



Make
Fit
Happen

YOU ARE
STRONGER
THAN YOU THINK



AN INVITATION TO START!

Health risk factors are:

- Inactive Sedentary Lifestyle
- Unhealthy Nutrient Poor Diet
- Obesity or Underweight
- Dehydration
- Limited Access to Healthcare
- Stress
- Tobacco / Alcohol Use / Other Substance Abuse
- Heredity / Hypertension / Diabetes / Heart Disease
- Poor Personal Hygiene / Sanitation / Risky Social Behaviors

Everyone lives with at least one of these health risk factors. These health risk factors often times do not present with accompanying symptoms. The more health risk factors you live with, life expectancy may be limited, but deceptively without consequence until an acute episode such as heart attack or stroke.

The BC Health Challenge Make Fit Happen is your opportunity to eliminate at least SIX of these health risk factors and increase your vitality and quality of life.

Are you Ready?

START to Make Fit Happen from where you are with what you've got. Where ever you are regarding ideas about your health and body image, start making a difference promoting your own vitality with us today, because each step you take is a key investment in your own better health outcomes and quality of life.

Ready to Start? Let's go!

SELF HEALTH ASSESSMENT

- PAR-Q ✓
- Health Risk Appraisal ✓
- Self-Health Assessment and Contraindications to Exercise ✓
 - Blood Pressure and Resting Heart Rate ✓
 - Body Mass Index – Receive Gator Tape Measure with BMI scale ✓
 - Girth and Body Composition ✓
 - Preview Online App Resources for your personal device. ✓

HONEST ASSESSMENT

For the purposes of BC Health Challenge Make Fit Happen, the Self-Health Assessment experience is designed to provide individuals with valuable information toward health conscious, safe, responsible and effective lifestyle change. The self-health assessment materials are designed and presented to be personally empowering and confidentially conducted and interpreted, and are not reported to or retained by any person or office directly or indirectly connected to Brazosport College. The collected data empowers individual participants to discover, interpret and respond to personal health status at least with a personal commitment to lifestyle change and, as indicated, to seek medical evaluation, approval and / or supervision of personal healthcare provider.

Physical Activity Readiness Questionnaire

Your responses determine your readiness for physical activity. Your personal information will remain confidential.

Questions – Please respond Yes or No

1 Has your doctor ever said that you have a heart condition and that you should only perform physical activity recommended by a doctor? ___ Yes ___ No

2 Do you feel pain in your chest when you perform physical activity? ___ Yes ___ No

3 In the past month, have you had chest pain when you were not performing any physical activity? ___ Yes ___ No

4 Do you lose your balance because of dizziness or do you ever lose consciousness? ___ Yes ___ No

5 Do you have a bone or joint problem that could be made worse by a change in your physical activity? ___ Yes ___ No

6 Is your doctor currently prescribing any medication for your blood pressure or for a heart condition? ___ Yes ___ No

7 Do you know of any other reason why you should not engage in physical activity? ___ Yes ___ No

If you have answered “Yes” to one or more of the above questions, consult your physician before engaging in physical activity. Tell your physician which questions you answered “Yes” to. After a medical evaluation, seek advice from your physician on what type of activity is suitable for your current condition.

Assess your health status by marking all *true* statements

History

You have had:

- a heart attack
- heart surgery
- cardiac catheterization
- coronary angioplasty (PTCA)
- pacemaker/implantable cardiac defibrillator/rhythm disturbance
- heart valve disease
- heart failure
- heart transplantation
- congenital heart disease

Symptoms

- You experience chest discomfort with exertion
- You experience unreasonable breathlessness
- You experience dizziness, fainting, or blackouts
- You take heart medication.

Other health issues

- You have diabetes
- You have asthma or other lung disease
- You have burning or cramping sensation in your lower legs when walking short distances
- You have musculoskeletal problems that limit your physical activity
- You have concerns about the safety of exercise
- You take prescription medications
- You are pregnant

*If you marked any of these statements in this section, consult your physician or other appropriate health care provider before engaging in exercise. You may need to use a facility with a **medically qualified staff**.*

Cardiovascular risk factors

- You are a man older than 45 years
- You are a woman older than 55 years, have had a hysterectomy, or are postmenopausal
- You smoke, or quit smoking within the previous 6 months
- Your blood pressure is >140/90 mm Hg
- You do not know your blood pressure
- You take blood pressure medication
- Your blood cholesterol level is >200 mg/dL
- You do not know your cholesterol level
- You have a close blood relative who had a heart attack or heart surgery before the age 55 (father or brother) or age 65 (mother or sister)
- You are physically inactive (i.e., you get <30 minutes of physical activity on at least 3 days per week)
- You are >20 pounds overweight

*If you marked two or more of the statements in this section you should consult your physician or other appropriate health care provider before engaging in exercise. You might benefit from using a facility with a **professionally qualified exercise staff*** to guide your exercise program.*

None of the above

You should be able to exercise safely without consulting your physician or other appropriate health care provider in a self-guided program or almost any facility that meets your exercise program needs.

*Professionally qualified exercise staff refers to appropriately trained individuals who possess academic training, practical and clinical knowledge, skills, and abilities commensurate with the credentials as defined by the American College of Sports Medicine guidelines.

Your heart rate and blood pressure while at rest are key indicators of coronary risk and cardiovascular health.

Compare your RESTING HEART RATE of _____ here.

