
First Edition

Intro to Physical Fitness

**A guide to the
fundamentals of
physical fitness and
health**

By: M.A.J.E.S.T.I.C. Workout

What is Physical Fitness?

“Exercise to stimulate, not annihilate. The world wasn’t formed in a day, and neither were we. Set small goals and build upon them.

~Lee Haney

“Those who think they have no time for bodily exercise will sooner or later have to find time for illness.”

~Edward Stanley

“Just Do It.”

~Nike®

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Physical Fitness



PHYSICAL FITNESS AND YOU

Exercise should be fun! A session can be quick or long. You can take a group exercise class with friends or jog solo through a park. Maybe your goal is to compete in an Ironman contest (not ours!), improve your heart health, or simply have the ability to lift a suitcase overhead while on an airplane. Whatever the reason you exercise, it's important you do it! And your friends at M.A.J.E.S.T.I.C. Workout certainly promote exciting and effective workouts.

With that being written, before beginning an exercise program, just like anything you embark upon, you should write down your goals. Why do you want to start exercising? Aesthetics? Is your 20-year high school reunion around the corner or a bikini-bound vacation? Did your doctor recently diagnose you with a chronic illness that can be remedied by exercise? Are you simply looking for stress relief? First, find your purpose. Then, understand what exercise looks like to you. Do you plan to head to the gym five days a week after work? Will you take a few dance classes at a recreation center? Is the plan to walk around your neighborhood every morning? Will you and a group of friends create a fitness and weight loss challenge and go hard?! After you've figured that out, now it's time to fully understand what it means to be physically fit, this way, you have

clarity about several elements that should be included in your plan.

So, what is physical fitness? Defined by the American College of Sports Medicine (ACSM), physical fitness is “...the ability to perform moderate to vigorous levels of physical activity without undue fatigue and the capability of maintaining such ability throughout life.” What does that mean to you? Can you walk up the stairs in your home without your heart racing? Can you chase a little one in the backyard without needing to sit down? Do you have the ability to carry groceries into your house without undue stress? If the answer is, yes, then you’re ahead of the game. If no, then we have some work on the horizon to build your muscular strength, muscular and cardio endurance, and likely flexibility.

Now, let’s delve deeper into physical fitness. Check out the five components of physical fitness:

1. **Body Composition** - relative amounts of muscle, fat, bone, and other vital parts.

It’s important to know your numbers and approximate body fat; excess fat, particularly fat around the organs, can lead to disease. Thus, greater muscle and lower fat-mass typically means better health. Physical fitness components two, three, and four will help positively impact body composition!

2. **Cardiorespiratory Fitness** - ability of circulatory and respiratory systems to supply oxygen during sustained physical activity. In other words, can your body efficiently take-in oxygen and properly use the lungs, heart, and blood vessels to carry the oxygen throughout the entire body.

Heart disease kills nearly one million Americans per year, so it’s important to keep it healthy. Remember, the heart is a muscle that strengthens with use - so use it!

The ACSM recommends a total of 75 minutes of vigorous exercise or 150 minutes of moderate exercise per week. Do the math. If you commit to exercising five days a week, that breaks down to 15 - 30 minutes of exercise per session! That looks more doable, correct?

3. **Muscular Strength** - ability of muscle to exert maximal force - think in terms of, how much can you bench press with one all-out effort?

General muscle strength is imperative for activities of daily living. Can you pick-up your toddler or a load of clothes?

Resistance training should be completed at least two days per week; you can use body weight or minimal equipment. Complete about 8-12 repetitions and 2-4 sets, working major muscles and performing multi-joint exercises. For muscle growth,

you should use a more specific training regimen of fewer repetitions, heavier weights, and work to fatigue.

4. **Muscular Endurance** - the ability of muscle to continue to perform without fatigue; ability to perform activities of daily living.

Do your legs turn into Jell-O® during a three-minute jog? Is your longest plank hold five seconds? If yes, then you may need to work on muscle endurance in particular areas of the body. And remember, muscle endurance of the legs is not equivalent to building or measuring abdominal endurance.

