorous Physical Activity.</p> <p>Intensity – How much energy are you using during activity? Are you working hard during a vigorous training session? Or, are you walking moderately – just to get the body moving? How hard you work during activity equals intensity.</p> <p>Time – How long are you active? The goal here is to get a total of 60 minutes each day. You can add activity sessions together during your day. So, if you walk to school for 10 minutes, participate in physical education for 20 minutes and do 30 minutes of circuit training – that equals 60 minutes for the day!</p> <p>Type – Cardio, strength, flexibility training or a combination? It's important to get a mixture of all three. Your Cardio Respiratory system needs regular workouts. Your muscles need to be toned and strong. You need good flexibility to move safely. Activities like yoga and circuit training can give you a great combination of each in one fun workout.</p>
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As you build long-term fitness goals it will be important to keep all parts of the F.I.T.T. Principle in mind.

It's important to remember that there are a variety of activities that we can choose from to put together our daily physical activity time. Many things about modern life try to make our lives easier and sometimes these wonderful inventions and technologies make it difficult to get enough activity.

Make up your mind every day to be active. If you miss a day for any reason, don't give up on your commitment to activity the next day!

<p>Be A Champion For Physical Activity</p>	<p>Things you can do to promote physical activity:</p> <ul style="list-style-type: none"> • Lead by example. Let others see you being active and having fun! • Encourage your friends to join you during activity time. It can make the time spent even better. • Be grateful for opportunities to be active and let people know you're grateful. Tell your principal, your parents and teachers how important you think your activity is.
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Carbohydrates Count

Critical Concept:

Carbohydrates are the major source of energy for the body – they are broken down into glucose which is the form of sugar used for energy. It can also be stored in the body to be used later.

Carbohydrates are important for many body functions & should not be taken out of your diet!

All carbohydrates are made up of units of sugar (saccharides)

- **Simple Sugars** contain one or two units of sugar. They have a sweet taste and are broken down quickly to release energy.
- **Complex Carbohydrates** are long chains of sugar units bonded together.
- **Starch** is the main Complex Carbohydrate used by plants to store energy for later use.
- **Glycogen** is another Complex Carbohydrate, which is used by humans to store energy – it's mainly stored in the liver and muscle tissues.
- **Fiber** is another very important Complex Carbohydrate. It cannot be digested by humans but it helps keep the digestive tract healthy and may help prevent some chronic diseases.

There are many sources of Carbohydrates. Some are better than others.

Sources of Carbohydrates	<ul style="list-style-type: none"> • Grains & Grain Products (bread & pasta) • Dried Beans & Peas • Fruit & Vegetables • Milk & Some Dairy Products • Refined Sugar & Sweetened Food & Drinks
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Limit processed sugars and refined grains (candy, white bread, regular pasta, etc). These foods are low in fiber and are sometimes filled with unnecessary chemicals.

Choose the following sources of Carbohydrates	<ul style="list-style-type: none"> • Whole Grain Bread, Pasta & Cereal • Brown Rice, Oats & Other Whole Grains • Fresh Fruit & Fresh Vegetables • Cooked Dry Beans & Peas
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Vocabulary:

Carbohydrate (noun) - one of the 3 essential macronutrients that supply us with Calories (4 Calories per gram). Carbohydrates are built with units of sugars (saccharides).

Carbohydrate (1 gram) = 4 Calories : Protein (1 gram) = 4 Calories : Fat (1 gram) = 9 Calories

Ask the Right Questions

Critical Concept:

Your life is what you believe it is. You will move toward your focus – is that focus positive or negative? There will be things that happen that are beyond your control. However, most of the time, nearly every day of your life, you control what you are focused on.

To build the roadmap to your goals you should always ask questions that will help you focus on where you want to go. Ask positive questions rather than ones that will keep you from going where you don't want to go...

<p>Food For Thought... Think about these questions over the next few days.</p>	<p>If there were one thing that would help me reach my goal – what would it be?</p> <p>Are there people who have reached a goal like mine? How did they do it?</p> <p>Is there anyone that I know that can help me reach my goal?</p> <p>Can I help someone else reach a goal like mine?</p>
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You're on a Map Quest! This is where you are. This is where you want to go. Now move!

<p>Be Positive! Look for positive signs all around you!</p>	<p>The world can be a negative place, focus on the positive...</p> <ul style="list-style-type: none"> • Carry a note pad and pencil with you tomorrow. • Write "BE POSITIVE" at the top of a page. • Every time you see something positive in the world around you make a check mark on your "BE POSITIVE" page.
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"The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."

***- William James,
Harvard University Psychologist***

F.I.T.T. Frequency & Intensity

Critical Concept:

Frequency – How often are you physically active?

Experts all around the country recommend that youth under 18 get at least 60 minutes of physical activity each day.

In fact, if you're registered for the Presidential Active Lifestyle Program and track your activity online, you can earn an award for it! You can register with your teacher or activity leader or your family can register at www.presidentschallenge.org.

Remember, fitness is also a state of mind and spirit. Make up your mind to be physically active every day. Enjoy and be grateful for the chance to move.

<p>✓ Frequency Make Being Active a Habit!</p>	<p>Here are some ways that can help:</p> <ul style="list-style-type: none"> • Pick a time of day to be active and set that time aside every day. • Join or create an activity group. Friends can help to encourage you when you don't feel like moving. • Put activity appointments in your calendar. • Sign an activity contract with yourself and hang it where you'll see it every day.
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Intensity – How much energy do you spend during physical activity?

Sometimes it's great to work hard, get your heart pumping and sweat. In fact, our body benefits when we work up a sweat.

Sometimes it's not so great because we have things we need to do right after our activity and we can't show up all sweaty.

That's okay. Remember our activity time can be Moderate to Vigorous. A good balance is the best way to go.

<p>✓ Intensity A way to check Your Intensity Is Heart Rate</p>	<p>There are a few ways to calculate your Maximum Heart Rate. We'll use the quick and easy version:</p> <ul style="list-style-type: none"> • Max HR in Beats Per Minute = 220 – (Your Age) 220 – 15 Years Old = 205 bpm Max HR <p>This helps us find Heart Rate Zones for Physical Activity.</p> <p>Focus on two HR Zones: (Example with a 205 Max HR)</p> <ul style="list-style-type: none"> • Healthy Heart Zone = 50 – 60% Max HR Example: 102 – 123 bpm = Healthy Heart Zone • Fitness Zone = 60 – 70% Max HR Example: 123 – 143 bpm = Fitness Zone
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You need to know your target range for each activity session and take your heart rate several times during that session. You can use a Heart Rate Monitor if one is available. Or, you can take your pulse with your fingers on your wrist and use a clock while you count. Either way, work in the ZONE!