WOMEN						
AGE	18-25	26-35	36-45	46-55	56-65	65+
Athlete	54-60	54-59	54-59	54-60	54-59	54-59
Excellent	61-65	60-64	60-64	61-65	60-64	60-64
Good	66-69	65-68	65-69	66-69	65-68	65-68
Above Av	70-73	69-72	70-73	70-73	69-73	69-72
Average	74-78	73-76	74-78	74-77	74-77	73-76
Below Av	79-84	77-82	79-84	78-83	78-83	77-84
Poor	85+	83+	85+	84+	84+	84+
MEN						
AGE	18-25	26-35	36-45	46-55	56-65	65+
Athlete	49-55	49-54	50-56	50-57	51-56	50-55
Excellent	56-61	55-61	57-62	58-63	57-61	56-61
Good	62-65	62-65	63-66	64-67	62-67	62-65
Above Av	66-69	66-70	67-70	68-71	68-71	66-69
Average	70-73	71-74	71-75	72-76	72-75	70-73
Below Av	74-81	75-81	76-82	77-83	76-81	74-79
Poor	82+	82+	83+	84+	82+	80+
Reference (2)						

Compare your BLOOD PRESSURE of BP _____ / _____

Top Number (Systolic) in mm Hg	Bottom Number (Diastolic) in mm Hg	Your Category	Recommendation
Below 120	and Below 80	Normal blood pressure	Maintain or adopt a healthy lifestyle.
Between 120-139	or Between 80-89	Prehypertension	Maintain or adopt a healthy lifestyle.
Between 140-159	or Between 90-99	Stage 1 hypertension	Consult your health care professional.
160 or higher	or 100 or higher	Stage 2 hypertension	Consult your health care professional.
Reference (1)			

Thank you for your participation! A fit and healthy lifestyle begins with healthy choices! Discuss these results with your health care professional! Visit the Fitness Loft! We are staffed and resourced to help you set SMART goals for better health outcomes.

References:

1. "High Blood Pressure (hypertension)." *Blood Pressure Chart: What Your Reading Means*. Web. 12 Jan. 2016.
2. <http://www.mayoclinic.org/diseases-conditions/high-blood-pressure/in-depth/blood-pressure/ART-20050982>
3. "Fitness." *Heart Rate: What's Normal?* Web. 12 Jan. 2016. <http://www.mayoclinic.org/healthy-lifestyle/fitness/expert-answ>

Girth Measurements are recommended over weight and even BMI (Body Mass Index) to track progress.

The scale can be misleading. Here is why. A single fat cell is larger in size than a single muscle cell, **but weighs less**. So, it is quite possible for someone to appear smaller, but weigh more. Therefore, progress is better gauged by girth measurements or changes in size than weight.

By the same token, body mass index, based on weight to height distribution; and used by some physician's offices, is less reliable than body composition as an indicator of health because more lean (muscle) individuals will carry more weight than a less lean counterpart of equal height. **It is not the weight that is the health risk, it is the body fat. And, body fat stored disproportionately around the midsection (waist to hip ratio) poses even greater risk.**

All things considered, it is recommended you use a tape measure in conjunction with an online **body composition** or **percent body fat** calculator, to track body composition and waist to hip ratio.

While not all girth measurements are necessary for the online body composition tool, **dated full body measurements help you visualize and track full body changes in size.**

With a health conscious diet that is well portioned and spaced, adequate water hydration, restriction of unhealthy fats, salt, sugar, and overeating calories, PLUS an active exercising lifestyle, one can expect over time, to burn or metabolize body fat and reduce overall inflammation and disease risk. **A balanced approach to exercise will include both resistance and cardiovascular exercises.** Remember, muscle weighs more than fat. So, **it is possible to lose size, while gaining lean muscle (weight).** This is a desired response to exercise and should not be misinterpreted. **Recording girth measurements makes it possible to accurately assess your body's positive response to exercise.**

The Fitness Loft now offers Workout Walkthroughs, by appointment, to help you effectively and most efficiently incorporate exercise for health benefits.

Tracking Measurements

Name:	Height	Birthdate ____/____/____
<p>Start Date: _____</p> <p>RHR: _____</p> <p>BP: ____/____</p> <p>WEIGHT: _____ lbs. %Body Fat: _____</p> <p>BMI: _____</p> <p>Neck: ____ Underarm: ____</p> <p>Chest: ____</p> <p>Waist: ____ Abdomen: ____</p> <p>Hip: ____</p> <p>R Upper Thigh: ____ R Lower Thigh: ____</p> <p>R Calf: ____</p> <p>L Upper Thigh: ____ L Lower Thigh: ____</p> <p>L Calf: ____</p> <p>R Bicep: ____ R Forearm: ____</p> <p>L Bicep: ____ L Forearm: ____</p> <p>R Wrist: ____ L Wrist: ____</p>		<p>Start Date: _____</p> <p>RHR: _____</p> <p>BP: ____/____</p> <p>WEIGHT: _____ lbs. %Body Fat: _____</p> <p>BMI: _____</p> <p>Neck: ____ Underarm: ____</p> <p>Chest: ____</p> <p>Waist: ____ Abdomen: ____</p> <p>Hip: ____</p> <p>R Upper Thigh: ____ R Lower Thigh: ____</p> <p>R Calf: ____</p> <p>L Upper Thigh: ____ L Lower Thigh: ____</p> <p>L Calf: ____</p> <p>R Bicep: ____ R Forearm: ____</p> <p>L Bicep: ____ L Forearm: ____</p> <p>R Wrist: ____ L Wrist: ____</p>
<p>Start Date: _____</p> <p>RHR: _____</p> <p>BP: ____/____</p> <p>WEIGHT: _____ lbs. %Body Fat: _____</p> <p>BMI: _____</p> <p>Neck: ____ Underarm: ____</p> <p>Chest: ____</p> <p>Waist: ____ Abdomen: ____</p> <p>Hip: ____</p> <p>R Upper Thigh: ____ R Lower Thigh: ____</p> <p>R Calf: ____</p> <p>L Upper Thigh: ____ L Lower Thigh: ____</p> <p>L Calf: ____</p> <p>R Bicep: ____ R Forearm: ____</p> <p>L Bicep: ____ L Forearm: ____</p> <p>R Wrist: ____ L Wrist: ____</p>		<p>Final Assessment</p> <p>Date: _____</p> <p>RHR: _____</p> <p>BP: ____/____</p> <p>WEIGHT: _____ lbs. %Body Fat: _____</p> <p>BMI: _____</p> <p>Neck: ____ Underarm: ____</p> <p>Chest: ____</p> <p>Waist: ____ Abdomen: ____</p> <p>Hip: ____</p> <p>R Upper Thigh: ____ R Lower Thigh: ____</p> <p>R Calf: ____</p> <p>L Upper Thigh: ____ L Lower Thigh: ____</p> <p>L Calf: ____</p> <p>R Bicep: ____ R Forearm: ____</p> <p>L Bicep: ____ L Forearm: ____</p> <p>R Wrist: ____ L Wrist: ____</p>

Online Body Fat Calculator: <http://www.active.com/fitness/calculators/bodyfat>

Online Fitness Support Resources to Investigate Nutrition

iPhone:

