

Setting Fitness Goals

Guide to Reading

● Building Vocabulary

As you read this lesson, write each new highlighted term and its definition in your notebook.

- cross-training (p. 216)
- FITT principle (p. 218)
- resting heart rate (p. 219)
- target heart rate (p. 219)
- warm-up (p. 219)
- cool-down (p. 220)

● Focusing on the Main Ideas

In this lesson, you will learn to

- **identify** factors to consider when choosing activities and exercises.
- **explain** the parts of the FITT principle.
- **develop** warm-up and cool-down techniques for preventing injuries.

● Reading Strategy

Sequencing Describe the sequence that should be followed in a workout, along with a short summary of what occurs at each stage.

Identifying Your Fitness Goals

You wouldn't start a long road trip without first mapping out a route. In the same way, reaching a fitness goal requires a plan. A first step in developing such a plan is deciding what your goals are. What do you personally hope to accomplish? Maybe you want to compete in a certain sport or event. If so, your goal will probably focus on a specific fitness measure. Your goals should include strategies that will help you improve and maintain all three sides of your health triangle.

Choosing Activities and Exercises

Once you have identified your goal, you need to select activities and exercises that will help you meet it. **Figure 9.6** lists some activities and rates each in terms of its fitness benefits. Your coach or physical education teacher can give you guidance on other activities and exercises. Other factors to consider when selecting activities and exercises include the following:

- **Personal tastes.** Make sure you choose activities that you will enjoy doing. You are more likely to stick with such activities. Another way to keep your interest level high is to vary your routine. *Switching between different activities and exercises on different days* is known as **cross-training**.

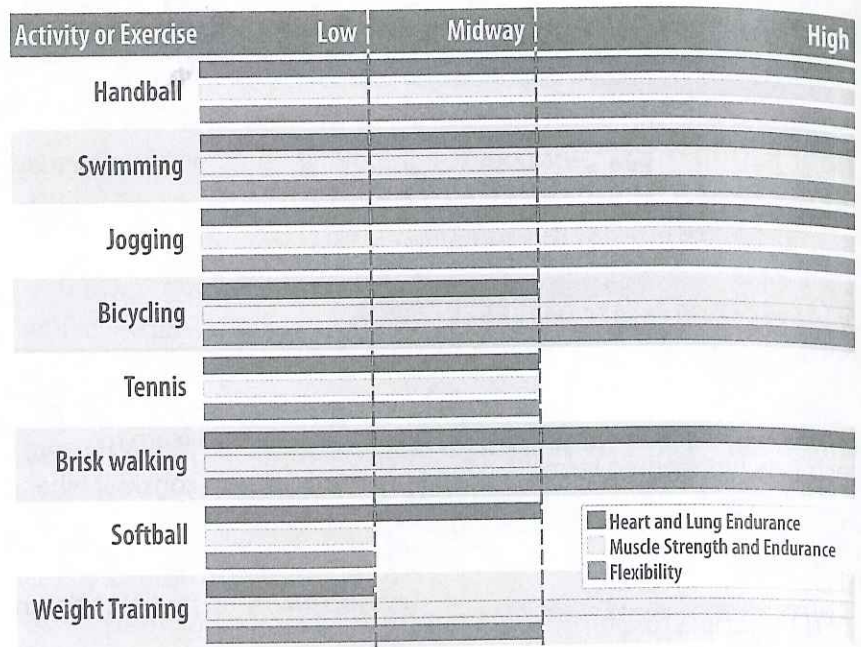
Quick Write

Write a brief description of the type of terrain and weather in your area. Tell what kinds of physical activities would make the most sense in these surroundings.

▼ FIGURE 9.6

SELECTED ACTIVITIES AND THEIR FITNESS BENEFITS

The ratings in this chart show the benefits of activities done for 30 minutes or more. Which activities have a high rating for heart and lung endurance?



Working on improving many areas should be a goal of every fitness plan. Your plan, for example, should include at least 20 to 30 minutes of aerobic exercise 3 to 5 times a week.

- **Requirements.** Some activities will require special equipment, such as racquets, balls, gloves, and so on. Many require protective gear, such as helmets or knee pads. Before you start an activity, find out what kind of equipment you will need. Also decide if you will need lessons or special instruction before you start.

Reading Check Identify What kinds of questions do you need to ask yourself when choosing activities?

- Keeping a fitness log or journal is a good way to identify your fitness goals as well as track your progress. **What are some fitness goals that you might set for yourself?**



Creating a Schedule

Think about the time of day when you will do a particular activity or exercise. Be practical and realistic. If you have a 7:30 ride to school, it will probably be difficult to fit in an activity before you leave. Another aspect of scheduling has to do with season and climate. Do you live in a region that gets snow? If so, and if one of your exercises is running, you will need an indoor track or a treadmill during the winter months. Most communities have centers that are open to the public, and which offer pools and other exercise facilities.

