

# *Fitness Plan*

GOALS

NUTRITION

SUPPLEMENTS

SLEEP

STRESS MANAGEMENT

STRENGTH WORKOUTS

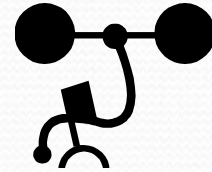
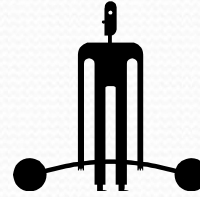
AEROBIC WORKOUTS

ATTITUDE

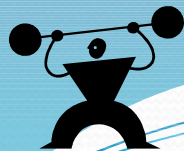
# Fitness Plan

## Goals/Outcomes of Fitness Program

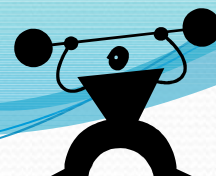
What are your goals?



<i>Improve Appearance</i>	<i>Improve Body Image</i>	<i>Enjoy Life More</i>	<i>Improve health</i>
<i>Increased Energy</i>	<i>Improve Physical Abilities</i>	<i>Increase Self Confidence</i>	<i>Improve Self Discipline</i>
<i>Increase Success In School</i>	<i>Helps Cope With Stress</i>	<i>Sleep Better</i>	<i>Increase Life Expectancy</i>
<i>Become Mentally Strong</i>	<i>Improve Motivation</i>	<i>Be Happy</i>	<i>Improve Relationships</i>



# Know The Facts!



Myth: If you exercise, it doesn't matter what you eat.

**Fact: If you exercise, it matters even more what you eat.**

Myth: If women lift weights, they'll get "bulky."

**Fact: Resistance exercise helps women create lean, toned bodies.**

Myth: Muscles grow while you're working out.

**Fact: Muscles grow while you're resting and recuperating.**

Myth: Eating right means three "square meals" a day.

**Fact: Eating four to six nutritious meals a day is the right way!**

Myth: I can make up for a lack of sleep on week-ends

**Fact: Regular sleep patterns works best...irregular sleep patterns can affect your biological clock and hurt the quality of your sleep.**

Myth: You need to drink water only when you are thirsty.

**Fact: Your body needs more water than it's telling you.**

Myth: You have to eat "perfectly" all the time.

**Fact: There's no such thing as eating "perfectly."**

Myth: People who overeat lack willpower.

**Fact: Overeating is a natural instinct.**

Myth: You have to count every calorie that you eat.

**Fact: You should count portions not calories.**

Myth: Spot reducing is possible.

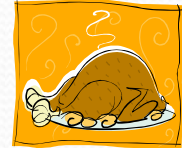
**Fact: It's impossible to "spot reduce". Generally, the first place You gain weight is the last place you lose it.**

Myth: There is a quick fix out there.

**Fact: There is no best and only way to workout. The body will adapt to any exercise routine. Vary volume of sets, time between sets, reps, exercises, cardiovascular exercises and exercise tapes.**

# Boost Your Fitness Plan

## With a Healthy Diet



- Food is fuel, and the human body cannot optimally respond to workouts without the healthiest foods.
- If you fill up on sugar, saturated fats and too many calories, you won't have enough energy you need to workout. This is one of the main reasons people quit fitness programs. They don't understand the intimate link between foods and exercise.
- To get in shape, you'll need to get your blood sugar levels under control by eating 4 to 6 meals per day. But, don't mistake the definition of a "meal" for a six-course feast.
- Good fuel is important to increase performance and fitness. At the most basic level, your engine won't run without gas in the tank, and if the fuel is poor quality, you may get started, but it's going to be rough going.
- Reducing calories, increasing exercise or both can accomplish weight loss. Exercise helps weight loss by burning more calories, and building lean muscle helps increase your metabolic rate, which helps you maintain weight loss. When you increase activity, unless you make some strategic changes in your diet, you could wind up hungry all the time, which is counterproductive to your goals of wt loss and increased fitness.
- For optimal performance, your diet should be compromised of smaller, more frequent meals. Balance your meals with lean protein, unrefined carbohydrates from whole grains, fruits and vegetables, and healthy fats from olive oil, avocados and fatty fish. Fuel your workout with balanced snacks; following your workout, have a small, balanced snack as well.

