

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### What You Will Do

- Explain the body's natural aging process.
- Identify the physical changes that occur as people age.
- Recognize and explain the relationship between physical fitness and health throughout the lifespan.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Terms to Know

- aging process



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Fitness: A Lifetime Goal

Developing personal fitness during your teen years is essential to maintaining good health throughout your life.

Personal fitness throughout life is an achievable goal.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Understanding the Aging Process

The **aging process** involves aging-related changes.



#### Term to Know

##### **Aging process**

The manner in which the body changes as a result of growing older.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Understanding the Aging Process

Some aging-related changes, such as gray hair and wrinkled skin, are outwardly visible.

Other internal changes due to aging are not visible.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Understanding the Aging Process

These physical functions decline because of the aging process.

- Conduction of nerve impulses
- Resting metabolic rate
- Heart's pumping ability
- Lung capacity

These declines occur more slowly in physically active individuals.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### The Aging Process and Health

Although the aging process cannot be reversed or halted, it can be slowed.

For many people, the key to slowing down the aging process is personal fitness.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### The Aging Process and Health

Aging-Related Change	Can (✓) Cannot (x) Make Positive Impact	
Graying of hair		x
Balding		x
Resting energy metabolism	✓	
Increased body fat	✓	
Increased blood pressure	✓	
Increased resting pulse	✓	
Elevated cholesterol levels	✓	
Decreased functional health	✓	



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### The Aging Process and Health

Aging-Related Change	Can (✓) Cannot (✗) Make Positive Impact	
Inherited diseases		✗
Hypokinetic diseases	✓	
Loss of elasticity of joints	✗	
Loss of flexibility of joints	✓	
Bone loss	✓	
Mental confusion	✓	
Reduced self-esteem	✓	
Depression	✓	

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### The Aging Process and Health

More active people have greater bone mass than inactive people.

This means that as more active people age, they will be at a lower risk of osteoporosis than inactive people.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Modifying Your Activities

As you age, you will need to adjust your personal fitness program to meet your changing needs.

For example, you may have to adjust your FITT for selected activities to enable you to recover more completely between workouts.

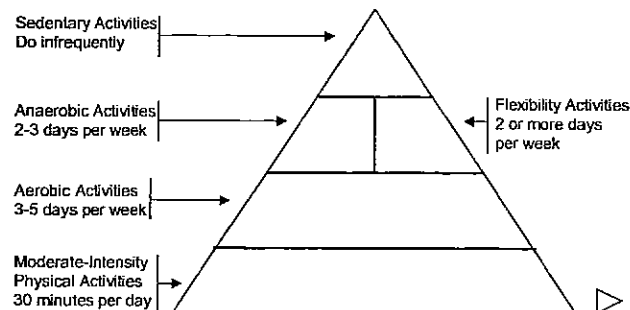


## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

#### Modifying Your Activities

Use the physical activity pyramid as a guide for reducing risks for chronic diseases as you age.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 1 Fitness: A Lifetime Goal

1. **Vocabulary** What is the *aging process*?
2. **Recall** List and explain three examples of how your body changes as it ages.

#### 2. Recall

Answers will vary but may include balding and graying of hair; decreased functional health, mental clarity, resting energy metabolism, bone mass, and elasticity and flexibility in joints; and increased body fat, blood pressure, resting pulse, cholesterol levels, self-esteem, and depression.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### What You Will Do

- Discuss the health benefits of leisure-time activities.
- Identify leisure-time activities that meet your personal fitness goals.
- Recognize why people should vary their activity selection as they age.
- Design and implement an aerobic-workout routine.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Terms to Know

- leisure-time activities
- martial arts
- t'ai chi



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Your Changing Personal Fitness Goals**

A great way to maintain your personal fitness is by finding leisure-time activities that you enjoy.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Leisure-Time Activities**

Done regularly, **leisure-time activities** can improve some aspects of health-related or skill-related fitness.



**Term to Know**

**Leisure-time activities**

Sports and other action-oriented pursuits done for recreation.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Leisure-time activities provide many benefits, including:

- Reduced stress levels
- Opportunity for social interaction
- Opportunity to burn calories
- Increased self-esteem



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Many people enjoy swimming as a leisure-time activity.

The water provides resistance and provides a low-impact workout.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Cycling can help you develop balance and maintain and improve cardiorespiratory fitness.

Tour cycling is done on roads with light-framed bikes. Mountain biking is done on trails with a bike that has a heavier frame.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Downhill skiing and cross-country skiing require excellent coordination and power.

Cross-country skiing provides an intense workout and is an excellent way to develop and maintain cardiorespiratory fitness.



## **CHAPTER 12 Personal Fitness Throughout Life**

### **Lesson 2 Your Changing Personal Fitness Goals**

#### **Leisure-Time Activities**

Dancing helps develop balance, coordination, and agility, and it provides an opportunity for social interaction.

Some forms of dance are also good for aerobic conditioning and weight control, provided they are done regularly and for long enough periods of time.



## **CHAPTER 12 Personal Fitness Throughout Life**

### **Lesson 2 Your Changing Personal Fitness Goals**

#### **Leisure-Time Activities**

Volleyball and basketball can help you to develop coordination, reaction time, and power.

They can also provide an excellent cardiovascular- and muscular-endurance workout.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Leisure-Time Activities**

Racquetball and tennis can help you to develop coordination, agility, and cardiorespiratory endurance.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Leisure-Time Activities**

When done for long periods of time, kayaking and canoeing help you to develop power, cardiorespiratory fitness, muscular strength, and muscular endurance.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Rowing can help you to develop coordination, power, cardiorespiratory fitness, and muscular endurance.

It is also an excellent way to control your body composition and meet other people.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

The original purpose of the **martial arts** was self-defense.

Many of these activities teach controlled breathing, which helps reduce stress.



#### Term to Know

##### **Martial arts**

Activities that combine exercise and relaxation techniques.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

There are many types of martial arts, including karate, judo, and t'ai chi.



#### Term to Know

##### T'ai chi

A martial art that involves fluid, graceful movements, demanding precise muscular control.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Hiking and backpacking are excellent ways to get outside and enjoy nature while developing muscular endurance and cardiorespiratory fitness.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Leisure-Time Activities**

**Safety Tips For Hiking or Backpacking:**

Hike or backpack with someone else.

Use well-marked trails.

Bring water and food.

Carry a map, compass, and cell phone.

Wear good hiking shoes or boots.

Let someone know where you are going.

Carry only as much weight as you can handle.

Condition and train before your trip.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 2 Your Changing Personal Fitness Goals**

**Leisure-Time Activities**

Rock climbing requires muscular strength, endurance, balance, and coordination.

Always climb with a partner and use safety gear.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Doing regular calisthenics in a continuous, rhythmic manner can help you improve your muscular endurance, flexibility, and cardiorespiratory fitness.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

Triathlons are endurance competitions that include swimming, cycling, and running.

Biathlons are endurance competitions that include two activities.

Marathons are endurance competitions that require running 26.2 miles.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

#### Leisure-Time Activities

##### Factors to Consider When Choosing Activities

cost

your personality and attitude

availability of equipment and facilities

your social needs

environmental hazards



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 2 Your Changing Personal Fitness Goals

1. **Vocabulary** Define *leisure-time activities*.

2. **Recall** Name two activities that promote cardiorespiratory fitness.

#### 2. Recall

Answers might include aquatics, cycling, cross-country skiing, aerobic dance, rowing, triathlons, and marathons.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### What You Will Do

- Analyze strategies for becoming a more informed fitness consumer.
- Evaluate consumer issues related to fitness, including health and fitness claims and services.
- Identify the characteristics of a reputable fitness center.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Terms to Know

- commercial fitness centers
- corporate fitness centers
- sports medicine clinic centers



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Choosing Fitness Products

Knowing whether a product is safe and effective can be a challenge.

It can also be a challenge to find a gym or health club that will help you to achieve your fitness goals.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Evaluating Health and Fitness Information

Here are some guidelines to help you evaluate health and fitness information:

- Be suspicious of claims for quick and simple results.
- Beware of miracle breakthroughs that have not been reported by reputable sources.
- Beware of testimonials claiming great results with a product.
- When reading, examine the writer's credentials.
- Beware of mail-order sales or infomercials that promote products or services not endorsed by qualified health and fitness professionals.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

It is important to choose your fitness facility wisely.

Different health and fitness facilities meet different needs.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Commercial gyms are health and fitness facilities that are geared to the serious weight trainer or high-performance athlete.

The exercise and activity opportunities may be limited and the members may be too serious for your needs.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

**Commercial fitness centers** cater to the general public.

They offer a large variety of activities, but they may be crowded and expensive.



#### Term to Know

**Commercial fitness centers**

Health and fitness facilities that offer a wide variety of resistance- and aerobic-training equipment.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

**Commercial dance studios** are facilities targeted at people interested in aerobic dance and jazz forms of exercise.

They usually have certified instructors, but they offer a limited number of fitness activities.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Hospital-based wellness centers usually offer a variety of exercise and educational programs focusing on personal fitness.

They offer medical supervision and highly-trained personnel, but they have a relatively higher cost.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Many **corporate fitness centers** offer a variety of recreational and fitness activities.



#### Term to Know

##### **Corporate fitness centers**

On-site health and fitness facilities available to employees and their families.

**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 4 Choosing Fitness Products**

**Health and Fitness Facilities**

College-based fitness centers are available to students, faculty, and staff.

They have a wide variety of programs and trained personnel.

If you are not associated with the school, it can be expensive to join.



**CHAPTER 12 Personal Fitness Throughout Life**

**Lesson 4 Choosing Fitness Products**

**Health and Fitness Facilities**

**Sports medicine clinic centers** are frequently associated with local universities and/or hospitals.



**Term to Know**

**Sports medicine clinic centers**

Facilities that focus on research promoting health and fitness, as well as on the development and operation of health, fitness, recreation, and educational programs.

## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Community recreational centers are health and fitness facilities that are operated by city park and recreation departments.

They are an economical choice that offer a variety of recreational activities, but may have limited health and fitness activities.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Selecting a health and fitness facility is a two-step process.

First, determine your fitness needs.



Then, explore facilities in your community and evaluate whether they can meet your needs.



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

#### Health and Fitness Facilities

Consider these factors as you evaluate health and fitness facilities:

- Cost and convenience
- Equipment and facilities
- Programs and staff
- Safety and cleanliness



## CHAPTER 12 Personal Fitness Throughout Life

### Lesson 4 Choosing Fitness Products

1. **Vocabulary** What is a *commercial fitness center*?
2. **Recall** What is the reason why corporate fitness centers have begun to appear?

#### 2. Recall

They provide their employees with on-site health and fitness facilities.