



WICHITA STATE  
UNIVERSITY  
*HESKETT CENTER*

## **Fitness Guide**

(316)-978-5278

# Getting Started

The Heskett Center offers and maintains facilities and programs of the highest quality in order to help its members reach their fitness goals. The staff is available for any questions you may have and to help you start a personalized fitness program!

This booklet has been created to help you get started, but the Heskett Center has other resources to help you plan an effective fitness program. Here are just a few:

- ✓ **Smart Start Orientation:** Free, one-time orientation to help you feel comfortable using machines in the weight, cardio, and circuit room.
- ✓ **Fitness Consultation:** One hour consultation to discuss your fitness goals, background, nutrition and a personal exercise plan.
- ✓ **Fitness Assessment:** Tests include cardiovascular endurance, muscular endurance, flexibility, and body composition. The assessment may be done prior to starting a program or to assess your current program.
- ✓ **Personal Training:** Workout with a trainer for the duration of your session. Personal training helps you improve your techniques, stamina, and efficiency of working out.
- ✓ **Nutrition Counseling:** Fill out a three day food log and get tips for smart nutrition, weight management, shopping, cooking, and meal planning.

# Self Screening

Prior to starting a fitness program, honestly answer the following questions. If you answer “yes” to any of the questions, you should talk to a doctor prior to beginning physical activity or a fitness assessment.

1. Has your doctor ever told you that you have a heart condition?
2. Do you feel pain in your chest when you do physical activity?
3. Did you or do you now have a heart murmur which a physician considered significant?
4. In the past month, have you had chest pain when you were not doing physical activity?
5. Have you ever had pain, pressure, or a squeezing feeling in your chest which came on during exercise, walking, or any other physical or sexual activity?
6. Do you lose balance because of dizziness or do you ever lose consciousness?
7. If you climb a few flights of stairs fairly rapidly, do you have tightness or a pressing pain in your chest?
8. Have you ever experienced problems breathing while exercising?
9. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
10. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or a heart condition?
11. Do you know of any other reason why you should not participate in a physical activity?

# Five Components of Physical Fitness

There are five components of physical fitness that every effective exercise program should address. The FITT (F-Frequency; I-Intensity; T-Type; T-Time) principle can be applied to each component in order to optimize the effectiveness of your program.

**1. Cardiovascular Endurance:** Your cardiovascular endurance is a good indication of your heart health. The higher your cardiovascular endurance, the better the ability of your heart, blood vessels, and lungs to supply blood to working tissues. This type of endurance can be improved through any type of prolonged aerobic activity such as jogging, swimming, dancing, etc. To see heart health benefits, you should aim to perform aerobic activities at least 4 days per week at moderate (50-85% of your max heart rate\*) intensity for at least 30 minutes per

To find your pulse, turn your left hand palm up. Place two fingers of the other hand on the artery an inch above the wrist on the thumb side.

Starting your count with zero, count the number of beats during six seconds and add a zero.

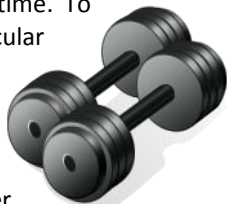
session. If you are just starting your program, you may need to work up to this amount of exercise. Also, you may change the frequency, intensity, type of exercise or amount of time, if you feel that this FITT prescription is no longer challenging to you.

\*Max Heart Rate=220-Your Age

**2. Muscular Endurance:** This is defined as the ability of a muscle or muscle group to sustain repeated contractions of sub-maximal force against resistance for a prolonged

period of time. You may have high muscular endurance with or without high muscular strength, but both are important for well rounded physical fitness. To improve muscular endurance, you should lift a moderate load for 2 sets of 12-25 reps, two to three days per week. Again, if you are just starting out, you may need to work up to the recommended amount, and as you improve your strength, the amount of weight that you consider “moderate” should increase.

**3. Muscular Strength:** Muscular strength refers to the ability of the muscle to generate maximal force against a resisting force in a short period of time. To increase your maximal muscular strength, you should aim to lift heavy loads for 2-3 sets of 8-12 reps 2-3 days per week. As with training for muscular endurance, once you find this FITT prescription is no longer challenging, you will need to increase the load being lifted and go back to fewer sets/reps.



**4. Flexibility:** A complete fitness program will always include flexibility training as improved flexibility will increase range of motion and reduce the risk of injury, therefore making exercise easier and safer. Flexibility can be improved through stretching, yoga or Pilates and will produce results in both muscle tissue and tendons. You should try to incorporate flexibility training most days of the week. Each stretch should be held to the point of mild

discomfort, not pain, and should be held for 10-20 seconds.

**5. Body Composition:** Your body composition compares your lean tissue to the amount of fat that comprises your total weight and gives a much better determination of overall fitness than just BMI or your weight alone. While



you need some body fat for good health, too much can increase your risk for a multitude of health problems.

Furthermore, even if you have low body weight, you may not have sufficient lean muscle mass. A good fitness program that

includes both aerobic and anaerobic

exercise will help to keep your body composition in check. Also, the

Heskett Center offers body composition

assessments so that you can track your progress.

# Components of an Effective Exercise Program

An effective exercise program should incorporate all five components of physical fitness. Depending on your individual needs and goals, the FITT prescriptions from the previous section of this booklet may be adjusted. In addition, a warm-up and cool-down should always be included in each work out.