# Good Fat-Burning Foods



- **Water:** Water accelerates weight loss. It is also a natural appetite suppressant that banishes bloat as it flushes out sodium and toxins. You need Hydration is critical to good physical performance. You need about 64 ounces of fluid replenishment daily. Dehydration is often mistaken for fatigue, so stay hydrated and stay healthy.
- **Green Tea:** Boosts metabolism and may aid weight loss. This mood enhancing tea also contains anti-cancer properties and helps prevent heart disease.
- **Soup:** Soup is a super appetite suppressant.
- **Grapefruit:** The unique chemical properties in the Vitamin C packed fruit reduces insulin levels and promotes weight loss.
- **Apples or Pears:** Eating fruit helps you feel full longer and eat less.
- **Broccoli:** High in calcium and loaded with vitamin C, which boosts calcium absorption. This is a weight loss super-food!
- **Low fat Yogurt:** Rich source of calcium and protein.
- **Turkey:** Protein can help boost metabolism, lose fat and build lean muscle tissue so you burn more calories.
- **Oatmeal:** Good carb which keeps you full and gives you the energy you need to make the most of your workouts.
- **Hot Peppers:** These can speed up your metabolism and cool your cravings.

## Foods to Avoid



**Fast Foods** – Most fast foods are high in fat and other bad things that you want to avoid.

**Soda** – Drinking soda is a poor way to get fluids. They are full of sugar or artificial sweeteners and often contain caffeine, artificial colors and flavors.

**High-fat snacks, chips** – Even if they are made with vegetable oil, they should be minimized. It is thought that too many of these fats may be leading to certain chronic diseases. Instead, focus on fruits and non-fat whole grain for snacking.

**Saturated Animal Fats** – That means fatty meats, especially beef and pork, or the skin of poultry. Choose lean meats and avoid skin on chicken when possible.

**Alcohol** – This one item has creates more problems than all the rest together.

**Fast-digesting carbohydrates** like white bread (go with whole wheat), white rice, (again, go with whole wheat), baked goods and candy. These foods raise blood sugar quickly and signal your body to stop burning (and start storing) fat and forces it to use the excess sugar for energy instead.

## Nutrition – Foods to Eat!






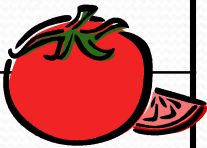
**Choose a portion of protein and carbohydrates from each column to make a meal. Add a serving of vegetables to at least two of your daily meals.**

### **Eat 4-6 Times a Day – Small Servings**

#### Proteins

#### Carbohydrates

#### Vegetables

<i>Chicken Breast</i>	<i>Baked Potato</i>	<i>Lettuce</i> 
<i>Turkey Breast</i>	<i>Pasta</i>	<i>Cauliflower</i>
<i>Lean Ground Turkey</i>	<i>Beans</i> 	<i>Broccoli</i>
<i>Lean Ham</i>	<i>Apple</i>	<i>Carrots</i> 
<i>Lean Ground Beef</i>	<i>Orange</i>	<i>Celery</i>
<i>Low Fat Cottage Cheese</i>	<i>Whole Wheat Bread</i>	<i>Cucumber</i>
<i>Egg Whites or Substitutes</i>	<i>Fat Free Yogurt</i>	<i>Green Beans</i>
<i>Top Sirloin Steak</i>	<i>Strawberries</i>	<i>Peas</i>
<i>Top Round Steak</i>	<i>Oatmeal</i> 	<i>Tomato</i> 
<i>Tuna</i>	<i>Corn</i>	<i>Onion</i>
<i>Salmon</i>	<i>Strawberries</i>	<i>Spinach</i>
<i>Low fat cottage cheese</i>	<i>Melon</i>	
<i>Crab</i>	<i>Beans</i>	



