**One Step at a Time Challenge**

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Fitness Planning

Way to go! You have completed week one. By now you should have completed your goal sheet and you are recording your intake and physical activity on a daily basis. It is important to do these steps in order for you to evaluate your progress in your programs and make adjustments along the way.

First, the best way to determine your success in a program is to get a baseline fitness assessment. You can do that at the center with me. Also, in the fall for the seniors we had a “Silver Sneakers” assessment that was offered. Check out the “Silver Sneakers” programs as well. It is important to know where you are in your fitness level and create goals from the weaker fitness components.

Secondly, look at the time of day you exercise and try to stick with that plan. Often things arise beyond your control and planning a head helps to keep you on task. It does not matter what time of day you work out, but that you get it accomplished.

Thirdly, a guideline for healthy adults should be to exercise on most days for a minimum of 30 minutes at a moderate intensity. Also, just as important is a resistance training and stretching programs. The recommendation for these two fitness components should be done 2 or 3 times a week.

Meanwhile, keep track of what you do from your cardio to what you lift with weights and repetitions. Also, helpful is recording your mood and how you feel when you have completed the workout. There is a workout sheet that you can use to record results and plan ahead on the KLGR website under participate at home tab.

Undoubtedly, another piece to the puzzle is to find a workout buddy. Accountability is a huge piece to staying the course in your exercise program.

Next, find variety in your workouts. Doing the same routine over and over again leads to stagnation and plateaus. Look for ways to play sports or other physical activities that you would enjoy.

Lastly, consistency is a key to success and creating a habit that leads to a healthy lifestyle. By creating a plan for your exercising and healthy eating will increase life expectancy. Why not start now it is never too late. Not only that you will be a great role model for your children or grandchildren.

All the best as you move through each week. Here is to a healthier 2011!