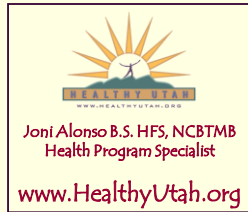
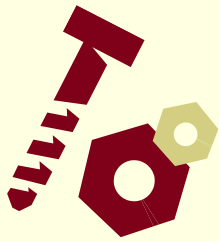


Nuts & Bolts



Joni Alonso B.S. HFS, NCBTMB
Health Program Specialist

www.HealthyUtah.org

Of Physical Activity



99%



“being in good health”



CONCERN



REALITY

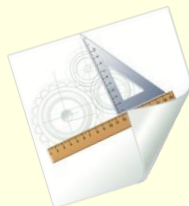
It all starts with a strong...



FOUNDATION

What are you starting with?

- Body Fat / Weight
- Blood Sugar
- Blood Pressure
- Cholesterol
- Fitness Level



Most of this information can be
obtained at a
Healthy Utah Testing Session

What are you hoping to build?

- Improved Health
- Enhanced Emotional Wellbeing
- Stronger Heart
- Greater Performance
- Increased Strength
- Reduced Body Fat



Most Important Build a Habit!!!

Set a SMART goal?

- ✓ Is your Goal **Specific**?
- ✓ Is your Goal **Measurable**?
- ✓ Is your Goal **Achievable**?
- ✓ Is your Goal **Relevant**?
- ✓ Is your Goal **Timely**?



How are you going to build it?

Create an Action Plan

- ✓ What are the steps to reaching your goal?
- ✓ What will you do to reach your goals?
- ✓ Where will you do it?
- ✓ When will you do it?



What materials will you use?

- ✓ **Cardiovascular Exercises**
- ✓ **Strength Training Exercises**
- ✓ **Flexibility Exercises**



Cardiovascular Exercise

Benefits



Strength Training Exercise

Benefits



Flexibility Exercise

Benefits



Components of a workout

- ❑ Warm-Up
- ❑ Conditioning
- ❑ Cool-Down



Components of a workout

Warm-Up



Components of a workout

Conditioning



Components of a workout

Cool-Down

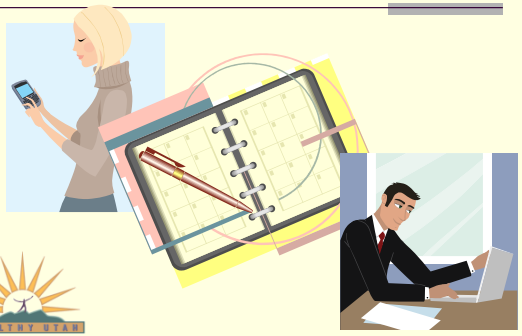


Recommendations

- ❑ **2.5 Hours**
- ❑ **Shorter Bouts**
- ❑ **Strength Training & Flexibility**



Schedule it!!!



A Strong Foundation...

Consists of:

- Awareness/Knowledge
- A well thought out Plan
- Effective Materials



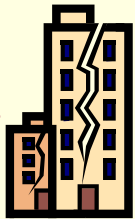
A Strong Foundation...

With these a program can sustain the forces of life –



Preventing Structural Damage

What gets in the way of your physical activity?



Preventing Structural Damage

Predict the direction and magnitude of the force so you can prevent the damage



Make Your Health and Wellness Goals a

REALITY



Strong Foundation





Stable Plan



Effective Materials



Structural Damage Prevention