Be sure to put your plan in writing. A written plan will help you stay on track and stick with your goal. Start by listing all physical activities that are currently part of your routine. For example, most teens have gym class on certain school days. If you are a member of a sports team, include practice sessions and game days. Be sure to count any outside activities that involve physical movement, such as dance lessons. **Figure 9.7** shows one teen's weekly fitness plan.

Reading Check

Recall What type of information should go into a fitness plan?

▼ FIGURE 9.7

SAMPLE WEEKLY FITNESS PLAN

A written plan will help you stick with your goals. Which activities has this teen added to his or her existing schedule? How many hours per day on average is this teen active?

Calendar		Edit		Settings		
Monthly		Weekly		Daily		
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1 Ride bike (1 hr)	2 Gym class (30 min)	3 Basketball after school (40 min)	4 Gym class (30 min)	5 Ride bike after school (40 min)	6 Gym class (30 min)	7 Soccer game (50 min)
8	9 Soccer practice (1 hr)	10 Karate class (1 hr)	11 Soccer practice (1 hr)	12 Karate class (1 hr)	13 Walk home briskly from soccer practice (20 min)	14 Karate class (1 hr)
15	16 Walk home briskly from soccer practice (20 min)	17	18	19	20	21
22	23	24	25	26	27	28



Health Skills Activity

Accessing Information

Measuring Your Heart Rate

There are several reliable methods for determining your heart rate, or pulse. One of the easiest is to place two fingers at the base of your neck. Do not use your thumb, which has a pulse of its own. Feel for a throbbing sensation. This sensation is your heart pumping blood through an artery in your neck. Using a clock with a second hand, count the number of throbs in 10 seconds. Multiply this number by 6 to get your heart rate.



On Your Own

Take your current resting heart rate using this method. Investigate other reliable methods for taking this measurement. Share your findings.

Connect To... Math

Target Heart Rate

The best way to become used to calculating your target heart rate is to practice. Try it right now. If you are 13 years old, for example, your target heart rate will be within this range:

$$(220 - 13) \times 0.6 = 125 \text{ low end}$$

$$(220 - 13) \times 0.9 = 186 \text{ high end}$$

Compute the range for a 14-year-old.

Building Fitness Levels

Whatever activity you choose to do, remember to start small. If you have never swum laps, you are probably not ready to compete on the school swimming team. Take each activity one day at a time and build up gradually. As you progress, adjust each activity using the **FITT principle**, a method for safely increasing aspects of your workout without injuring yourself. The letters in the name stand for Frequency, Intensity, Time, and Type.

Frequency is how often you work different muscle groups. Gradually increase the number of times per week you work a muscle group. You might start by working out two or three times per week. Eventually, you can work out every day.

Intensity refers to how hard you work different muscle groups. If you are lifting weights, you increase intensity by adding more weight. If you are running laps, you increase intensity by increasing your speed.

Time, or *duration*, is a measure of how long you spend per session. Teens should get a total of 60 minutes of activity on most days. If you are just beginning an activity or exercise, you will need to start by doing less than that. You can eventually build up your endurance to a point where you can do the full hour.

Type refers to the type of activity you choose to do. A complete workout package should feature both aerobic and anaerobic exercises. For some fitness goals, you will want to do more of one type of exercise than another.

It is important that any changes to your workouts be made gradually. Adjust only one FITT element at a time. Trying to do too much, too soon, can result in injury.

Reading Check

Explain What do the letters in the *FITT* principle stand for?

Monitoring Your Heart Rate

How can you tell when you are ready to step up an element of your workout? One way is to check your heart rate. The Health Skills Activity on page 226 gives you instructions on how to measure your heart rate.

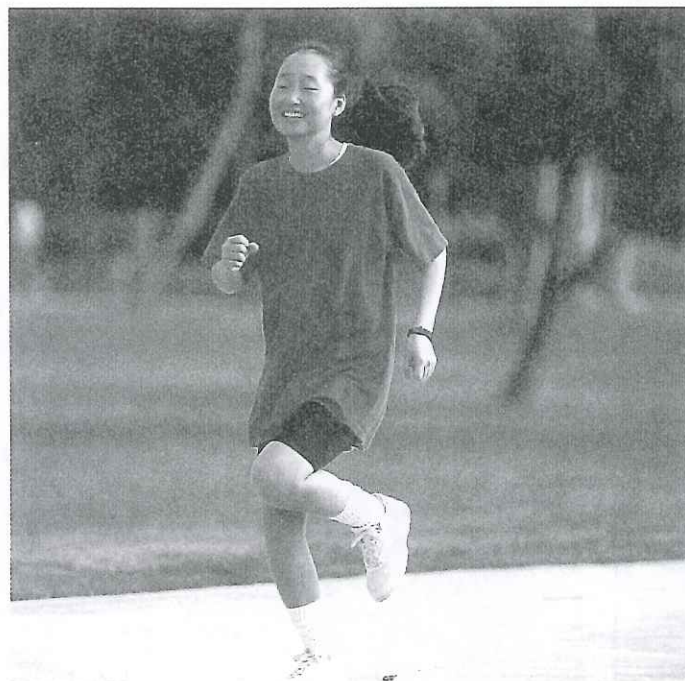
During exercise, there are two measures to take. They are resting heart rate, and target heart rate. **Resting heart rate** is the number of times your heart beats per minute when you are relaxing. Take this measurement at the very beginning of a workout session, before you start any exercise. **Target heart rate** is the range of numbers between which your heart and lungs receive the most benefit from a workout. Finding your target heart rate is simple. You start by subtracting your age from 220. Then you multiply the resulting number by 0.6 and again by 0.9. The range of numbers between the two products represents your target heart rate.

Reading Check

Define What is *target heart rate*?

Warming Up and Cooling Down

Every exercise or activity session should begin with a warm-up and end with a cool-down. A **warm-up** is a period of low to moderate exercise to prepare your body for more vigorous activity. Warming up helps prevent injuries to muscles, joints, and connective tissue. Warm-ups should last around ten minutes and should include light aerobic exercise to get your blood flowing. Walking or jogging in place is an excellent choice. Warming up can also include practicing skills related to the activity you will be doing. Complete your warm-up with simple stretches such as those shown in **Figure 9.8**. Your goal should be to get your muscles, tendons, ligaments, and joints primed for action. Stretch only the muscles that have been warmed up. Stretching cold muscles could lead to injury.



- ▲ When choosing activities and exercises, be aware of your environment. What types of activities would be suitable for the environment in this picture?

Health Online

Topic: Stretching for Fitness

Visit health.glencoe.com for Student Web Activities to learn about why stretching is so important, and how you can make stretching part of your overall health plan.

Activity: Using the information provided at the link above, create a personal stretching routine that you can use before and after strenuous exercise.

A **cool-down** is a period of low to moderate exercise to prepare your body to end a workout session. Cooling down helps return blood circulation and body temperature to normal. A cool-down should last around ten minutes and include gentle stretching exercises. You might repeat the same stretches you did during your warm-up.

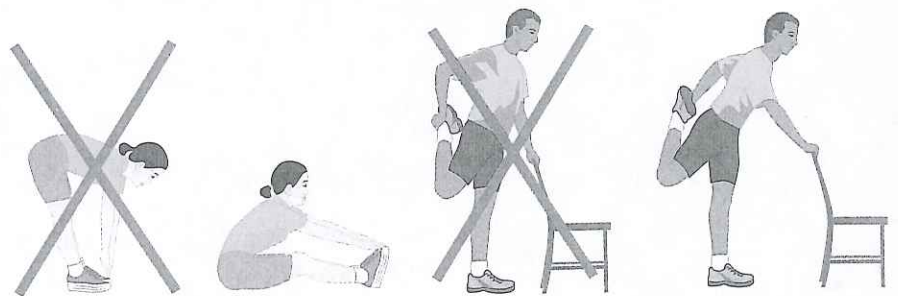
▼ FIGURE 9.8

BASIC STRETCHES

Learning good stretching technique can help prevent injury. Try the two techniques illustrated and tell where you feel the “pull.”

Health Online

Visit health.glencoe.com and complete the Interactive Study Guide for Lesson 3.



Lesson 3 Review

After You Read

Review this lesson for new terms, major headings, and Reading Checks.

What I Learned

1. **Vocabulary** What is the *FITT* principle?
2. **Recall** Name two factors that need to be considered when choosing activities or exercises.
3. **Explain** Why are warm-ups and cool-downs important parts of any fitness routine?

Thinking Critically

4. **Synthesize** Rich has made more progress than he expected in the first three weeks of weight lifting. He now plans to increase his load and the length of his sessions. Do you think Rich has made a good decision? What positive health behavior should Rich do to prevent health problems?

5. **Evaluate** Anne has planned out a schedule that includes four hours of activity and exercise each day. Previously she has been sedentary. What do you think are her chances of success with her fitness program?

Applying Health Skills

6. **Goal Setting** Create a schedule that includes any current physical activity you get. Add at least one new exercise and show where it fits into your schedule. Write the date by which you hope to improve in one or more specific fitness areas. Identify steps you will take to achieve your goals.