Fat Facts

Critical Concept:

Some fat in our diet is very important. However, we should avoid getting too much fat because it contains a lot of Calories and some fats can be harmful to our health. A healthy amount of fat in our diets is less than 30% of all Calories.

<p>What Does Fat Do? Other than Make Us Gain Weight?</p>	<ul style="list-style-type: none"> • Fat is necessary to digest and absorb the fat-soluble vitamins (A, D, E, K) • It provides essential fatty acids • It acts as a storage system and reserve supply of energy • It provides insulation and protection for our organs • It is necessary for healthy cell functioning
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All fats are not created equal!

<p>Unsaturated Fat BEST Get most of your fat from food that contains Unsaturated Fat...</p>	<p>Unsaturated Fat is generally liquid at room temperature and offers some health benefits. The following are examples of foods containing Unsaturated Fat:</p> <ul style="list-style-type: none"> • Olive & Canola Oils • Avocados • Olives • Nuts & Nut Butters • Oily Fish (such as salmon)
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<p>Saturated Fat Not the Best... Limit foods containing Saturated Fat...</p>	<p>Saturated Fat is usually solid at room temperature and can have harmful effects like increasing cholesterol and increasing the risk of heart disease. The following are examples of foods containing Saturated Fat:</p> <ul style="list-style-type: none"> • Meat • Butter, Milk, Cheese & Other Dairy Products • Processed Foods Made with Palm or Coconut Oil
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<p>Trans Fats Harmful! Avoid all foods containing Trans Fats...</p>	<p>Trans fats occur when unsaturated fats are chemically changed (hydrogenated). They have been found to be harmful by raising the risk of heart disease and some types of cancer. The following are examples of foods with Trans Fats:</p> <ul style="list-style-type: none"> • Fried Fast Foods • Packaged Cookies and Cakes • Many Margarines
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Trans fats are rarely found in foods that are in their natural state. They are common in processed foods. Some companies are now removing Trans Fats from their manufactured food products.

Vocabulary:

Fat (noun) - one of the 3 essential macronutrients that supply us with Calories (9 Calories per gram). A healthy amount of fat in our diets is less than 30% of all Calories.

Fat (1 gram) = 9 Calories : Carbohydrate (1 gram) = 4 Calories : Protein (1 gram) = 4 Calories



Date: _____

Portfolio Update: The Right Answers

In order to get the right answers you have to ask the right questions!

Too often we focus on asking negative questions that we can't help but get negative answers to. Why we can't do something. Or, why bad things have happened.

Starting right now, you're going to start asking questions in a positive way!

Answer the following questions in the space provided:

Now that you have been more active and eating healthier foods, what is one important way that you can continue to make progress?

Getting enough sleep is very important. What are 2 easy things that you can do to get more sleep at night?

1. _____
2. _____

You make the choices for you! What are 2 good decisions that you've made in the past week?

1. _____
2. _____

Ask yourself an important question about your Fitness (Physical, Mental or Emotional). Make sure you make it a positive question - like the ones listed above.

F.I.T.T. Time & Type

Critical Concept:

Time – How long are you physically active?

Remember, our goal is to get at least 60 minutes of physical activity each day.

It's helpful that we can get our activity in smaller chunks and add them up at the end of the day.

Does your school give you enough time to walk or move for 10 minutes during your lunch? How about before or after school? If not, talk to a teacher who you know will listen. Ask what you can do to convince your school leaders that you need a movement break!

<p>✓ Time It All Adds Up!</p>	<p>You can get 60 minutes of physical activity in smaller chunks.</p> <ul style="list-style-type: none"> ✓ 15 Minute walk to school or at lunch ✓ 30 Minutes of volleyball with your friends ✓ <u>15 Minutes of Dance, Dance Revolution</u> ✓ 60 Minutes Total Physical Activity! <p>That wasn't so hard...</p>
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Type – Cardio, Strength, Stretching or a Combination – What type of activity are you doing?

Just like you need to balance the foods that you eat, you also need to balance the types of activity that you do. Luckily, combinations of activity can be really fun! Yoga, martial arts, dance, hip hop aerobics, circuit training, hiking and more! All of these activities can give you two and sometimes all three types of training!

<p>✓ Type Get A Balance!</p>	<p>Why are all 3 types of activity important? Here's why!</p> <p>Cardio Respiratory Endurance: The race that really counts is the one we hope takes the longest – LIFE! Your heart can have the endurance to beat for more than 100 years – with hard work, good habits and a little luck... Exercise your heart and lungs everyday!</p> <p>Muscular Strength & Endurance: As you get older, and without proper activity, your muscles and bones will begin to weaken more and more. A good diet and regular resistance training can keep muscles and bones healthy and strong. Without it, simple daily activities can become almost impossible.</p> <p>Flexibility / Stretching: Again, without activity your muscles and tendons will eventually get tighter and tighter. This can become very painful! Not only will stretching help you act like a pretzel during yoga or help you reach and grab rebounds in a basketball game – it will also allow you to continue to bend, twist and reach on a daily basis.</p>
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In many ways life looks more and more like a balancing act. We have to balance what we eat, balance how we spend our time, balance school work with friends and balance the types of activities we do. It's a good thing we're improving our mental and emotional health along with our physical fitness. Keep up the great work!

Healthy Weight Control Weight Loss

Critical Concept:

It is important to keep your own body type in mind when setting goals for weight loss. The number on the scale is not as important as your health and fitness!

For weight loss, you must consume (eat / drink) less Calories than you use. Many people lose weight just by replacing the soda and sugary beverages that they drink with water.

<p>The recommended amount of weight loss is <u>no more</u> than 2 pounds per week.</p>	<ul style="list-style-type: none"> • 3500 Calories make up one pound • To lose 1 pound per week you must have a Calorie Deficit of 500 Calories per day 500 Calories x 7 Days = 3500 Calories = 1 lb. • To create this deficit you can: <ul style="list-style-type: none"> ✓ eat 500 less Calories per day ✓ use 500 more Calories per day ✓ or eat less <u>and</u> exercise more
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Eating healthful foods plus regular activity is the best way to lose weight & keep it off!