MyFitnessPal, 7MWC (7 Minute Workout Circuit)

Android:

Seven - 7 Minute Workout Training Challenge - Perigee AB (google play)

Online: MyPlate.gov

Cardiovascular Conditioning Exercise (Walk / Jog / Run)

iPhone:

Nike+Run by Nike

Android:

Run with Map My Run – My Map Fitness (google play)

Functional Conditioning Exercise

iPhone:

iFit

7MWC

Android: iFit Coach – iFit (google play)

Fitness Assessment and Benchmark Measurements

iPhone: BOD Keeper Free - Body Fat Calculator

Android:

Body Fat Calculator

<https://play.google.com/store/apps/details?id=com.voiche.bodyfatcalculator>

BMI Calculator

<https://play.google.com/store/apps/details?id=com.exceptolutions.bmicalculator>

BC Social Media Resources

Facebook – LIKE Brazosport College Health and Wellness Page

CHOOSE TO MOVE

Honest health assessment experiences provide a sobering look at personal health status, and targets individual “why’s” that can spark meaningful change. Conversely, there are inherent risks associated with failure to change. Unfortunately, many bypass opportunities to change because most health risk factors have no accompanying symptoms. For those who do initiate change, health initiatives can end in disappointment because we tend to expect big changes to produce big results...AND FAST! If lifestyle routines are not in place to support sweeping changes, efforts may not be maintained long enough to benefit the results, or the results may not last. And, gains could be short lived and sling shot in the other direction (lost weight regained PLUS more). BC Make Fit Happen is a SMART health initiative structured around **specific, measurable, attainable, relevant and time-bound** activities. Over time, applying behavior modification techniques, you will achieve lasting results to benefit your body, mind and spirit for a balanced life.

BC Health Challenge MAKE FIT HAPPEN GUIDELINES

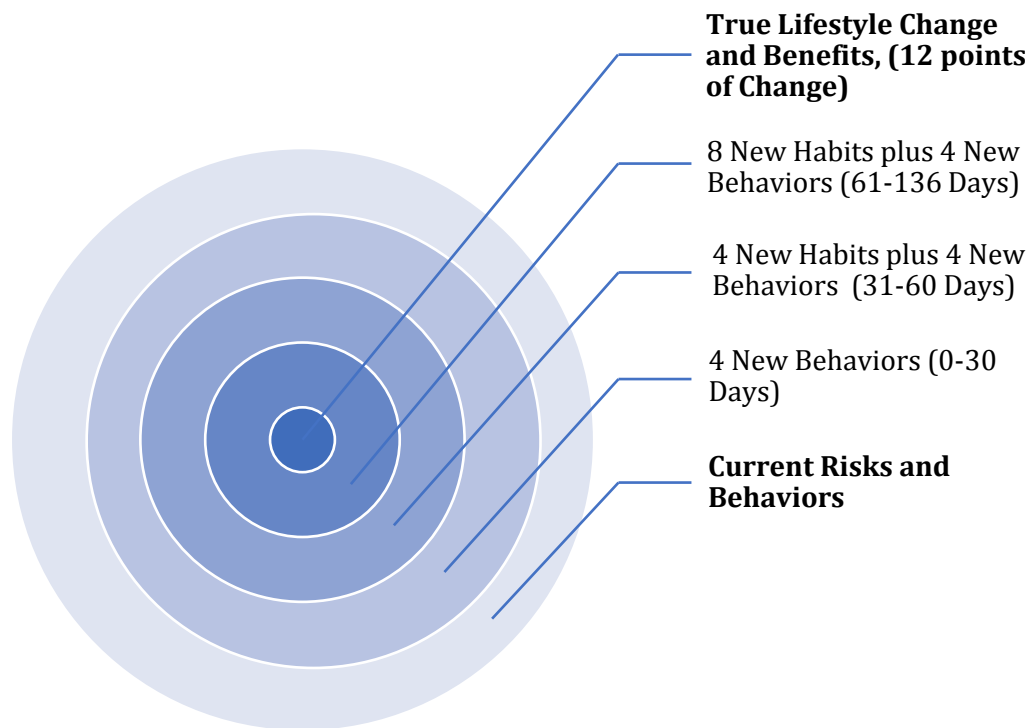
- BC Health and Wellness Inventory
- Contraindications to Exercise
- 30 Miles to Make Fit Happen Exercise Program and Check Chart
 - Achieve 30 Exercising Miles in 30 Days.
 - Maintain BC MFH Check Chart to track miles.
 - Join BC Make Fit Happen (CLOSED) Group on Facebook.
 - LIKE Brazosport College Health and Wellness Page on Facebook.
 - Use Cardio Class and WOW Resources in the Fitness Loft, at home or your personal gym.
 - Record to track measurements.
- 40 PLUS CORE Exercise Program and Check Chart
 - Achieve 40 Exercising Miles in 30 Days.
 - Achieve drinking half your weight in ounces of water daily.
 - Maintain BC MFH Check Chart to track miles and fresh water hydration.
 - Record to compare measurements.
- Lifestyle 180 Exercise Program and Check Chart
 - Achieve 180 Exercising Miles in 75 Days
 - Achieve drinking half your weight in ounces of water daily.
 - Achieve spacing of portioned whole natural meals, resourcing MyPlate.gov and / or the BC Sample Meal Plan.
 - Maintain BC MFH Check Chart to track miles, fresh water hydration and spaced, portioned whole natural meals.
Record to compare FINAL measurements.
- Program Resources and Other Useful Information
 - Just Walk
 - Cardio Class Tools
 - Fitness Loft WOWs (Workout Walkthroughs)
 - BC Sample Meal Plan and Personal Meal Plan Worksheet
- EARNED REWARD for completion: First 15 get Gator Gym Bag

Behavior Modification

It takes 21 days for a new behavior to become a habit. And, it takes just over sixty days to create a new lifestyle. Based on this principle, BC Health Challenge Make Fit Happen is a self-paced health and wellness program consisting of progressive 30, 40, and 180 mile fitness challenges.

Here is a visual and behavior inventory that will help you decide **a few goals** to prioritize in stages to avoid being overwhelmed and discouraged changing too much at once.

