

# Physical Activity

## WHAT IS EXERCISE?

Exercise is physical activity which has the ability to affect physical fitness or health.

## WHAT IS PHYSICAL FITNESS?

Health related parameters of Physical Fitness

- Aerobic Conditioning
- Body Composition
- Muscular Strength/Endurance
- Flexibility

A health oriented approach to exercise should ideally include 3 major forms or types of activity.

**DYNAMIC ACTIVITY** is aerobic exercise involving large muscle pumping rhythmically at an intensity which is capable of being sustained continuously. Examples include walking, running, cycling, rowing, stair climbing, cross country skiing, and aerobic dance or step classes. Dynamic activity not only exercises the working muscles but also works the heart and vascular system. It increases physical work capacity (the ability to work or play harder and tire less readily), is an effective means of burning calories, uses fat as fuel, and enhances fat metabolism. CFHL fitness class schedule.

### The Goal:

- Begin each session with an appropriate warm-up and end with an adequate cool-down period. Progress to comfortably sustaining at least 20 minutes of appropriate intensity dynamic exercise 3 or more days a week.

**RESISTIVE EXERCISE** includes weight lifting and calisthenics. Specific muscles are worked so intensely by resisting motion that only a limited number of repetitions can be executed continuously. Resistive exercise develops and/or maintains muscular strength/endurance and muscle mass.

### The Goal:

- Choose a selection of exercises involving the major muscles or motions of the musculoskeletal system.
- Perform a minimum of one set of 8 - 12 or more repetitions to near fatigue at moderate to slow speed, through a full range of motion without impeding normal forced breathing.

- Make a commitment to working the muscles 2 - 3 well spaced days a week.

**STRETCHING** is a passive exercise done by sustaining a position at the extreme of the range of motion of a limb or body part that creates a stretch tension through which the muscle fibers can relax. It's purpose is to increase the extensibility of the connective tissue and decrease muscular tension.

### **The Goal:**

- Choose a selection of stretches which includes the major muscles.
- Create a gentle stretch tension through which the muscle fibers can relax.
- Sustain the stretch at the point just before the muscle fibers contract against the stretch for 15 or more seconds.
- Make a commitment to a thorough stretching routine 3 or more days per week.