<p>What can exercise do for you?!</p>	<p>Exercise helps you lose weight because it:</p> <ul style="list-style-type: none"> • Burns Calories - Increases Energy Out! • Tones & Builds Muscles – Muscle Burns More Calories, Even When You're Resting! • Helps You Relax & Feel Great!
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Fad diets come and go. They are not a healthy way to control weight. Many diets don't work at all and some can be truly harmful to your health!

<p>Warning Signs: FAD Diet Fallacies</p>	<p>Some signs that a weight loss program may be a fad diet:</p> <ul style="list-style-type: none"> • It says you can lose a lot of weight quickly • It encourages you to avoid entire food groups • It has complicated food combinations you must follow • It claims to have some "magic bullet" which will cause you to lose weight – a pill, powder or potion
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**Eat Healthful Whole Foods Every Day
Avoid High Calorie Processed Foods
Exercise More**

Visualize the Prize!

Critical Concept:

You believe what you see. The images and day-dreams that you create in your mind cause your body to react. In fact, your brain doesn't know the difference between visualization and the real thing!

<p>Food For Thought... How does your body react?</p>	<p>When you think of something that makes you angry – can you feel your heart beat faster? Does your stomach get tight and your muscles tense up?</p> <p>When you think of something that makes you relax – can you feel your muscles loosen up? Does your breathing get slower?</p> <p>Visualize any emotional event. Can you feel your body respond?</p> <p><i>Now, visualize what it will be like to achieve your goal!</i></p>
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Professional athletes pay thousands of dollars to sports psychologists to help them visualize winning!

Many people tend to replay failure or defeat in their mind over and over again. This type of visualization will force you to replay negative performances in real life!

<p>Be Positive! Visualize Yourself On The Rise</p>	<p>Achieving something worth while can be hard work. Find positive images that will help you visualize success!</p> <ul style="list-style-type: none"> • Cut out positive images from magazines and create a collage to look at when you're working through challenges. • Print out encouraging quotes from people you respect and post them where you can read them. • Take pictures of friends and family that believe in you. Hang their pictures where you can look at them for support.
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***"Imagination is more powerful than knowledge."
- Albert Einstein***

Muscular Strength & Endurance

Critical Concept: Muscular Strength

One easy definition is this: How much weight can you lift?

However, most of us won't be walking around lifting 150 pound objects with our bare hands. So, our goal with this fitness component is to keep our muscles toned and strong enough to accomplish all of our daily tasks and keep enough strength in reserve for emergencies!

Remember, moderate to physical activity is now a daily task for you. Keep your muscles strong enough to participate in whatever activity you choose.

<p>✓ Muscular Strength How to get it...</p>	<p>Building strength will also build and tone our muscles so we feel, look and perform better every day!</p> <ul style="list-style-type: none"> • Find a weight that you can lift 10 to 12 times during an exercise set. Repeat that twice each session for a couple of weeks. Gradually increase the weight. Now you're getting stronger! • Find different exercises that work the same muscles. Strength gain is your muscle adapting to a regular weight and action. By changing the exercise, you're forcing the muscle to work differently and adapt again! Plus, you won't get bored. • Practice good technique and form during all exercises. Often for young people, increased strength comes from your muscles learning how to lift and move weight. As you get older your muscles will remember how to do these exercises and muscle tone and growth will come more quickly.
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Muscular Endurance

An easy definition is this: How many times can you lift that weight?

For most of us, our bodies are often the heaviest thing we have to lift during a day. We need to keep building muscular endurance to keep our bodies up and moving.

Plus, now that we're in the habit of participating in a variety of physical activities, we need to be prepared to walk, run, jump, turn, twist, hop, leap...I think you get the picture.

<p>✓ Muscular Endurance Keep it moving!</p>	<p>Almost all physical activity choices will help build and maintain good muscular endurance. So, keep it moving.</p> <p>Here are some ideas:</p> <ul style="list-style-type: none"> • Have a race with your friend. Not just a running race. Try skipping, hopping, sliding, and rolling. • Push-up Power! Push-ups are one of the best upper body exercises you can do. Start by doing 3 every day for a week. Next week do 4. The week after do 5. Keep it going!
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Healthy muscles do so many things. They burn more calories, last longer without getting tired and can move more weight. Work your muscles more!

Healthy Weight Control Weight Gain

Critical Concept:

Many young men try to bulk-up and gain significant increases in muscle mass. Like for weight loss, there are safe and healthy ways to gain weight. There are also dangerous methods that some use in an attempt to gain muscle mass.

To bulk up you should consume enough protein but not an excess. The key to weight gain is extra Calories – remember our energy balance equation! The extra calories should come primarily from carbohydrates. Good carbohydrates will fuel your muscles and allow them to perform intense muscle-building exercise.

<p>It is by overloading the muscles with resistance exercise, rather than by consuming huge amounts of protein, that you increase the size of the muscle fibers.</p>	<ul style="list-style-type: none"> • To create weight gain you can: <ul style="list-style-type: none"> ✓ eat more Whole Food Calories per day ✓ increase the amount of strength/resistance training ✓ allow adequate time for rest in between workouts for muscle repair • Muscles are built by the stretching, tearing and then repair of muscle fiber. Extra calories are needed to help the muscles safely repair themselves and eventually grow.
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<p>Healthful ways to get the extra calories needed to build muscles...</p> <p>Eat Whole Foods!</p>	<ul style="list-style-type: none"> • Eat extra Calories – Primarily from Carbohydrates to fuel muscles for workouts • Eat on a schedule and don't skip meals or snacks • Eat Complex Carbohydrates from Whole Grains • Eating some extra fat can help increase Calories – they should be Unsaturated Fats from foods like nuts & olive oil • Make your own milk shakes and fruit smoothie drinks • STAY AWAY FROM JUNK FOOD!!!
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Many Protein and Muscle building products are dangerous, expensive and may not work!

Remember, too much protein can stress your body systems and cause damage to your bones and organs, and increase risk of heart disease and some types of cancer.

Anabolic steroids should never be an option! Steroids cause premature balding (hair loss), anger and depression, nausea and vomiting, damage to the heart and liver, a stroke, and can stop/stunt height growth. Wow – that's some really bad stuff.

<p>Warning Signs: Muscle Building Balderdash!</p>	<p>Some signs that a muscle building product may be dangerous:</p> <ul style="list-style-type: none"> • It says you can gain a lot of muscle quickly • It claims to be the only way to build large muscles • It's not found in natural foods & doesn't require routine strength training • It claims to have some "magic bullet" which will cause you to build muscle – a pill, powder or potion
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**Eat Healthful Whole Foods Every Day
Avoid Processed Foods
Exercise More**



Date: _____

Portfolio Update: Me in My Environment

Recreating our fitness means recreating our environment. But, you're going to have to visualize and let your mind see what you want your world to be before it can really happen.

These questions will help you visualize the healthy and active world that you are going to create.

Answer the following questions in the space provided:

For 30 seconds, close your eyes and picture all of the different fruits and vegetables that you like to eat. Think about their color and shape and imagine them in your kitchen.

Great! What are all of the different foods that you saw? Make a list on the lines below.

For 30 seconds, close your eyes and picture yourself having fun and being active with your friends. Think about what you're doing and where you are.

Super! What did you see? Write a short description below.

Drinking plenty of water is very important. For 30 seconds, close your eyes and picture yourself after a great activity session. You're thirsty and drinking cold and clear water.

Fantastic! What 3 words describe the water you drank?

Everyone should have an attitude of gratitude! For 30 seconds, close your eyes and picture yourself saying thank you to someone you care about.

Great! The next time you see that person be sure to say what you just saw!

Aerobic Endurance

**Critical Concept:
Aerobic Endurance**

Here's an easy definition: How long can your body do a moderate to above moderate physical activity?

Again, moderate physical activity is a brisk walk. Above moderate would be a jog. Sprinting is vigorous and is classified as an anaerobic activity.

Here's the difference...

<p>Aerobic vs. Anaerobic</p>	<p>Just the facts...</p> <p>Aerobic activity uses oxygen that you breathe to turn carbohydrates into energy. (Complex carbohydrates work the best!)</p> <p>Anaerobic means without oxygen. During anaerobic activity our body needs quick energy and uses carbohydrates with more waste. So your muscles run out of gas sooner. That's why most people can't sprint for a whole mile!</p>
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During aerobic activities like jogging, or mowing the lawn with a push mower, you will start to breathe more quickly and heavily. That's because you need more oxygen in your blood.

Your heart rate also increases because your heart is working to get that oxygen out to your muscles. Just like a car, your body needs good clean fuel to make this system work. Complex carbohydrates are like the best gasoline money can buy.

Did you ever try to put soda in your car's fuel tank and mix it with the gas? WELL DON'T!!! Your car won't run very well – actually it may not run at all. It's the same with your body. Processed sugars in sodas and candy can actually hurt your body's systems. Watch what you eat so your body has the right fuel for the job!

<p>✓ Aerobic Endurance A Finely Tuned Machine</p>	<p>If you don't take care of your body, where will you live?!</p> <p>Here's how to fine tune your Aerobic Endurance...</p> <ul style="list-style-type: none"> • Aim for at least 60 minutes of Physical Activity each day. At least 3 or 4 times per week, try to do 30 minutes of uninterrupted activity – the other 30 minutes can come in shorter chunks of activity throughout the day. • Start slow. If you're just starting aerobic activities start off at a walking pace and work your way up. • Pay attention to intensity and check your heart rate. Start working in your Healthy Heart Zone – Increase your intensity over time until you reach your Fitness Zone.
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Aerobic endurance helps keep your heart and lungs strong.
Be Active, Eat Right, Don't Smoke!

Snack Facts

Critical Concept:

Snacking in between meals on whole foods can help improve your physical and mental performance by providing a steady supply of fuel to your body and brain.

Snacks can help you avoid getting too hungry and overeating later. They can also help control your cravings for sweets.

Choosing Healthful Snacks	<p>Think of snacks as mini-meals. Choose healthful whole foods over junkie empty foods.</p> <p>Here are a few ideas to get you started:</p> <ul style="list-style-type: none"> • Fresh Fruit (Apple, Banana) and a Low-fat Cheese Stick • Fresh Veggies (Carrot Sticks, Green Peppers) with Hummus • A Slice of Whole Grain Bread with Peanut Butter • A Bowl of Whole Grain Cereal with Soy Milk • Popcorn (Light on the Butter) and Calcium-fortified Orange Juice • Low-Fat Yogurt and Pretzels • Fresh Fruit Smoothie • Whole Grain Crackers and Cheese
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Snacking on empty Calorie foods (candy, soda, cookies, chips, etc...) may give you energy for a short amount of time, but nutrient-dense foods will keep you going until your next meal.

Plus, you may be getting hundreds of unwanted Calories in the form of concentrated sugars.

Try to choose snacks that contain 2 or 3 different food groups, with plenty of complex carbohydrates, along with some fat and protein to provide you with long-lasting energy.

Energy Bar Myth Buster	<p>Snack bars, granola bars and energy bars can be convenient snacks but they can also be expensive and may not be very good for you!</p> <p>Some contain a lot of sugar and/or fat, while others are very high in protein.</p> <p>Here is one important tip - Check the Nutrition Label!</p> <ul style="list-style-type: none"> • How much sugar and fat is in it? • Is it too high in protein? • Are there more chemicals than food? • Is it fortified with vitamins and minerals? • How expensive is it? Maybe choosing an apple and some yogurt instead will save you a bunch of money! <p>If you do choose a bar you should add a healthful food to it for your snack. Maybe a piece of fruit, low-fat yogurt, or a glass of fortified soy milk.</p>
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Put down the chips and back away slowly!

Action Planning

Critical Concept:

Life is a long and scenic road. Enjoy the drive! Goal setting and action planning can be a valuable part of your life that will help you enjoy the process of living. Your goals will be met, new goals will be set and new actions must be taken to reach new goals. Here are some steps that you can repeat throughout your life's journey.

<p>Food For Thought... How do I get there from here?</p>	<p>What is your ultimate goal?</p> <ul style="list-style-type: none"> • What are you trying to accomplish and why? • Look at information that tells you where you are now. • What will it look like when your goal is accomplished? • Now, write down your goal. Be very specific. <p>List short-term objectives that work toward your ultimate goal.</p> <ul style="list-style-type: none"> • Daily Objectives How will you know you reached this objective? • Weekly Objectives How will you know you reached this objective? • Monthly Objectives How will you know you reached this objective? <p>You made it!</p> <ul style="list-style-type: none"> • Look at the results of your work and set another goal! <p><i>An action plan worksheet is included in your portfolio workbook.</i></p>
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Set-backs will happen! Learn from them.

Many people experience one set-back and convince themselves that their goal is lost and they have failed. This is only true if you let it be.