TARGET TRUE LIFESTYLE CHANGE OVER TIME



Prioritize by numbering three behavior focuses within each cell of the following behavior inventory tool. You should indicate numbers 1,2, and 3 inside each of the four cells. The number “ones” will be your personal targets days 0-30. The number “twos” will be your personal targets days 31-60. The number “threes” will be your personal targets days 61-136.

<p>NUTRITIONAL SUPPORT</p> <p>___ 1. RESOURCE choose myplate.gov. Use template to balance your meals.(6), (7)</p> <p>___ 2. Use BC Nutrition Resources (Example Meal Plan) to create your own.</p> <p>___ 3. Use MyFitnessPal or other app to create 30-100 cal snacks, 2 x 250 cal meals and 1 x 400 – 600 cal meal each day..</p> <p>___ 4. Keep washed and ready to eat fruits and vegetables on hand in the frig. Eat fresh / raw whole foods as much as possible.(1),(7)</p> <p>___ 5. Eliminate artificial sweeteners from your diet and replace sugar sweetened drinks with water or 100% fruit or vegetable juice.(2), (3), (4), (5)</p> <p>___ 6. Routinely make one meal per day vegan: homemade soup and/or salad. (1)</p> <p>___ 7. Replace coffee with minimally sweetened green tea or other herbal tea. (8)</p> <p>___ 8. Eat within one hour of rising then at least every three hours after that; smaller portions to support a healthy metabolism (3),(5), (6), (7).</p> <p>___ 9. Quit smoking. Quit drinking. Quit substance abuse.</p> <p>___ 10. Quit fried foods. Enjoy instead, oven-baked options.</p> <p>___ 11. No more than 3/4 tsp. table salt per day. Watch for hidden salt in process foods. No more than 2 Tbsp. added sweeteners including commercially prepacked amounts.</p> <p>___ 12. Log diet to guide health conscious food choices with a FREE app like My Fitness Pal or Fooducate.</p> <p>___ 15. Routinely replace processed foods with whole foods (unprocessed and as close to its natural state as possible) as often as possible.(1),(7)</p> <p>___ 16. Replace butter with homemade 50:50 butter-olive or 100% first cold-pressed olive oil in moderation.(11)</p>	<p>PHYSICAL SUPPORT</p> <p>FITNESS LOFT 8a – 8p, M/W 6a-8p T/R and 8a – 12p F</p> <p>Walk to the Fitness Loft in J Wing to:</p> <p>___ 1. Join BC Make Fit Happen</p> <p>___ 2. Visit the Fitness Loft for CARDIO CLASS and WOW</p> <p>___ 3. LIKE BC Health and Wellness Page on Facebook</p> <p>INTRAMURAL SPORTS / OPEN GYM</p> <p>___ 4. Join Students v. Faculty Team Sports</p> <p>___ 5. Visit Open Gym</p> <p>___ 9. Attend Spring Beach Day / Fall Sports Day</p> <p>Workout Schedule:</p> <p>S: _____</p> <p>_____</p> <p>M: _____</p> <p>_____</p> <p>T: _____</p> <p>_____</p> <p>W: _____</p> <p>_____</p> <p>TH: _____</p> <p>_____</p> <p>F: _____</p> <p>_____</p> <p>S: _____</p> <p>_____</p>
<p>MENTAL SUPPORT</p> <p>___ 1. Prioritize, plan, organize and pack for the next day's tasks the evening / night before.</p> <p>___ 2. Create a vision board for personal goals toward achieving bigger objectives.</p> <p>___ 3. Alert or flag important dates in advance in personal device or calendar / planner.</p> <p>___ 4. Avoid procrastination. Complete time sensitive obligations as soon as possible. Do not wait until the last minute to study / strategize / plan / prepare.</p> <p>___ 5. Get at least eight hours of sleep.</p> <p>___ 6. Use social media constructively to connect with and contribute to a study group.</p> <p>___ 7. Routinely clear cluttered spaces (car / home / desk).</p> <p>___ 8. Use strategy! PLANNING to work hard pays off.</p> <p>___ 9. Face your anxieties or fears. Plan positive conflict resolutions and follow through with maturity and patience.</p> <p>___ 10. Arrive early. On time is late.</p> <p>___ 11. Communicate regularly and professionally with professors peers, and others you are accountable to.</p>	<p>SPIRITUAL SUPPORT</p> <p>___ 1. Choose a place of worship.</p> <p>___ 2. Choose an area of regular community service: homeless, hungry,</p> <p>___ 3. Connect with REVIVE.BC Student Organization on campus.</p> <p>___ 4. Pray about / Meditate on hopeful perspectives and positive outcomes</p> <p>___ 5. Plan and rehearse positive self-talk daily. Create positive and constructive confessions about yourself, your personal goals, others and situations to replace any negative self-talk.(10)</p> <p>___ 6. Separate your work and academic performance from your personal worth.</p> <p>___ 7. Seek wise council – ask someone you trust for help when you need it.(10)</p> <p>___ 8. Show yourself friendly in order to have friends: treat others the way you want to be treated.</p> <p>___ 9. Practice the act of patience with yourself and others. Your dreams and theirs are works in progress.</p> <p>___ 8. Be “YOUUnique”. Watch your media and your mouth. If it's not nice, don't LISTEN, SAY, SEND, POST or SHARE.</p> <p>___ 11. Forgive yourself and others quickly. (10)</p> <p>___ 12. Live in each moment, not past regrets or future worries.</p> <p>___ 13. Take every opportunity to show gratitude and use common courtesies: please, thank you, excuse me, etc. often.</p>

Whatever your physical ability, believe you can start where you are, with what you have, and smartly invest your best effort to finish more fit. Be patient with yourself and expect some setbacks, challenges and anticipate making adjustments strategizing for at least 80% success. Remember, lifestyle change is a journey, not a race. Success is sticking with it to finish better than you began.

CONTRAINDICATIONS TO EXERCISE

Now, before we begin this journey together, just as there are certain indications exercise should not be initiated without the approval or supervision of medical healthcare professionals, there are also certain indicators or contraindications to starting or continuing individual exercise sessions.

For the purposes of BC Health Challenge, Make Fit Happen, these are indications to stop or not initiate an exercise session on any given day:

- Chest Pain
- Light Headedness
- Severe (Acute) Muscle Pain (not muscle soreness due to exercise)
- Joint Pain
- Intense Heat or Cold
- Emotional Distress
- Illness of any kind

Again, any one of these symptoms indicate that an exercise session should either not be initiated or discontinued immediately.

