

Inside-Out “Take Control of Your Goal!”

Physical Fitness Significance/Objectives

- 1) Physical Activity is just as important to health as proper nutrition.
- 2) The goal of a fitness program is to reduce body fat and increase lean muscle mass.
- 3) Components of a physical fitness program are cardiovascular endurance, flexibility, muscular strength, muscular endurance, and body composition.

Participant Expectations

- 1) Meet with Fitness Assistant at least once (Initial Consult is Mandatory and counts towards meeting this requirement)
- 2) Be Physically Active (moderate-intensity) at least 150 minutes a week, and
- 3) At least 2 days per week of Muscle-Strengthening Activity, or
- 4) At least 75 minutes of vigorous-intensity Aerobic Activity with at least 2 days per week of Muscle-Strengthening Activity
- 5) Logging Physical Activity through Smart Device/Fitness Apps and sending data to Wellness Health Educator

Expectations for Fitness Assistant

- 1) Encourage Physical Activity Guidelines and F.I.T.T Principles
- 2) Provide at least one Consultation
- 3) Conduct one Basic Fit Test
- 4) Discuss InBody Results and Fitness Goals
- 5) Write-Out Monthly Fitness (Workout) Plan/Routine
- 6) Provide Guidance not Personal Training
- 7) Encourage Participants to Join Classes/Gym for more Guided/Group Workouts
- 8) Inform Participants of other Fitness opportunities provided by Wellness and County Programs and in the Community