<p>Keep Moving Forward!</p>	<p>Think about this...</p> <ul style="list-style-type: none"> • If you never fail – you've never tried to accomplish anything worthwhile. • Thomas Edison invented the light bulb – after hundreds of failed attempts. He kept moving forward toward his goal! • Powerful lessons can be learned from set-backs. A few days after you feel like you've failed at something, take five minutes to write down what you've learned from that experience.
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***“If you don't know where you're going,
you might not get there.”
- Yogi Berra***

Flexibility

Critical Concept:
Flexibility

Here's an easy definition: How far you can stretch your muscles without getting hurt?

Actually, this also involves the tendons and ligaments that connect your muscles to your bones. They stretch as well.

✓ Flexibility	<p>Why is it important?!</p> <ul style="list-style-type: none"> • Your muscles stretch and flex every time you move. Sometimes more than others... but you get the point. • If you don't warm up and stretch your muscles before a physical activity your risk the chance of hurting yourself by over-stretching a very tight muscle. • Have you ever tried to stretch an old rubber band? If so, you know that it usually snaps and breaks. That same thing can happen to your muscles if you don't stay active and work on your flexibility!
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When you stretch before a physical activity you are maintaining your flexibility. Again, this is very important.

When you stretch after a physical activity you can increase your flexibility. By stretching your muscles just beyond their limits you force them to adjust, adapt and become more flexible.

Tips For Improving Flexibility	<p>Here's what to remember...</p> <ul style="list-style-type: none"> • Warm up muscles before stretching • Stretch before and after activity • Stretch to a point where you feel it – but, stretching should never be painful • Stretch regularly, every day – maybe even 2 or 3 times
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Fitness is all about stretching your limits and creating the person that you want to be. Being flexible in other areas of life can be important too. Sometimes compromise is a great tool for staying flexible in life.

However, certain things should never be compromised. Don't compromise your commitment to your health and fitness. Stay away from drugs and other harmful behaviors that can compromise your goals and dreams.

Sometimes that will take mental and emotional toughness. Don't be afraid to find someone to talk with and to ask for help and support. In fact, you might even be that someone for a friend.

Planning Healthful Meals

Critical Concept:

It's very important to eat healthful and balanced meals at regular times to provide your body and brain with the fuel it needs to work, move and play at peak levels.

Many people skip meals, for a variety of reasons: too busy, not hungry, trying to cut Calories – but, skipping meals can have very negative effects.

Skipping Meals Myth Buster	Make every meal count. Missing meals can mess up your day!	
	Here's the difference:	
	<u>Regular Meals</u> More Energy Better Focus Peak Performance Appetite Control	<u>Missing Meals</u> Tiredness Inability to concentrate Decreased physical performance Cravings and overeating later on

Breakfast really is the most important meal of the day!

After a night without taking in Calories, you need to replenish your body's fuel with a healthful meal.

If you're not hungry in the morning, you probably ate too much the night before. If you have trouble eating as soon as you wake up, try eating a little later in the morning. Maybe they offer a time for breakfast at school. Even one bowl of cereal can make a big difference!

What's Really Important?	Eating three balanced meals every day will fuel your body for optimum performance! Here's what to include:
	Try to eat from at least 3 food groups at every meal. Here are your choices: <ul style="list-style-type: none"> ✓ Whole Grains ✓ Vegetables ✓ Fruits ✓ Milk / Calcium-rich Foods & Beverages ✓ Meat / Beans / Protein-rich Foods ✓ Unsaturated Oils
	Be sure to get the right mixture of Carbohydrates, Protein and Fat! <ul style="list-style-type: none"> ✓ Less than 30% of Calories from Fat ✓ About 15 % of Calories from Protein ✓ More than 55% of Calories from Carbohydrates

Eat Right – Be Fit – Work Hard – Never Quit!



Date: _____

Portfolio Update: Ready – Action!

Okay. We’ve looked at the map long enough. It’s almost time to put the rubber to the road. Right now it’s time to write down our goals.

You’re going to create some goals for today, this week and this month. After one month it will be time to look at the map again. Remember, on all journeys there’s bound to be a detour. If something happens and a goal is delayed – keep on going! It’s only a detour – not a dead end!

Let’s get started.

Answer the following questions in the space provided:

TODAY

What goal will you have met by the end of today? _____

How will you know that you have met that goal? _____

THIS WEEK

What goal will you have met by the end of this week? _____

How will you know that you have met that goal? _____

THIS MONTH

What goal will you have met by the end of this month? _____

How will you know that you have met that goal? _____

If there was one thing that would help you reach all of these goals, what would it be?

Body Composition

Critical Concept: Body Composition

Here's an easy definition: What your body is made of.

For physical fitness we'll look at the amounts of bone, muscle and fat in your body.

<p>✓ Body Composition</p>	<p>What are you made of?</p> <ul style="list-style-type: none"> • Everyone needs a healthy amount of Fat and Muscle. • Muscle is more dense than Fat and weighs more per square inch. • People come in different shapes and sizes. You might have a lean body type and find it difficult to gain weight. You might have a larger body type and will never look like some people in fashion magazines. THAT'S OKAY!
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Learn to be grateful for your body type. There are advantages to all shapes and sizes. This can be a difficult lesson to learn but it's true!

If you work toward your goals and honestly track your progress you will see that you can be physically fit – no matter how you are shaped.

If everyone was meant to be shaped like a professional football player, who would run the New York City Marathon?! Every person has something to give and everybody can reach healthy fitness levels.

<p>Body Comp Basics</p>	<p>Here's what to remember...</p> <ul style="list-style-type: none"> • Males should be somewhere between 15 and 18 percent body fat. • Females need a little more body fat – between 20 and 25 percent. • Some body types store slightly more body fat and are still considered "Fit" • Body fat percentage should be a tool for building your goals and routines. • Remember, too much body fat can be dangerous – not enough body fat can be just as dangerous.
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Everyone has certain areas of the body and even parts of life that they wish looked better from the outside. The great thing is that every day is a chance to improve. If you are working toward becoming the person that you want to be, what people look like in magazines or on your TV and computer screens shouldn't matter.

Easier said than done – but, the more positive experiences you have in your own skin, the closer you'll be to reaching your goals!

Fueling Your Performance

Critical Concept:

Successful physical performance depends on well fueled muscles as well as a well fueled mind – a healthful diet will fuel both!

<p>Performance Power What To Snack On?</p>	<p>Pre-activity snacks can energize your performance. Here's what to eat:</p> <ul style="list-style-type: none"> ✓ Low-fat, high carb foods like: breads, bagels, & crackers ✓ Water! <p>Limit high-fat & protein foods which may not settle well in your stomach – leaving you feeling sick during the big performance.</p>
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Advertising can powerfully misleading. Be careful of products that tell you that they'll boost your energy levels and provide long-lasting performance power. There is no better way to get pure energy than through whole foods packed with complex carbohydrates and naturally lean protein.