MUSCLE SORENESS

As you become more active, you may experience some expected muscle soreness. **It is important you learn to distinguish expected muscle soreness and fatigue from pain associated with muscle or joint injury.** Expected muscle soreness, most often occurs within twenty-four hours of an exercise session. Muscles feel stiff and sore and these symptoms are helped by adequate hydration and nutrition, warming up and stretching the sore muscles, and 24 hours of rest after resistance training, before restressing the muscle group. During an exercise session, **more is not always better.** It is never advisable, and can in rare instances, be life threatening to push through severe **muscle pain during exercise** (investigate rhabdomyolysis). If you are new to exercise, and experience pain or discomfort you are not certain is expected **muscle soreness after exercise**, seek help to confirm you are indeed not injured to avoid compounding a health risk.

BC MAKE FIT HAPPEN – The First 30 Days

30 Miles to Make Fit Happen Exercise Program and Check Chart

- **30: Challenge Days 1-30**
- **Endurance:** Challenge yourself to walk, run, row, step, ride, climb, swim five to seven days per week to achieve 30 miles in 30 days. Miles must be specific “for exercise” miles. “Steps” and “Fit Bit” miles, though an excellent reflection of living a more active lifestyle, do not satisfy Make Fit Happen Challenge objectives. Reference Cardio Class at the Fitness Loft. **Strength:** Though strength training is not a part of the challenge at this stage, it is recommended to incorporate at least crunches and body weight squats into endurance exercise. Reference WOW or Workout of the Week at the Fitness Loft to most effectively incorporate strengthening and toning exercises three non-consecutive days per week. (2)
- **Hydration:** Start challenging yourself to drink half your weight in ounces of water per day.
- Much like learning to ride a bike, training wheels help at first. **Consider this first MFH CHECK CHART your behavior change training wheels.** You need them at first, and at every stage of this challenge but won’t need them always. Keep them with you throughout the day to track your successes. Seeing your “checks” accumulate helps you see your successes every day for motivation as the new healthy rituals you establish become routine so that overtime, you reap the rewards of better health outcomes.

30: Make Fit Happen Check Chart

MONTH: _____

Target Miles: 30 Target M: Miles

Be mindful about fresh water hydration: _____ ounces (half body weight) per day; no more than 7 hydration misses this month. Hydration is not a required documentation this month, but is essential for health and a key factor for proper metabolic functioning.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
____ M:	____ M:	____ M:	____ M:	____ M:	____ M:	____ M:
____ M:	____ M:	____ M:	____ M:	____ M:	____ M:	____ M:
____ M:	____ M:	____ M:	____ M:	____ M:	____ M:	____ M:
____ M:	____ M:	____ M:	____ M:	____ M:	____ M:	____ M:
____ M:	____ M:	____ M:	____ M:	____ M:	____ M:	____ M:
Total Miles: _____						

BC MAKE FIT HAPPEN – Days 31-60

40 Plus Core Exercise Program and Check Chart

- **40: Challenge Days 31-61**
- Challenge yourself to add progressive planking exercises every other day to develop core strength. Access Workout Walkthroughs at the Fitness Loft for a variety of exercise styles for muscle strength and conditioning. If you can't make it to the gym, here is a convenient home-based workout that can be completed in sequence up to three times on any given day.

MINI BOOT CAMP CIRCUIT: HOME	SETS / REPETITIONS / INTENSITY / WEIGHT
Need: Timer, Stable Chair or Bench for step ups and dips.	
Abdominals: Abdominal Crunches, Reverse Crunches, Oblique Twists, Double Crunches	10-12 each
Traditional (Beginner) or Elbow Plank (Advanced) – Shoulders over elbow, back straight, abs tight, face down. Traditional is easier and works in shoulders and arms. Elbow is more advanced and more core intensive.	1 – 2 minute(s)
Chair Step Up or Lunge (use stable chair)	10-12 each
Push Ups	5 -12
Body Weight Air Squats	5 -12
Tricep Bench Dips (use stable chair)	5 -12
Side Plank (Traditional – hand down - more shoulder and arm / Elbow – more core.)	30 seconds per side

40: Make Fit Happen Check Chart

MONTH: _____

Target Miles: 40 miles in 30 days M: Miles (Indicate how many.)

Target Fresh Water Hydration: _____ ounces (half body weight) per day H: Water Goal Met

Target Planks: 3-4 Days per Week OR Fitness Loft WOWs (Workout of the Week) P: Planks

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
—	—	—	—	—	—	—
M:	M:	M:	M:	M:	M:	M:
H:	H:	H:	H:	H:	H:	H:
P:	P:	P:	P:	P:	P:	P:
—	—	—	—	—	—	—
M:	M:	M:	M:	M:	M:	M:
H:	H:	H:	H:	H:	H:	H:
P:	P:	P:	P:	P:	P:	P:
—	—	—	—	—	—	—
M:	M:	M:	M:	M:	M:	M:
H:	H:	H:	H:	H:	H:	H:
P:	P:	P:	P:	P:	P:	P:
—	—	—	—	—	—	—
M:	M:	M:	M:	M:	M:	M:
H:	H:	H:	H:	H:	H:	H:
P:	P:	P:	P:	P:	P:	P:
—	—	—	—	—	—	—
M:	M:	M:	M:	M:	M:	M:
H:	H:	H:	H:	H:	H:	H:
P:	P:	P:	P:	P:	P:	P:

Total Miles: _____ (goal 40 in 30 days)

Total Hydration Misses: _____ (no more than seven misses for the month)

Total Plank or WOW or similar strengthening / toning exercise Days: _____ (approximately 12-15)

BC MAKE FIT HAPPEN – Days 61-136

Lifestyle 180 Exercise Program and Check Chart

- **180: Challenge Days 61-136**
- Use MyPlate.gov diet and nutrition resources to create your own meal plan to follow. Use the MFH example meal plan available in the Fitness Loft, showing food choices, meal patterns that work well on the go, and meal and hydration spacing that combat hunger and boost metabolism. Adjust the meal plan to reflect your personal whole natural food choices.