5. **Flexibility** - pain free range of motion at a joint.

Flexibility is by far, for many, the most overlooked marker of physical fitness. And like muscle endurance, good flexibility of the shoulder joints don't indicate sound flexibility at the hip joints.

You should participate in a flexibility program minimally two - three days per week, holding a stretch for 10 - 30 seconds per major joint. Yoga classes are also a popular format to increase flexibility and build muscular endurance.

The above information looks like a lot to consider, right? Well, it is, and I bet your next question is, "How in the world am I supposed to determine my muscle endurance or flexibility?" Well, there are a number of physical fitness assessments that can be

performed, typically with the help of a trained professional. Once you receive your numbers, you will have a better idea of what areas of physical fitness need the most attention. Once a plan of attack is put together, then go for it! Again, you can seek the service of a personal trainer or check out a reputable fitness app to assist with program development.



Benefits

“If I’d known I was going to live this long, I’d have taken better care of myself.”

~Eubie Blank

“Take care of your body. It’s the only place you have to live.”

~Jim Rohn

“The doctor of the future will give no medicine, but instead will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

~Thomas Edison

Benefits of Exercise



WHAT'S IN IT FOR ME

There are numerous benefits to exercise beyond losing weight, building muscle, and lowering the risk of chronic disease; take a look at the list - and note - it's assumed a healthy diet is also consumed to achieve many of the below results:

- Decreases risk of untimely death
- Lessens risk of heart disease and atherosclerosis (hardening of the arteries)
- Lowers risk of stroke
- Reduces risk of diabetes (exercise increases insulin sensitivity and use of glucose during exercise)
- Decreases risk of colon cancer (exercise increases transit time of food and reduces issues associated with food in the colon)
- Decreases fat around the organs, known as visceral fat, which can lead to cancers
- Increases HDL ("good" cholesterol), lowers LDL ("bad" cholesterol), lowers triglycerides (fat found in blood)
- Reduces blood pressure

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- Lowers C-reactive protein, an inflammatory marker for heart disease
 - Helps you feel happier by improving mood; decreases feelings of depression and stress
 - Raises bone density - particularly weight bearing exercises like running, walking, or soccer - swimming doesn't have the same effect
 - Can give energy levels a needed boost and helps you sleep better



Starting

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“Don’t be afraid to fail. Be afraid not to try.”

~Unknown

“Nobody is perfect, so get over the fear of being or doing everything perfectly. Besides, perfect is boring.”

~Jillian Michaels

“The hardest thing about exercise is to start. Once you start exercising regularly, the hardest thing to do is stop.”

~Unknown

Starting an Exercise Program



HOW

Before starting *any* exercise program, you should be screened and seek approval from a medical professional to ensure no signs, symptoms, or presence of cardiovascular, pulmonary, metabolic, renal, or orthopedic abnormalities exist, that may be exacerbated by exercise. Examples include:

- Any pain, discomfort, or constriction in the chest neck or jaw
- Shortness of breath at rest or mild exertion
- Dizziness or fainting (indicates heart is unable to maintain cardiac output and pump blood to the brain)
- Shortness of breath while laying or sleeping on back
- Ankle swelling (may indicate a clot or inability for fluid to return to the heart)
- Heart palpitations or tachycardia (heart rate over 100 beats per minute and doesn't correlate to activity level or age)
- Pain in the legs during exercise and stops quickly after movement (may indicate peripheral vascular disease)
- Heart murmur (extra sound in heart beat, may be associated with valvular disease)

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- Unusual fatigue or shortness of breath with unusual activities
 - Diabetes
 - Cerebrovascular, cardiovascular, or peripheral vascular diseases
 - Chronic Obstructive Pulmonary Disorder (COPD), asthma, cystic fibrosis, interstitial lung disease
 - Pregnancy
 - Current sedentary lifestyle
 - Smoker

If you have any of the above signs or conditions, it is imperative that you receive medical clearance to begin physical activity.