<p>Energy Foods Myth Buster</p>	<p>Be careful with high-sugar foods and drinks! They may give short-term energy but can actually reduce the amount of carbohydrates in your blood.</p> <p>A drop in "blood sugar" will leave you feeling weak and tired.</p> <p>Here's what to avoid:</p> <ul style="list-style-type: none"> ✓ Candy and Candy Bars ✓ Soda ✓ Energy Drinks with High-Fructose Corn Syrup (Check the Food Label) ✓ Chips & Other Salty / High Fat Snacks
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For exercise and games shorter than 1 hour, a regular balanced diet, along with a small pre-exercise snack and plenty of water, is fine.

For longer, more intense bouts of exercise, adding the proper fuel during and after your exercise session is important.

<p>After The Game Replenish Your Body</p>	<p>Here are some ideas for snacks that will re-fuel your tired body:</p> <ul style="list-style-type: none"> ✓ Fresh Fruit like Oranges and Bananas ✓ Water or Some Sports Drinks (Be careful of the Calories!) ✓ Yogurt ✓ Peanuts, Cashews or Other Nuts ✓ Frozen Yogurt Bars ✓ Bagels & Low Fat Cream Cheese
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Get Your Head (and Body) in the Game!

Habits

Critical Concept:

It takes a minimum of 21 days of repeated behavior to form a habit. Reaching fitness and wellness goals and the continued maintenance of fitness levels are the result of forming healthful habits that will last a lifetime.

<p>Food For Thought... What good habits do you already have? Or, what are good habits someone you know has?</p>	<p>Make a list of your good habits. Here are some common examples:</p> <ul style="list-style-type: none"> • I eat whole grain cereal or fruit every morning. • I walk my dog every day after dinner. • I thank the bus driver every time I get off the bus. • I shake hands with my neighbor when I see him/her.
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Change your environment – to recreate yourself.

Eating potato chips every day for lunch is a habit that works against fitness and wellness goals. In this case, you need to change the environment rather than change yourself. The environment to be changed is your lunch tray or lunch bag. Instead of placing potato chips on your tray – try a piece of fruit! Or, maybe whole grain crackers! This process isn't always easy. However, if you change your environment for 21 days, the 22nd day will be easy!

<p>Look Around You!</p>	<p>What things can you change easily for the better?</p> <ul style="list-style-type: none"> • Replace soda in your fridge with water bottles. • Replace chips and junk food in your house with healthful whole grain snacks, fruits and veggies. • Take a walk after dinner rather than entering an environment with a TV.
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A habit of gratitude can be very powerful.

For 21 days, make an effort to look at your school, neighborhood, friends and family and find something to be grateful for. Sometimes this is difficult. However, the positive act of gratitude can attract more positive acts from others and help make the journey to your goals more enjoyable and even easier!

If someone in your family buys you a healthful snack as an effort to help you reach your goal – make sure they know you are grateful.

If your school offers more activity time before, during or after school – write a letter to the principal and say thank you!

***“We are what we repeatedly do.
 Excellence, then, is not an act, but a habit.”
 - Aristotle***

How Do You Feel Today?

Critical Concept:

Pay Attention to Your Feelings

You've been working through the Fitness Lab for several weeks now. How do you feel?

If you've been serious about your goals and progress you are most certainly more fit than you were 7 or 8 weeks ago.

Research says that people who are fit and regularly active feel better about themselves, have more energy, think more clearly, get sick less often. What do you say?

I Feel Fit!	<p>Say it and believe it!</p> <ul style="list-style-type: none"> • I feel great • I'm improving every day • My body is getting stronger and more toned • I can do more and have fun doing it • I can't stop now! • It's just about time to set new goals...
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Everything that you just read is true. Even if you're having a bad day – you can't deny the fact that you've made improvements.

There Is No Secret To Physical Fitness	<p>Here's what to remember...</p> <ul style="list-style-type: none"> • Stay physically active doing things you like to do • Do different types of physical activity • Eat healthful foods and watch the Calories you take in • Keep a positive attitude and be thankful for your abilities
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Over the past weeks you've probably had good days and bad days. You've most likely felt encouraged and happy, and later discouraged and angry.

Believe it or not, that's good! These emotions will always come and go. So far, you've been able to work through the not so good days until you get to the better ones.

That's what mental, emotional and physical fitness is all about. No one is asking you to be perfect. No one is perfect.

Everyone can improve their mind, body and spirit every single day.

Keep up the great work!



www.ChooseMyPlate.gov

Critical Concept:

ChooseMyPlate.gov is an online resource center created by the US Department of Agriculture. The Website highlights the MyPlate healthful eating guide, which illustrates the five food groups that are the building blocks for a healthy diet. Visit online today to learn more.

<p>Food Group Focus</p>	<p>The key MyPlate messages about the food groups:</p> <ul style="list-style-type: none">• Fruits: Focus on fruits.• Vegetables: Vary your veggies.• Grains; Make at least half your grains whole.• Protein Foods: Go lean with protein.• Dairy: Get your calcium-rich foods.• In addition: Know the limits on fats, salt, and sugars.
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There's a lot to do and learn on ChooseMyPlate.gov. It was created by people who want to help everyone in our communities lead healthier and more active lifestyles – Like You!

<p>ChooseMyPlate.gov What you'll find...</p>	<p>On the MyPlate website... (www.ChooseMyPlate.gov)</p> <ul style="list-style-type: none">• Download and print MyPlate Posters and informational pages.• Watch MyPlate Videos.• Get tips on how to prepare and eat healthy foods• Learn more about what makes a healthful diet• Use the SuperTracker to get a personalized wellness plan and track foods and physical activities.• Jump to other great websites like www.LetsMove.gov
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ChooseMyPlate.gov is one of the great resources available to you for free. PresidentsChallenge.org is another. Getting fit, being active and eating healthfully doesn't need to cost a lot of money!

Use what you've learned in the Fitness Lab, along with the great resources that we've recommended and continue improving every day!



Date: _____

Portfolio Update: The Progress Path!

If you flip through your Fitness Lab Portfolio you'll find that you've covered a lot of ground. You're on a progress path that will lead you to what you want to become. The things that you're learning are true today and will be true tomorrow.

Did you know that according to Einstein's equation for energy ($E=MC^2$), your body contains enough energy to power the world's largest cities for over one week? That's a lot of power.

