

Chapter 7
Setting and Reaching Fitness Goals
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- important to know your goals are realistic and why you are setting them.
- make sure they are attainable.
- Identify your strengths and weaknesses beforehand.

Types of Fitness Goals:

- habits can be hard to break.
- two types of goals: short-term goals and long-term goals.
- short term goals can be part of long term goals and so on.

SMART about Goal Setting:

- goals must be personalized...relate to only you!
- must consider other factors first before setting SMART goals:
 - 1) motivation
 - 2)current fitness level
 - 3) influence of peers and friends
 - 4) availability of equipment/facilities
 - 5) school, work, family commitments

- Knowing and establishing your SMART goals will help you be more successful.

SMART:

Specific: Is your goal clear?

- goal must be clear and specific. "I want to run 20 min. a day, non stop to prepare for my 5 km run."

Meaningful and Measurable: How will you know?

- goals that are meaningful to you.
- Able to measure results.
- Have a series of progressive, measurable short-term goals showing gradual improvement.
- "after 1 week run for 10 min. straight and not be out of breath."
- Measurable: "What will be different once I achieve that goal?"

Action-Oriented: What Steps Do You Need to Take?

- Goal requires you take action through well planned steps.
- Non-action oriented goal would be "I want to get into shape."
- Action oriented goal is specific: junk food once a week, breakfast everyday, walk to school twice a week.

Realistic-How likely are you to reach your goal?

- Goal is realistic if it involves a convenient location and appropriate equipment. Goal is within physical/mental capabilities. Goal has to be realistic.

Time Bound: How long will it take to reach your goal?

- Harder to reach your goal if you do not have a firm timeline.
- Time or date you expect to reach the goal. Short term goals that are successfully completed will boost your confidence.

Tracking your Goals:

- One way is a goal setting worksheet.
- Worksheet identifies long term and all short term goals that are needed to reach ultimate goal.
- Know your own strength and weaknesses.
- good support team of people who will help you reach your goals
- Write things down, point by point for everything you do. Can refer back to this at anytime to see how you are progressing.
- Writing things down keeps you focused on your goals.

Strategies for Success: Overcome the Barriers that hold us back.

Barrier #1: I just don't have the time to exercise.

Make exercise a high priority, one that you need to fit into your day.

Barrier #2: The facilities are too far away to use regularly.

Use your bedroom or basement.
Inactivity is much worse.

Barrier #3: I have heavy school and work commitments.

Review timetable and find ways to fit PE into your timetable every day. Become better organized.

Barrier #4: I am never going to reach my goal

Revise your goal. Scale it back. Write it down so you can see it daily. Stay motivated towards it.

Barrier #5: I am not in very good shape and feel embarrassed.

Focus on the positive health benefits rather than how you look to others. Find a training partner to help keep you motivated and positive.

Barrier #6: This new exercise program is boring

Try different equipment. Weights, medicine balls, use music, TV and vary your routine to keep it interesting.

Training Principles: 4 of them (pg.104)

The Overload Principle:

- Give your body more to do than it is accustomed to doing you create an **overload**.
- Unless there is some sort of overload, there can be no benefit.
- Body will gradually adapt to the additional demands put on it.
- Heart, lungs and muscles will become stronger and more efficient.

The Progression Principle:

- Just starting fitness training, you may see fairly rapid improvement and soreness.
- rate of improvement will slow down
- gains will be more evenly paced.
- The P.P. states that fitness improvements occur gradually by progressively adding to the overload.

The Specificity Principle:

- You will improve in response to the type of activity that you are practicing.
- more the activity is specifically focused on improving a particular aspect of fitness or muscle area, the more the benefit in that particular area.

The Reversibility Principle:

- short break in your routine is not serious.
- sometimes need a short break to rest the body to make further gains with our goals
- stop for a long time (detraining), you will lose or reverse the gains that have been made.
- body's response to training is not permanent.
- strength gains can start to decrease as soon as 3 days.
- secret is to keep active on a regular basis.
- R.V. referred to as "use it or lose it".

Designing your fitness program: THE **FITT** PRINCIPLE

The FITT Principle: stands for the 4 elements of a good training plan

Frequency: How often you exercise is just as important as the type of exercise you do.
-build your fitness takes some form of regular, energetic activity, generally as often as 3 or more times a week.

Intensity: The intensity of an exercise is a measure of how hard you are working while you are doing it. