**Step Aerobics/Body Toning Class Notes for Quiz #1**

Instructor: Thea Post

**Components of Physical Fitness**

1. Cardiovascular Endurance

2. Muscular Endurance /Strength

3. Body Composition

4. Flexibility

**FITTE Factors** – guidelines for safe & effective exercise program

F = Frequency

 3-5 days to maintain

 5-7 days to see a difference

 I = Intensity

 60-90% of HR Max target HR zone

 T = Type

Aerobic vs. Anaerobic workouts. Both are excellent. Do a combination for variety.

T = Time

 20-60 minutes in Target HR Zone

E = Enjoyment

 You must enjoy the exercise to continue it

**Life Saving Tests**

Colonoscopy @ age 50

Pap Smear @ age 21 or when sexually active

Blood Pressure @ every age

Mammogram @ age 40

Cholesterol @ age 20

**Benefits of Exercise:**

1. Improved CV endurance

2. Improved Blood Lipid Levels

3. Prevents Hypertension

4. Improved Immunity to Disease

5. Improved Mental Health

6. Stress Management

7. Prevention of Diabetes

8. Improved Bone Mineral Status

9. Sleep Better

10. Weight Control

**Cholesterol** – fat that comes from an animal source food.

 200 mg or lower is recommended

HDL = High Density Lipoproteins- over 50 is recommended on a blood test. “good cholesterol” – transports cholesterol to liver for excretion

LDL = Low Density Lipoproteins- under 100 is recommended on a blood test. “bad cholesterol” – transports cholesterol to artery walls

**Nutrition Goal:**

1. Drink water, avoid sodas

2. Avoid fast food

3. Avoid sweets

4. No white bread, rice, pasta

5. No alcohol

6. Other

**RICE**

R – rest

I – ice

C – compression

E – elevate above the heart

**Recommended Daily Intake:**

Protein = 12%

Carbohydrates = 58% (fruits, veggies, & whole grains)

Fat = 30% (fish, walnuts, & olive oil)

Proteins – 4 cal/gram

Carbohydrates – 4 cal/gram

Fat – 9 cal/gram

Alcohol – 7 cal/gram

**Target Heartrate Zone Calculation**

220 – age = Estimated maximum heartrate

Estimated maximum heartrate X .60 = Lower range to workout.

Estimated maximum heartrate X .90 = Upper range to workout.

Example: 220 – 20yrs old = 200

 200 X .60 = 120

 200 X .90 = 180

Target Heartrate Zone for a 20 year old = 120-180 beats per minute

**Body Fat Measuring Techniques**

1. Body Measurements Equation (could be very inaccurate)

2. Electrical Impedance (+/- 5% error)

3. Skin Fold Calibers (+/- 5% error)

4. Hydrostatic Weighing (+/- 1% error)

5. Bod Pod – newest form of body fat measuring (uses air displacement)

**Body Fat**

Essential Body Fat = Fat in and around the organs.

11% for women

3% for men

Subcutaneous Body Fat = Fat under the skin.

9-14% for women

112% for men

Total Healthy Body Fat (Recommended Body Fat Levels)

20-25% for women

15% for men