Use that power to keep your progress moving forward. Fuel your body with good food and exercise; your mind with new and challenging information; and, your spirit with positive thoughts and an attitude of gratitude!

Answer the following questions in the space provided:

What are 3 ways that you can help others with the information you're learning?

1. _____
2. _____
3. _____

What is the most important habit you've been able to create in your life? _____

What is the most important thing that will be needed to make that habit last a lifetime? _____

Create a vision in your mind that will motivate you when you feel tired or experience a detour. Write that vision in the space below.



Date: _____

Post Assessment 1

Now that you've completed the initial phase of the Fitness Lab, you're ready to take a look at the progress you've made. Let's re-record some of the information we collected before.

How old are you? _____

How tall are you? _____ How much do you weigh? _____

Check any or all of the general statements that might apply to you:

- I have gotten stronger since this program started
- I have more energy
- I feel better about my body weight
- I can see an improvement in muscle tone
- I can do more activity now before I get too tired to continue
- I have learned about getting fit
- I try to eat only healthy foods most of the time
- I'm active and/or exercise regularly

Complete two fitness challenges today:

1a. Curl-Ups (# complete in one minute): _____

or

1b. Partial Curl-Ups (total #): _____

and

2a. V-Sit (inches): _____

or

2b. Sit and Reach (centimeters): _____



Date: _____

Post Assessment 2

Now that you've completed the initial session of the Fitness Lab, you're ready to take a look at the progress you've made. Let's re-record some of the information we collected before.

Check any or all of the statements that describe how you feel about personal fitness:

- It can be fun to stay fit
- It's rewarding to stay fit
- It's important for everyone to be fit
- I like reaching goals and overcoming challenges
- There are several healthful foods that I like to eat
- I talk with my family and/or friends about being active and fit

Complete two fitness challenges today:

3a. Pull-Ups (total #): _____

or

3b. Rt. Angle Push-Ups (total #): _____

or

3c. Flexed-Arm Hang (sec): _____

and

4. Shuttle Run (seconds): _____



Date: _____

Post Assessment 3

This is it! You've come a long way toward establishing healthful habits that will stay with you for a lifetime!

Remember, today is not your final destination along your fitness path – it's only a pit stop. Use the information you're gathering during these fitness challenges to do three things:

1. CELEBRATE - You've earned it! Treat yourself to a fresh fruit smoothie!
2. Update your goals. You're ready for the next challenge!
3. Motivate others. No matter what your scores are, there is always room for improvement. Strive to reach that improved level and set an active example for your friends and family.

Complete one fitness challenge today:

5a. One-Mile Run (minutes: seconds): _____

or

5b. ¼ Mile Run (minutes: seconds): _____

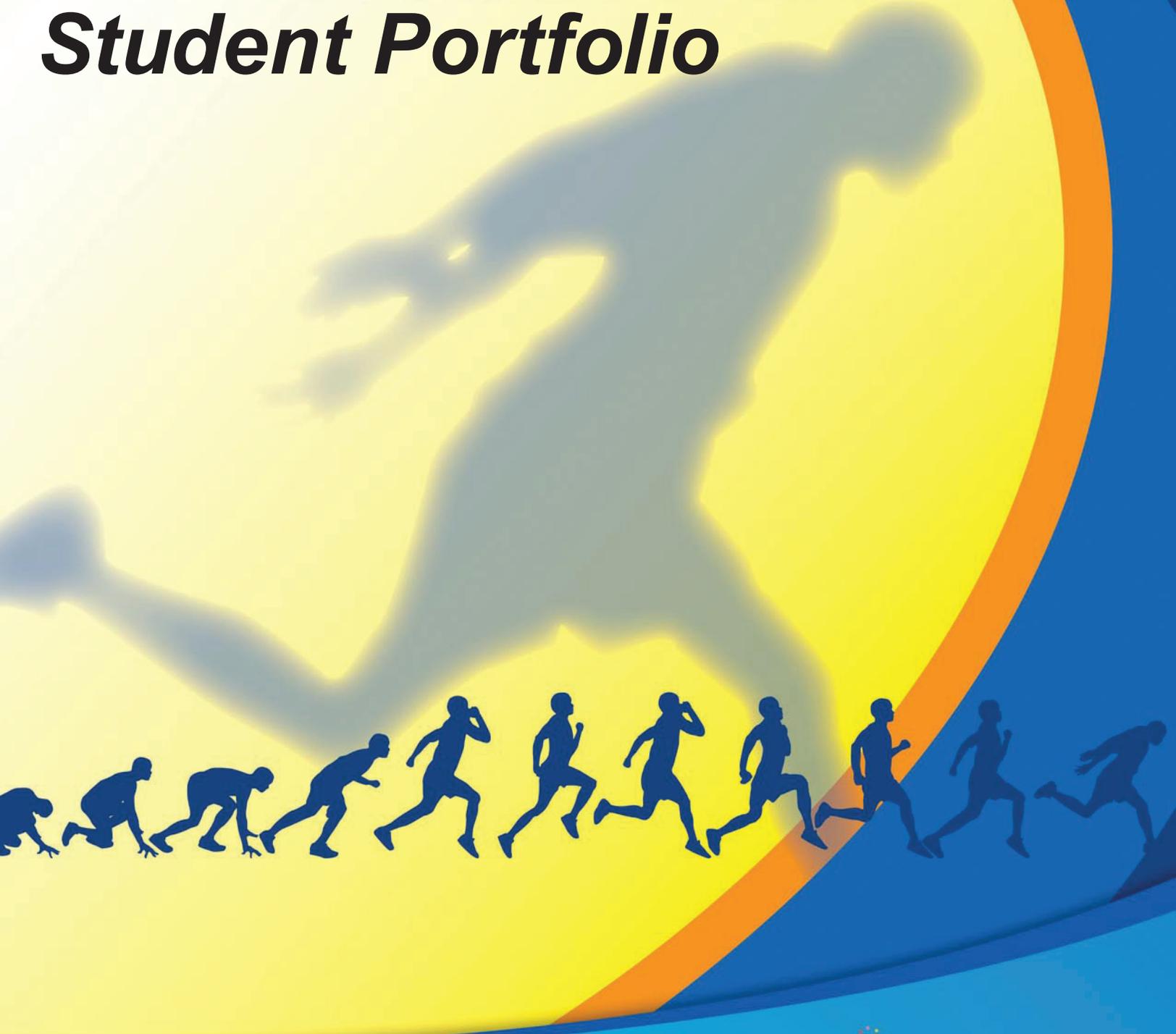
or

5c. ½ Mile Run (minutes: seconds): _____



FITNESS'S LAB

Student Portfolio





Name: _____

Date: _____

Portfolio Building & Program Overview

Welcome to the Fitness Lab! Fitness is the overall term that we'll be using to describe a journey to optimal health and well-being. Like all great journeys, you'll need a map to guide your way. This personal portfolio will be that map.