## Vitamin and Mineral Supplement

- **Vitamins** are metabolic catalysts that regulate biochemical reactions within your body; they are found in plants we eat and are created by the plants themselves.
- **Minerals** are natural substances that plants must absorb from soil.
- Your body cannot manufacture vitamins and minerals, which is why you must obtain them through your diet.
- If you do not feel like you eat a well rounded diet, it would be a good idea to take a one-a-day type vitamin. Be sure to choose a supplement with the vitamins and minerals close to 100% of the daily values. Don't buy supplements that contain excessive doses of vitamins and minerals, particularly minerals. High doses of one mineral can offset the benefits of another. Buy and use a supplement before it's expiration date. To optimize absorption, take a supplement with or after a meal.
- Above all think food first. Your best bet is to eat your vitamins from a variety of foods.

### Supplements

- Eating foods as close to it's natural form as possible is by far the best bet for improving health, preventing disease, and enhancing performance.
- Vegetables, fruit, whole grains, lean meats, dairy foods, nuts, and legumes (beans) are all rich in a combination of the important vitamins, minerals, fiber, protein, fat, carbohydrate, antioxidants, and phytochemicals that athletes need on a daily basis to stay in the game.

### Performance Enhancers

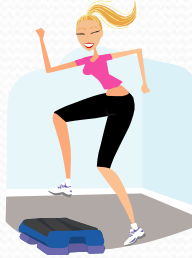
- To build muscles you need to lift weights. it is best to build muscles naturally with hard work in the weight room and an appropriate sports diet eaten at the right times, Eat right, get plenty of sleep, and work hard is the best approach!
- That being said, there a plenty of muscle building enhancers our there that you need to be educated on. Before you use any supplements you should discuss what you are wanting to use with your coach, parent and doctor.
- **Creatine** is a naturally occurring compound found in meat and fish. Creatine is also available in powder and pills. The typical diet of meat eaters contains about 2 grams of creatine per day. The muscles use creatine phosphate to generate energy for one to ten seconds of intense work. (Weightlifting) Not everyone responds to creatine supplements. Those that do report that their muscles perform better during these brief, all out exercises. To date, no sports medicine organization has recommended the use of creatine in individuals under the age of 18. Many health professionals agree that only fully developed athletes should take creatine as a supplement. You athletes need to learn to improve performance by training hard and developing sports skills.
- There is no shortcut to excellent performance; it takes hard work. You will be proud when you have achieved your weight goals "the old fashioned way", with dedicated training and good nutrition.

## Adding Bulk, Not Fat

- **Protein Drinks** Many people who want to bulk up believe that the best way to gain weight is to lift weights (true) and eat a high protein diet (false). Although you do want to eat adequate protein, your body doesn't store excess protein in bulging muscles. You need extra calories and those calories should come primarily from carbohydrates rather than extra protein. Carbohydrates fuel your muscles so they can perform intense muscle building exercise. By overloading the muscles not with protein, but with weightlifting and other resistance exercise, the muscle fibers increase in size.
- You are most likely to gain weight if you consistently eat larger than normal meals. You might want to pack a stash of portable healthy snacks in your gym bag. You should eat frequently throughout the day. Eat extra snacks whenever you get the chance, such as a bedtime peanut butter sandwich with a glass of milk.
- Try to limit your intake of bad fat and focus on healthful fat, such as peanut butter, walnuts, almonds, avocado, olive oil and oily fish such as salmon and tuna.
- **Weight Gain Drinks** (Muscle Milk, Muscle Juice...etc) are high calorie beverages that are more about convenience than necessity. The commercial weight gain drinks do not offer any advantage you cannot get from eating real food. But, if you lack the time or inclination to make extra sandwiches and smoothies, weight gain drinks can be a convenient way to consume extra calories.