**1. Warm up:** The warm up for any exercise session should last at least 10 minutes in order to raise your body temperature and heart rate gradually. You should include low intensity aerobic exercises and activities that move the limbs through their entire range of motion. Generally, the movements of the warm up should mimic the movements that will be done in the rest of the work out.

**2. Cardiovascular Conditioning:** Most people think that aerobic/cardiovascular conditioning is just for weight management, but this is not true. Even if your goal is to gain weight in the form of muscle, you still need to incorporate cardio into your work out. For weight loss, you should increase the duration of the exercise and lower the intensity to burn more fat. Remember to check your pulse and make sure that you can carry on a conversation normally to make sure you are not working too hard. If you are not concerned about weight loss or management, then you may consider increasing the

Remember to check your pulse during exercise and after, and adjust your intensity accordingly. Working out too hard or not hard enough is ineffective!

intensity and lowering the duration so that you still improve your cardiovascular health.

**3. Cool Down:** The cool down of your workout is necessary to bring your heart rate back down slowly, which prevents blood pooling and soreness after the workout. Like the warm up, the cool down should last about 10 minutes and include low intensity aerobic activity. Depending on the type of muscular training that you do, you may choose to do your cool down directly after your cardio, or wait until after muscular endurance (not strength) training.

**4. Muscular Training:** This can take the form of either muscular strength or muscular endurance, but you should try to incorporate both types of muscular training most weeks. If you are working out for weight loss, remember that the more muscle you have the higher your resting metabolic rate is, so more calories are being burned. Focusing on muscular endurance allows for increase lean body mass and metabolic development. If you want to gain muscle mass, then you should concentrate on lifting for muscular strength most workout sessions and you may consider increasing the duration of your lifting sessions. When lifting weights, whether for endurance or strength, you should make sure to use proper form (i.e. make sure you are exhaling on exertion and using slow, controlled movements) to avoid injury and lift on nonconsecutive days. You should vary the lifts that you do daily for maximal benefit and you should make sure that you include a sufficient number of exercises so that all major muscle groups are targeted.



**5. Flexibility:** Stretching exercises should only be done after muscles have been sufficiently warmed up. Some stretching may be done after the warm up, prior to the main body of the workout to help prevent injury, but the bulk of your stretching should be done after you have finished your workout when the muscles are at their warmest. You should spend at least 10 minutes performing various stretches that target all your muscles, especially the ones targeted in your work out to further prevent injury and soreness, and to increase or maintain flexibility.

# Your Exercise Program

Now that you know the components of physical fitness, have completed the self screening questionnaire (and obtained physician consent if needed), and know the components of an effective work out, it's time to create your customized program! You can do this yourself by using the information in this booklet, or you can utilize a Fitness Consultation with a Heskett Center staff member to help you create your program.

Use this space to write down your goals:

**Long term goal** (>6 months): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Short term goal** (<6 months): \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

And how you will achieve them:

**Cardiovascular:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Muscular:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Flexibility:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

# Staying With It!

Sometimes staying motivated to continue an exercise program is harder than starting it. Here are some tips to help maintain your new program.

- ★ Set realistic and achievable goals.
- ★ Start slowly—you don't want to be sidetracked due to pain!
- ★ Do something fun, and vary your activities.
- ★ Track your progress so that you can see the benefits of exercise on paper.
- ★ Work out with a friend or co-worker.

Most importantly—remember the benefits of regular exercise:

- ★ Improved mood.
- ★ Improved health.
- ★ Weight management.
- ★ Better sleep.
- ★ Stronger heart and lungs.

## Safety First

Remember to keep your workout safe to prevent burn out or injury. Use these tips to keep your workout safe:

- ✓ You should be able to carry on a conversation while exercising at a moderate intensity.
- ✓ If you experience dizziness, significant shortness of breath, nausea, or shakiness you should reduce the intensity and/or duration of your work out.
- ✓ See your doctor immediately if you ever feel pain or tightness in your throat or chest, or develop suspicious symptoms.

## Good Nutrition

We all know that nutrition and fitness go hand in hand—you can only improve so much with exercise alone. Also, nutrition plays a large part in our body composition. If your goal is to gain weight, you should consume more calories than you burn, and you want to make sure that you are eating the right foods to maximize the building of lean tissue. On the other hand, if your goal is to lose weight, you should consume fewer calories than you burn each day. As you are reducing your caloric intake, it is essential that you make good food choices to make sure you are getting enough essential nutrients.

- ✓ 20-35% of calories should come from fat, but stay away from trans fat, and try to keep your saturated fat intake at less than 10% of your caloric intake.
- ✓ Carbohydrates such as fruits, vegetables, and whole grains should make up 45-65% of your daily calories.
- ✓ Lean proteins should make up around 30% of your daily caloric intake.

Visit **[www.mypyramid.gov](http://www.mypyramid.gov)** for a diet plan customized to your individual needs.



## Heskett Center Mission Statement

Campus Recreation contributes to the health, education, and development of Wichita State University students, faculty, staff, alumni, and community members by offering quality programs and services. Through offering diverse recreational opportunities in a clean, safe, secure and accessible environment Campus Recreation enables maximum participation.

Visit [www.wichita.edu/heskett](http://www.wichita.edu/heskett) for a full list of the programs and activities that the Heskett Center has to offer, as well as the rules and regulations associated with each.



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**Thinkers, Doers, Movers & *Shockers***