As you move along in your journey you'll learn about yourself, the world around you and the world that you want to build. We'll cover concepts such as goal setting, visualization and action planning. This will all blend together with regular physical activity and healthful nutrition habits to help you reach your goals.

Let's get started by asking a few questions that will set the tone of the program. For now, limit your answers to the space provided.

If you were able to reach an optimal fitness level, what would you look like and how would you feel?

Describe what you'd look like: _____

Describe how you'd feel: _____

If you were going to reach your optimal fitness level, what two things would you have to do – starting today?

1. _____

2. _____

What have you done in the past that could help you reach your optimal fitness level?



Date: _____

Early Assessment 1

Before we can know where we're going, we need to know where we are. You can't read a map successfully unless you know where you are located. However, keep in mind, you're not trying to "find" yourself. You're going to build yourself – and shape the world around you.

This journal can be confidential. Your instructor will not allow other students to view its contents without your permission.

How old are you? _____ When is your Birthday? _____

How tall are you? _____ How much do you weigh? _____

Check any or all of the general statements that might apply to you:

- I'd like to get stronger
- I'd like to weigh less
- I'd like to gain weight
- I'd like to have more muscle tone
- I'd like to be able to run farther
- I'd like to learn a new sport or activity
- I try to eat only healthful foods most of the time
- I'm active and/or exercise regularly

Choose ONE Fitness Test to complete today:

Curl-Ups (# complete in one minute): _____

Partial Curl-Ups (total #): _____

Pull-Ups (total #): _____

Rt. Angle Push-Ups (total #): _____

Flexed-Arm Hang (seconds): _____



Date: _____

Early Assessment 2

Think back to the last Fitness Lab session. Check any or all of the general statements that were true about your last workout:

- It was fun
- I was very tired afterward
- I had tons of energy afterward
- It made me look forward to today's session
- It gave me ideas to be active at home
- I talked with my family and/or friends about being active
- My muscles were sore the next day

Choose ONE Fitness Test to complete today:

V-Sit Reach (inches): _____

Sit and Reach (centimeters): _____

Shuttle Run (seconds): _____

How do you feel about working to improve your Fitness Test Scores? _____



Date: _____

Portfolio Update: Taking It Home!

You have already learned some important things about fitness, health, and wellness. Make a strong effort to share this new information with those that you care about – your friends and family. By taking it home you'll be building a support system for your goals and helping others learn the importance of staying healthy and active.

Answer the following questions in the space provided:

Whom would you like to share Fitness Lab information with? _____

What are things in your life that you are grateful for? _____

Why are these things important to you? _____

What have you done in the past few days to help keep your energy balanced?
(Remember *Energy In = Energy Out*)

List 2 other things that you can do to help keep your energy balanced.

1. _____

2. _____



Date: _____

Portfolio Update: The Right Answers

In order to get the right answers you have to ask the right questions!

Too often we focus on asking negative questions that we can't help but get negative answers to. Why we can't do something. Or, why bad things have happened.

Starting right now, you're going to start asking questions in a positive way!

Answer the following questions in the space provided:

Now that you have been more active and eating healthier foods, what is one important way that you can continue to make progress?

Getting enough sleep is very important. What are 2 easy things that you can do to get more sleep at night?

1. _____
2. _____

You make the choices for you! What are 2 good decisions that you've made in the past week?

1. _____
2. _____

Ask yourself an important question about your Fitness (Physical, Mental or Emotional). Make sure you make it a positive question - like the ones listed above.



Date: _____

Portfolio Update: Me in My Environment

Recreating our fitness means recreating our environment. But, you're going to have to visualize and let your mind see what you want your world to be before it can really happen.

These questions will help you visualize the healthy and active world that you are going to create.

Answer the following questions in the space provided:

For 30 seconds, close your eyes and picture all of the different fruits and vegetables that you like to eat. Think about their color and shape and imagine them in your kitchen.

Great! What are all of the different foods that you saw? Make a list on the lines below.

For 30 seconds, close your eyes and picture yourself having fun and being active with your friends. Think about what you're doing and where you are.

Super! What did you see? Write a short description below.

Drinking plenty of water is very important. For 30 seconds, close your eyes and picture yourself after a great activity session. You're thirsty and drinking cold and clear water.

Fantastic! What 3 words describe the water you drank?

Everyone should have an attitude of gratitude! For 30 seconds, close your eyes and picture yourself saying thank you to someone you care about.

Great! The next time you see that person be sure to say what you just saw!



Date: _____

Portfolio Update: Ready – Action!

Okay. We’ve looked at the map long enough. It’s almost time to put the rubber to the road. Right now it’s time to write down our goals.

You’re going to create some goals for today, this week and this month. After one month it will be time to look at the map again. Remember, on all journeys there’s bound to be a detour. If something happens and a goal is delayed – keep on going! It’s only a detour – not a dead end!

Let’s get started.

Answer the following questions in the space provided:

TODAY

What goal will you have met by the end of today? _____

How will you know that you have met that goal? _____

THIS WEEK

What goal will you have met by the end of this week? _____

How will you know that you have met that goal? _____

THIS MONTH

What goal will you have met by the end of this month? _____

How will you know that you have met that goal? _____

If there was one thing that would help you reach all of these goals, what would it be?



Date: _____

Portfolio Update: The Progress Path!

If you flip through your Fitness Lab Portfolio you'll find that you've covered a lot of ground. You're on a progress path that will lead you to what you want to become. The things that you're learning are true today and will be true tomorrow.

Did you know that according to Einstein's equation for energy ($E=MC^2$), your body contains enough energy to power the world's largest cities for over one week? That's a lot of power.

Use that power to keep your progress moving forward. Fuel your body with good food and exercise; your mind with new and challenging information; and, your spirit with positive thoughts and an attitude of gratitude!

Answer the following questions in the space provided:

What are 3 ways that you can help others with the information you're learning?

1. _____
2. _____
3. _____

What is the most important habit you've been able to create in your life? _____

What is the most important thing that will be needed to make that habit last a lifetime? _____

Create a vision in your mind that will motivate you when you feel tired or experience a detour. Write that vision in the space below.