Challenge yourself to meet your goals at least 80% of the time. For example, the MFH Check Chart shows 70 meals and snacks plus hydration. They are indicated as, H – Hydration, B – Breakfast, S – Snack, L – Lunch, and D – Dinner. Your challenge is to meet your written expectation 56 times or more per week, to show you are eating “mostly healthy”. Conversely, you shouldn’t have more than 14 misses in a week. Remember, the goal is to accumulate those check marks ✓ showing success. It is expected you may miss a few. Use those misses as opportunities to consider circumstances or conditions that you may change to support better successes in the future. In this way, even your misses contribute to long term success for lifestyle change.

Creating a health conscious eating style is the most critical aspect of your health and wellness journey. In fact, your success is 80% what you eat and drink (diet and nutrition / eating style) and 20% what you do (exercise activity). The accountability of **documenting** the BC Health Challenge will help improve your mindfulness about what you are eating and drinking and when. In time, the new ritual will become routine. And, before you know it, your health expectations be renewed and your health risks significantly reduced.

180: Make Fit Happen Check Chart MONTH: _____ Target Miles: 180 miles in 75 days <input checked="" type="checkbox"/> Miles (Indicate how many.) Target Planks: 3-4 Days per Week <input checked="" type="checkbox"/> Planks Target No More Than 14 Meal and Water Hydration Plan Misses per Week H,B,S,L,D: <input checked="" type="checkbox"/> Meals and Hydration						
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LIFESTYLE CHANGE SUCCESS

Lifestyle change is a journey, not a race. At this point, you have accomplished creating new life rituals and routines over time resulting in a new more health conscious lifestyle that reflects and accommodates new relationships with perhaps workout partners, new resources for sharing recipes and new environments exploring more health conscious shopping and dining options that tend to be around the perimeter of grocery stores. As you compile your totals to complete the BC Health Challenge, Make Fit Happen consider not allowing the life change benefits of the program end with you. **Positively impact the life of a loved one by extending an invitation to repeat the challenge with you.**

180: Make Fit Happen Check Chart TOTALS

Total Miles: _____ (goal 180 in 75 days)

Target 30-40 Total Planks: _____ (goal 3-4 days per week)

Target _____ No More Than 140 Meal and Hydration Plan Misses per Week

All three check charts must totaled and presented at the Loft to claim the earned reward: Gator Gym Bag, or other Incentive. (Based on Availability).



PROGRAM INTENSITY, TIMING and RESOURCES The **intensity** of your workout determines whether your body is working hard enough to get results or too hard to endure the exercise for the recommended amount of time. Make Fit Happen is designed to IMPROVE CARDIORESPIRATORY ENDURANCE, TARGET MORE BODY FAT for fuel, while TONING and STRENGTHENING the body core. To do that, we will use heart rate ranges to make sure the intensity of our cardio workouts are not so low that you are not challenged or so high that you can't endure the activities long enough to benefit or so routine that your body adapts and is no longer challenged.

Maximum Heart Rate and Target Heart Rate Range are used to gauge the intensity of cardiovascular or endurance exercise. Some prescription medications for hypertension lower the maximum heart rate. If you may be taking such a medication or any other that may limit or influence your body's response to exercise, consult your physician to find out if you need to use a lower target heart rate. Reference Cardio Class at the Fitness Loft to learn how to gauge exercise intensity using heart rate, perceived exertion or the talk test.

Interval Training and Circuit training are used to diversify resistance exercise to increase intensity and maximize the benefits of exercise in less time.

Cardio Class and WOW are two resources available at the Fitness Loft to help you safely and effectively gauge, time and diversify your exercise for success.

Here to HEALTH!

- *The Fitness Loft offers CARDIO CLASS and WORKOUT WALK THROUGHs to help target exercise activities for max health benefits in less time.*
- *CONNECT with a Health and Wellness Student Assistant to find out more!*

BC CARDIO CLASS participation uses the principle of high intensity interval training (HIIT), as well as target heart rate range, perceived exertion, and talk tests to help build cardiorespiratory endurance and improve body composition by targeting more body fat for fuel in less time than a traditional cardio workout.

BC WOW or **WORKOUT WALKTHROUGH** features a variety of resistance exercise styles to tone and strengthen muscles and, improve bone health, core strength, dynamic balance, and coordination.

CARDIO CLASS and WOW Schedule Recommendation (Full Body Training)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
WOW Cardio Class	Up to 1 hour Cardio or Hike or Sports	WOW Cardio Class	Up to 1 hour Cardio or Hike or Sports	WOW Cardio Class	REST	REST

EXERCISE SCIENCE

The science behind WOW is both metabolic and kinesthetic. Metabolically, consider your body a fuel (sugar and fat) burning machine. Your body is composed of muscle, fat, bone and other soft tissues. For WOW purposes, understand muscles use sugar to function. Consumed (eaten) carbs or sugar in blood or stored in muscle is most readily and easily available to burn for energy. Consider stored body fat fuel reserves that must be converted to sugar muscles can

use. Optimally, our skeletal frame will carry a healthy distribution of muscle and fat indicated by body composition or body mass index. The more muscle you have, the more fuel you will burn throughout your daily life, even at rest. The more body fat and weight you carry especially around the midsection or abdominally, the higher your health risks and strain on your frame and joints.

Resistance training improves bone health and builds more muscle for a healthier body composition, better metabolism (energy burning) and improved quality of life (better balance, coordination and functional strength). While all forms of exercise and movement are part of a health conscious lifestyle, incorporating both resistance and cardiovascular exercise activities into your health conscious lifestyle is most beneficial toward reaching targeted goals faster and living better.


Kinesthetically, doing WOWs, or otherwise varying your approach to resistance training, varies your body's response to exercise by exploiting the specificity of exercise principle, which basically says your body will adapt to improve specifically as trained. Since what you train, your body adapts to, switching up your routine approach to exercise, whether cardio or resistance, challenges your body's tendency to adapt to routine exercise regimens and thereby combats the tendency to reach exercise plateaus.

This information will help you identify how to make your exercise experience at the Fitness Loft or otherwise MOST effective. Your workout shouldn't be too slow, or too fast, too heavy, or too light, but just right to maximize personal health impact, and minimize risks, with less time spent.

Health and Wellness Student Assistants are available to help you best put CARDIO CLASS resources and WOW to work!