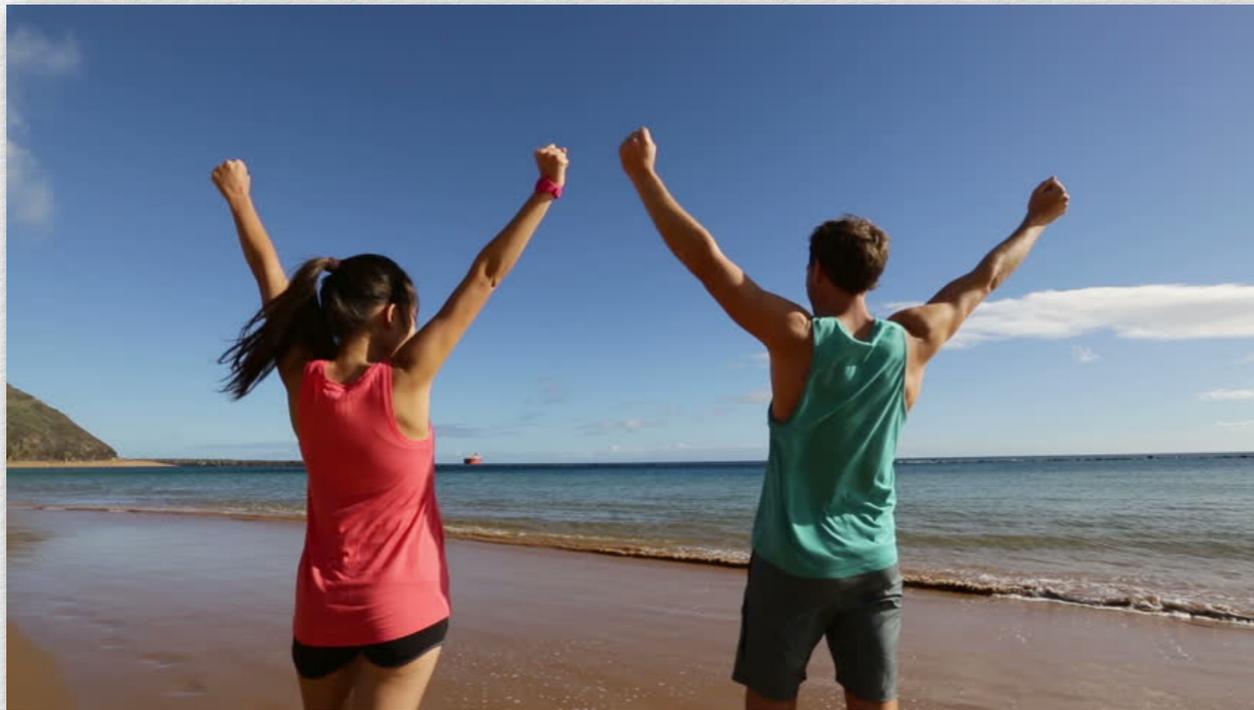
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**“Pain is temporary.
Quitting lasts forever.”
~Lance Armstrong**

**“If you always put limit on
everything you do, it will
spread into your work and
into your life. There are no
limits. There are only
plateaus, and you must not
stay there, you must go
beyond them.”
~Bruce Lee**

Next Steps



NOW WHAT

So, if you're wondering exactly *how* to begin an exercise program, as the Nike® slogan says, "Just Do It!" You got this! I realize the idea of starting can be overwhelming, particularly if you're new to the world of movement...but here are some simple ideas to help you along:

- Ask friends or family members to begin this journey with you; there's nothing like having accountability partners to keep you motivated and on target.
- Spring is in the air - take advantage of the great outdoors and start with a nice walk around your neighborhood.
- Increase your physical activity around your house. You can perform calf raises on your stairs, squats while holding laundry detergent, triceps extensions with a can of soup. Be creative.
- Take group exercise classes. Try Zumba®, yoga, Barre®, bootcamp, swimming, or Pilates. There are a variety of exercise classes out there, try one!
- Most importantly, do what you love, or at least what you can tolerate!