# Aerobic Workout

Cardiovascular exercise will strengthen the heart, lungs, and respiratory system, so it is essential for good health and fat loss.



- There are a variety of ways you can do an aerobic workout.
- Start easy – don't try to do too much too soon.
- You might want to start doing your workout for 10 minutes and work your way up to 20 to 30 minutes.
- Try to do an aerobic workout at least 3 times a week.
- Increase the time, frequency, and intensity as you progress.
- Try to do a variety of different workouts.
- Get your heart rate up and break a sweat.

## • Aerobic Workouts

- Tread -mill
- Elliptical Machine
- Lifecycle
- Power walking
- Jogging
- Stepper
- Stadium laps
- Jump Rope

# SLEEP IS FOOD FOR THE BRAIN



- SLEEP IS VITAL TO YOUR WELL BEING, AS IMPORTANT AS THE AIR YOU BREATHE, THE WATER YOU DRINK AND THE FOOD YOU EAT!
- Teens need about 8.5 to 9.25 hours of sleep each night to function best.

## CONSEQUENCES OF NOT GETTING ENOUGH SLEEP

- Inadequate sleep affects memory, attention span and learning ability. Kids who lose sleep on a regular basis work with a growing sleep deficit and end up with habitually lower grades.
- Teens who routinely lose sleep at night are more prone to skin problems like acne.
- Sleep deprived teens do not perform well in sports, which can lead to injury and other problems.
- Since lack of sleep also lower immunity, tired teens will succumb to more colds and illnesses.
- A sleep deprived teen can also be cranky or depressed whose resulting behavior problems can damage relationships with family and friends.
- Not getting enough sleep limits your ability to learn, listen, concentrate and solve problems.
- Not getting enough sleep many times will result in a teen eating too much or eat unhealthy foods.
- Drowsy driving causes over 100,000 crashes each year. When you are sleep deprived you are as impaired as driving with a blood alcohol content of .08%, which is illegal for drivers.
- Research shows that lack of sleep affects mood, and a depressed mood can lead to a lack of sleep. A vicious cycle can develop...learn about ways to get more sleep.

## WAYS TO GET MORE SLEEP

- **Make sleep a priority!** Decide what you need to chance to get enough sleep to stay healthy, happy, and smart.
- **Avoid Stimulants** Don't drink beverages with caffeine, such as soda or coffee after 4PM.
- **Try to Keep to a Consistent Sleep Schedule** Establish a bed and wake time and stick to it, coming as close to it as possible on weekends. A consistent sleep schedule will help you feel less tired since it allows your body to get in sync with it natural patterns.
- **Make your room a sleep haven.** Keep it cool, quite, and dark.
- **Try to avoid the TV, computer, and cell phone** in the hour before you go to bed.
- **Establish a routine:** Try to do the same things every night before you go to sleep. Teach your body the signals that it's time for bed. Try taking a bath or shower, or reading a book. Try to limit changes in your sleep schedule.
- **Attempt to go to bed earlier every night for a certain period;** this will ensure that you're getting enough sleep.

# TEENS AND STRESS MANAGEMENT

## TEENS STRESS

### **Problems with Peers:**

Bullying, Peer Pressure, Dating and Relationship Problems.

### **Problems with Parents:**

Differences of Opinion, troubled relations with Parents.

### **Studies and School:**

Problems with studies, teachers, not getting desired results in school.

### **Change in Place:**

Change of residence or change of school.

### **Family Problems:**

Financial problems in the family, troubled relationship amongst parents and other family members.