REFERENCES:

1. <http://www.acsm.org/public-information/articles/2016/10/07/measuring-and-evaluating-body-composition>
2. <https://www.acefitness.org/acefit/healthy-living-article/60/112/what-are-the-guidelines-for-percentage-of-body-fat>
3. <https://www.acsm.org/docs/brochures/resistance-training.pdf>

Fitness Loft CARDIO CLASS! BURN More in LESS TIME!		
Cardio Class Minutes 	Perceived Exertion 0-10 Scale 0 - no exertion 4 - moderate pace, easy to converse 7 - fast pace, difficult to converse 10 - maximum pace	VERBAL Cues
Minutes	Perceived Exertion	
1-3	3-4	Start with a slow to moderate paced warmup to gradually increase heart rate.
4-5	6	Gradually increase pace but still be able to comfortably converse.
6	7-8	Fast pace is ok to push yourself but not past Max Heart Rate and not through chest / muscle / joint pain.
7-9	6	Reduce pace to moderate to recover.
10	7-8	Fast pace is ok to push yourself but not past Max Heart Rate and not through chest / muscle / joint pain.
11-13	6	Reduce pace to moderate to recover.
14	7-8	Fast pace is ok to push yourself but not past Max Heart Rate and not through chest / muscle / joint pain.
15-17	6	Reduce pace to moderate to recover.
18	7-8	Fast pace is ok to push yourself but not past Max Heart Rate and not through chest / muscle / joint pain.
19-21	6	Reduce pace to moderate to recover.
22-25	3-4	Further reduce pace to gradually slow heart rate for cool down.

TARGET <big>More</big> BODY FAT for FUEL BUILD ENDURANCE			
CARDIO CLASS  PERCEIVED EXERTION Scale	CARDIO TALK TEST: “Am I working too hard?”	Connect Heart Rate Range to Metabolic Goals	
10 Maximum Pace		100 % MHR	TOO FAST to burn more body fat! TOO FAST for safer exercise and better outcomes!
9		90 % MHR	
8 Fast / Power Pace	Talk Test – Difficult to Converse	70–85 % MHR	PERFECT PACE TO: <ul style="list-style-type: none"> • Build Cardiovascular Endurance • Burn <big>more</big> Body Fat!
7 Fast / Power Pace	Talk Test – Difficult to Converse		
6 Moderate Pace	Talk Test – More Difficult Conversation	65-70 % MHR	
5 Moderate Pace	Talk Test – Comfortable Conversation		
4 Moderate Pace	Talk Test – Comfortable Conversation		TOO SLOW to burn more body fat!



FIND YOUR THR and MHR

Target Heart Rate Range (THR) is 65% - 85% of *your*

Max Heart Rate (MHR) in beats per minute.*

AGE	THR	MHR
20	130-170	200
25	127-166	195
30	124-162	190
35	120-157	185
40	117-153	180
45	114-149	175
50	111-145	170
55	107-140	165
60	104-136	160
65	101-132	155
70	98-128	150
75	94-123	145

***MHR is the Max Heart Rate. $MHR = 220 - \text{age}$.**

Exercise within *your* THR (Target Heart Rate Range) to increase the effectiveness of cardiovascular exercise.

AVOID exercising above your max heart rate for safer exercise and better outcomes.

RPE SCALE: Use this scale to target exercise intensity based on your perceived level of WOW exertion.

7	Extremely Light
9	Very Light
11	Light
13	Somewhat Hard
15	Hard (Heavy)
17	Very Hard
19	Extremely Hard
20	Maximum Exertion

Body Weight WOW Muscle Group / Exercise	Time Sets / Reps	Intensity Weight / RPE	Type of Exercise / Machine / Equipment	
Full Body Warm up	7 minutes	RPE 12-13	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk or Outdoor Trail	
Abs: Abdominal Crunches	1 x 25	Body Weight	Strength Floor Mat Area	REPEAT these exercises in sequence up to 3 times before moving on to cool down. Move smoothly through reps. Transition smoothly between exercises.
Chest: Push Ups	1 x 5-15	Body Weight	Strength Floor Mat Area	
Legs: Lunges	1 x 5 – 10 per leg	Body Weight	Strength, Dynamic Balance and Coordination Floor Mat Area	
Core: Plank	1 time	Hold 30-60 seconds. Cues: bottom down, back straight, face to floor.	Strength Floor Mat Area	
Full Body Cool Down or Extended Cardio (Cardio Class)	7 minutes OR Cardio Class with Cool Down	RPE 11	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	

TRX BAND WOW (ADVANCED) Muscle Group / Exercise	Time Sets / Reps	Intensity Weight / RPE	Type of Exercise / Machine / Equipment	
Full Body Warm up	7 minutes	RPE 12-13	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	
Abs: TRX Crunch and Curl: Feet in bands, face down, tight abs, pull in to crunch.	1 x 8-12	RPE 10-12	Strength, TRX Bands	REPEAT these exercises in sequence up to 3 times before moving on to cool down. Move smoothly through reps. Transition smoothly between exercises.
Chest: TRX Push Ups: Feet in bands, face down, tight abs, push up	1 x 8-12	RPE 8-10	Strength, TRX Bands	
Legs:TRX Squat: Holding bands, lean back, sit into squat	1 x 10-15	RPE 8-10	Strength, TRX Bands	
Core: TRX Suspended Plank (Recover before repeating sequence.)	1 x 30 + secs	RPE 8-10	Strength, TRX Bands	
Full Body Cool Down	7 minutes OR Cardio Class with Cool Down	RPE 11	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	

Matrix Machine WOW Muscle Group / Exercise	Time Sets / Reps	Intensity Weight / RPE	Type of Exercise / Machine / Equipment	
Full Body Warm up	7 minutes	RPE 12-13	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	
Chest and Triceps:	1x12-15	Moderate: 25-40 lbs.	Chest Press	REPEAT these exercises in sequence up to 3 times before moving on to cool down. Move smoothly through reps. Transition smoothly between exercises.
Back (Upper) and Biceps:	1x12-15	Moderate: 25-55 lbs.	Lat Pull	
Leg Extension (Quads):	1x12-15	Moderate: 25-55 lbs.	Leg Extension	
Back (Lower):	1x12-15	Moderate: 25-45 lbs.	Back Extension	
Leg Curl (Hamstrings):	1x12-15	Moderate: 25-40 lbs.	Seated Leg Curl	
Back (Mid) and Biceps:	1x12-15 each	Moderate: 10-25 lbs.	Dumbbell Row	
Leg (Functional / Compound):	1x12-15	Moderate: 55-85 lbs.	Leg Press	
Arm Biceps:	1x12-15	Moderate: 20-30 lbs.	Arm Curl	
Shoulder (Delts):	1x12-15	Moderate: 20-30 lbs.	Shoulder Press	
Shoulder (Posterior Delts):	1x12-15	Moderate: 25-40 lbs.	Rear Delt Fly	
Full Body Cool Down	7 minutes OR Cardio Class with Cool Down	RPE 11	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	

