

Review Classes 1-4 / Find Your Starting Point worksheet

“Let’s remember and apply what we’ve learned so far then set our first goal.”



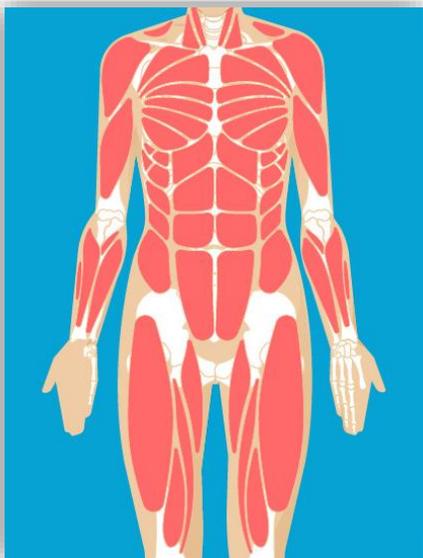
“Stay Young with Exercise and Nutrition”

How Exercise and Nutrition Combat Injury and Illness

The aging process simply stated, is a decrease in the volume and frequency of human cell regeneration over time. Ex: regeneration – a new healthy cell takes the place of a failing cell. Human cells have a limited lifespan of productivity and begin to fail over time. They are then replaced by fresh productive cells over time.

A person can actually reverse the aging process with long term, healthy life style choices and personal dedication to physical fitness.

Putting stress on bone and muscle tissue through strength training (muscle building exercises) and moderate aerobic conditioning, causes increased bone density and strengthened cardiovascular (heart and lung) function.



“Muscular Reparation and Regeneration”

How to Stimulate “Later Life” Cellular Regeneration with Exercise and Healthy Nutrition

Increasing muscle tissue and strengthening bones with exercise and nutrition causes core stability, mind muscle connection and balanced posture.

The ability to stand straight with natural posture relieves the pressure on joints reducing or reversing the degradation of bone and muscle tissue.

Putting stress on bone and muscle tissue through strength training and moderate to rigorous aerobic conditioning, causes increased bone density with strengthened tendons and cartilage.

Muscle tissue is created for all ages in the same manner with the same techniques.



“Prevent or Improve Type II Diabetes”

How Exercise and Nutrition can Improve or Prevent “Insulin Resistance”

Type II Diabetes is the body’s resistance to insulin over time. Insulin helps your body turn blood sugar (glucose) into energy so our systems can use it for fuel. After you eat, your blood sugar rises. The rise in glucose triggers your pancreas to release insulin into the bloodstream.

If you have diabetes, your pancreas either doesn't make enough **insulin** or your body doesn't respond well to it. Your body needs **insulin** treatment to keep their blood **sugar** level in a healthy range.

“Prevent or Control Hypertension”

How Exercise and Nutrition Strengthen Your Heart and Lungs



High blood pressure means the pressure inside the blood vessels (called arteries) is too high. As the heart pumps against this pressure, it must work harder. Over time, this causes the heart muscle to thicken. Because there are often no symptoms with high blood pressure, people can have the problem without knowing it.

Here are the hypertension categories:

Normal: Systolic (top number) 120 or lower, diastolic (bottom number) 80 or lower

Prehypertensive: Systolic (top number) 120-139, diastolic (bottom number) 80-89

High (hypertensive): Systolic (top number) 140 or higher, diastolic (bottom number) 90 or higher

Exercise is powerful medicine. Walking briskly for 30 minutes to 45 minutes, five or six days a week, can lower your blood pressure up to 10 points.



Find Your Starting Point

ACTIVITY LOG

For a couple of weekdays and a weekend, write down how much time you are physically active (for example: walking, gardening, playing a sport, dancing, lifting weights, etc.). The goal is to find ways to increase your activity!

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 1			

TOTAL MINUTES _____

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKDAY 2			

TOTAL MINUTES _____

	ACTIVITY	NUMBER OF MINUTES	WAYS TO INCREASE ACTIVITY
WEEKEND			

TOTAL MINUTES _____

Be Strong and Live Long

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“Find Your Starting Point” Activity Log:

Download your own Activity Log PDF and set a goal!

Find 2 week days and 1 weekend day, to write down:

- what physical activities are you participating in
- how much time you spend on these activities
- and new ways to increase the “value” of these activities.

“Increased Value” is the goal.