**Good times will be followed by bad times. Bad times will be followed by good.**

**Adverse circumstances develop strength in you.**

**Look at adversity in your life as challenges sent to you to help you grow and become a stronger person.**

- **TEEN GUIDE TO STRESS MANAGEMENT**

- **Take control of your life...don't take the easy option of flowing with the current.**
- **Eat Healthy Food**, avoid junk food. Stay away from alcohol, drug abuse, and smoking. A strong body has the strength to fight stressful situations, while a weak body will fall ill.
- **Exercise Regularly**, even if it is for a few minutes a day. Walking, jogging, cross-fit, yoga, strength training...find something you like to do.
- **Learn Techniques Of Stress Management and Stress Relief**, for example, time management, goal setting, relaxation exercises, creative visualization, positive thinking. Learn to relax. A relaxed body and mind is better equipped to deal with stresses and tensions.
- **Develop Good Relationships** and nurture them. Learn the art of being a friend...understand it's value.
- **Sleep Well**. This is addressed in more detail on another page.
- **Take A Balanced View**: Teen stress management is also about keeping realistic expectations, and keeping in mind your strengths and weaknesses helps. If you commit yourself to too many goals, you are creating a sure recipe for tensions and anxieties. Be realistic in your expectations and keep some time away for relaxing and enjoyable activities.
- **Expect Change**: Nothing is permanent in life. Learn to see changes as progress and opportunities to grow. Adapt with changed circumstances. Learn, even from your defeats and adversity and move ahead.
- **See Thing In Perspective**. Take a long term view. See problems and stresses as temporary in nature. Visualize yourself coming out on top of all problems.
- **You Must Take Immediate Action**. Don't overlook or avoid looking at problems. Face them and then take action, even if it is going away from them for the time being.
- **Be Resilient**: Resilience is the inner strength that helps one to manage stressful situations without getting excessively disturbed, and living one's life with one's full potential.

# Overview of Training Principles

- A good fitness program targets body, mind and spirit. It fits your current activity level and will adjust with you as you progress.
- You will want to improve cardiovascular capacity, muscular strength, flexibility, and body composition for a healthier body that looks great.
- Cardiovascular exercises will strengthen the heart, lungs and respiratory system, so it is essential for good health and fat loss. During a cardiovascular workout, such as power walking, jogging, and bicycling, the heart, lungs and blood vessels respond by increasing the amount of oxygen available to the working muscles.



- For muscular strength just 2 to 3 strength training sessions with weights on alternate days of the week (30 to 50 minutes) will do the trick. Try for 8-12 reps – that's considered a good range for improving muscular strength, and gaining lean muscles.
- Weight training is essential for burning body fat. For every pound of muscle you gain, your body burns 30 to 50 additional calories per day. If you gain 5 pounds of muscle, you'll be burning up to 250 additional calories per day. The cumulative effect is significant – that's more than 90,000 calories over the course of one year.
- As long as the resistance is somewhat challenging, and your form is precise, you'll get good results. The key is being consistent in your workouts.
- Exercise needs to be increased in duration and intensity if results are going to continue.





# Stay Motivated



- **Expect adversity** and be prepared to transform obstacles into energy. Keep the faith. Don't let a minor lapse stop you dead in your tracks. If you fail to workout or eat right for one week, don't give up completely. Just pick up where you left off the next week or even the next day. **Move beyond a bad day!** After eating a couple of cookies, rather than allowing yourself to have negative thoughts and then eating the rest of the box, tell yourself, "I only had 2 cookies, and it's better than eating the entire box."
- **Focus on progress**, not perfection in order to build confidence.
- **Be realistic**. Take a close look at your daily life and decide how many days and how much time you can realistically devote to exercise. This is going to be a long-term behavior pattern, so it has to be based on reality.
- **Be consistent**. Get a minimum of 3 and a maximum of 6 day of exercise. One day of rest is essential. Try to exercise for a minimum of 20 minutes per session. Be patient about seeing results – getting in shape takes time.
- **Educate yourself**. Develop an understanding of concepts such as repetitions, sets, cardio, etc. It is important to gain basic knowledge about these and other fitness terms.
- **Visualize the results**. How you picture yourself is a self-fulfilling prophecy.
- There are 3 magic words that can empower you when temptation arises – Just say, "**No, thank you.**"
- Most importantly, know that the outer layer is only skin deep; it's what's inside that counts. Do your best – find the goodness in yourself and de-emphasize flaws that cannot be changed.