Metabolic Conditioning WOW (Advanced)	Time Sets / Reps	Intensity Weight / RPE	Type of Exercise / Machine / Equipment	
CARDIO	2 miles	RPE 12-13	Elliptical	REPEAT these exercises, in sequence, 2-3 times before moving on to finish with End Cardio. Move smoothly through reps. Transition smoothly between exercises.
Core: PLANK	Up to 2 minutes : _____ -	n/a	Floor Mat	
Dumbbell Anchored Overhead Crunches	1 x 20	Body Weight	Floor Mat with 25lb+ Dumbbell to Anchor	
Chest: Push Ups or Dumbbell Bench Press	1x10-15	Body Weight or Weighted Barbell		
Abs: Weighted Crunch Weighted Straight Leg Sit Up	1x25 each	10 lbs. plate (OPTIONAL)	Floor Mat	
Shoulders: Seated Dumbbell Overhead Press	1x10-15	Dumbbells		
Compound Full Body: Kettle Bell Swings	1x20	n/a	Floor Mat	
END CARDIO	~3220 Meters ~ 2 Miles	n/a	Row	

Free Weight WOW Muscle Group / Exercise	Time Sets / Reps	IntensityWeight / RPE	Type of Exercise / Machine / Equipment	
Full Body Warm up	7 minutes	RPE 12-13	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	
Abs: Abdominal Crunch or Weighted Crunch	1x10-12	Optional 10 lbs.	10 lbs. Plate	REPEAT these exercises in sequence up to 3 times before moving on to cool down. Move smoothly through reps. Transition smoothly between exercises.
Chest: Dumbbell Chest Press or Bench Press	1x10-12	15lb-20lbs +	Dumbbells or Barbell and Flat Bench	
Shoulders: Dumbbell Overhead Press	1x10-12 each side	15lb – 20lbs +	Dumbbells and Incline Bench	
Biceps: Alternating Bicep Curl	1x10-12 each side	10lbs – 20lbs +	Dumbbells	
Triceps: Tricep Overhead Press	1x10-12 each side	10lbs – 20lbs +	Dumbbells	
Core: SUITCASE SQUATS	1x10-12	10lbs-20lbs	Kettlebell or Dumbbell	
Full Body Cool Down	7 minutes OR Cardio Class with Cool Down	RPE 11	Cardio Machine (personal choice) / Walk-Jog Intervals / Indoor Join the Walk Trail	

JUST WALK

Exercise science, programs and resources aside, JUST WALK if nothing else. We have routed, by landmarks, an indoor course to walk for exercise, eliminating weather and time barriers to becoming more active. Start at the Student Life Counter at different intervals of your day to briskly walk – take this scenic route for restroom breaks throughout your day FIVE TIMES and you have walked a mile.

Indoor Course:

*START at Student Life Counter (across from Java Hut). *Proceed toward Library.
*Right at E Wing sign. *Left at F Wing sign. *Left at F Wing sign. *UP the stairs. *QUICK Left then Right at F Wing sign. *Right at J Wing sign. *Left at H Wing sign. *Left and across Student Pavilion.
*DOWN the stairs. *Through Student Pavilion to FINISH at Student Life Counter. **(5 Laps = 1 mile).**

Fitness Loft Cardio Machines (Useful information)

Treadmills: Walk / run at MINIMUM 1% grade.

Rowing Machine: About 1,609 meters = 1 mile.

BC Trail: Use pedometers, Nike+ or similar app. **Approximately 2,640 steps make a mile.** Screen shot your app display or pedometer to share, or use the paper LOG to tally miles.

BC NUTRITION RESOURCES

To maximize the health benefits of exercise, a balanced approach including nutritional considerations is essential. Eighty percent (80%) of this journey is accomplished through health-conscious diet and nutrition practices. Reference ChooseMyPlate.gov and or use an app like Fooducate or Myfitnesspal for ongoing support, guidance and accountability. You may also join the Facebook group, BC Make Fit Happen for both food choice and eating style support and friendly accountability. Also, pick up a sample meal plan and worksheet to help you get started at the Fitness Loft.

IMPORTANT

Consult your health care professional before making dietary changes for the treatment of an existing disease or for the management or prevention of a borderline, undiagnosed or established disease process.

WHOLE FOODS COOKING METHODS

As often as possible, whole natural foods should be consumed raw or roasted, baked, pan seared, boiled, or broiled to prepare home cooked meals. Foods that are fried, processed, commercially packaged or prepared in restaurant settings can be high in salt, sugar and unhealthy fats that can be harmful to your health. Explore resources that spark new food prep ideas, including but not limited to BC Make Fit Happen, our closed Facebook Group.

PREP, PACK, and PORTION

To save money, consider shopping more frequently to stock and prep whole food purchases for use as close to the day of purchase as possible. Produce used for smoothies and slushes can be portioned and prepacked into the freezer to reduce waste, while significantly cutting down prep time. Pick up Skinny Wednesday resources in the Fitness Loft for more information and support.

SPACING MEALS with HYDRATION

Planning meals in advance, each day, helps not only space eating to boost metabolism, but also helps eliminate portion distortion (over eating), which could sabotage health conscious efforts. In general, we should **eat smaller amounts more frequently** instead of larger meals less frequently. **Eating nutrient dense whole foods every two to three hours with adequate water hydration does much to eliminate hunger pangs and signals to overeat, while properly nourishing and hydrating the body for optimal functionality.**

For assistance connecting to participate in seasonal and special food and nutrition, exercise and sports opportunities at Brazosport College, email Latricia.williams@brazosport.edu or follow us on Facebook, @BCGatorSports. See you at the finish line.