EXERCISE STAGES

Initiation Phase

This phase is important because it's the first, and where most people struggle to remain engaged. ADHERENCE is key. Remember, the goal is not to overload yourself and result in extremely sore muscles, unbearable fatigue, or injury. If you are new to exercise or have been out of the game for some time, then sure, you're going to feel the burn. But, you should recognize the difference between a Dwayne "The Rock" Johnson training session and what needs to be achieved, at this point, to meet your fitness and health goals.

The initiation phase is approximately four to six weeks long; allow yourself time to adapt and become familiar with exercise. A variety of physiological changes are occurring to better equip the body for more intense activity, including enhanced nerve to muscle stimulus and increased cardiovascular capacity. We recommend maintaining intensity levels and slowly increasing your exercise duration by five - ten minutes every one or two weeks, depending on your body's response.

Bottomline is to create a habit of exercise.

Improvement Phase

At this phase, you're getting into your groove and feeling more confident about exercising! This phase lasts about four - eight months and you want to increase duration (1st), frequency (2nd), and intensity (3rd) - don't attempt to modify all variables at once, during the same week.

Think of it like this, your duration should increase approximately 20% each week until your goal is met. Intensity should increase about 5% every 6th session until you hit your mark.

Also, remember to listen to your body. If you're experiencing any pains or soreness, take it easy one day. Instead of lifting heavy weights, maybe you head to the treadmill for a light walk. It's OK to take a day to deload, particularly if you're exercising at high intensities on a regular basis.

Maintenance Phase

If you made it to the maintenance phase, that means you reached your health and fitness goals - CONGRATS! Now, you need to think about your long-term exercise plan. It's important that you diversify your program while not losing your muscular strength, functional performance, and metabolic health.

Diversification can increase adherence, decrease the risk of injury and overall stress of training. For example, instead of running, try swimming for a change for less musculoskeletal stress.

The most important point is to keep moving your body!



Conclusion

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“There is virtue in work and there is virtue in rest. Use both and overlook neither.

~Alan Cohen

“Nobody is perfect, so get over the fear of being or doing everything perfectly. Besides, perfect is boring.”

~Jillian Michaels

“Muscles are torn in the gym, fed in the kitchen, and built in bed.

~Unknown

Rest & Recovery



REST, RECOVER, AND EAT

While the majority of people struggle to get enough exercise in their day, there are some people who veer toward exercising too much. If you're an athlete, training for an event, or exercise daily simply because you love the way it makes you feel, make sure you are giving your body adequate time to heal.

Also, when strength training, you typically don't want to work the same muscles in consecutive days. So, if you train your legs on Monday, go for the chest and back on Tuesday; give muscles 48 hours to recover.

For your body and mind to be at their optimal states, sufficient rest periods are necessary for repair and recovery. Your body does not get stronger, fitter, and faster from working out solely; it grows during recovery. Workouts are the stimulus for change, the physical response (getting stronger) takes place while resting; make sure you're getting high quality sleep. Some symptoms of lack of rest are: plateau, depression, increased resting heart rate, staleness, decreased immune function, and general feelings of fatigue.

Take a rest day every 3-5 days if you exercise daily. You can still be active on your rest day, but do something that helps you recover such as gentle yoga or a walk.

Also, fueling your body with high quality nutrition will help your body recover and assist with meeting weight and health goals, as well.

Make sure you're consuming ample amounts of protein, complex carbohydrates, healthy fats (think olive oil and avocado), and water. Food preparations are equally important. Steer away from frying foods, instead, opt for baking, grilling, or poaching. Reduce the amount of salt and butter used for seasoning. Explore different flavors with fresh herbs or blends of unique spices. Overall, mind you're intake of sodium, cholesterol, saturated/trans fats, all varieties of sugar, and processed foods. Stay tuned for more nutrition guidance in future newsletters.

So, at this point, your friends at M.A.J.E.S.T.I.C. Workout want to encourage you to DO YOUR BEST! The quest toward a healthy and fit life is just that, a quest. Embrace the journey; don't put excessive pressure on yourself; give yourself grace. If you fall off the wagon, jump back on. Plan your meals. Prepare for your workouts. Consistency comes over a period of time and will surely breed results. Believe in you; we do!

Yours in health,
M.A.J.E.S.T.I.C. Workout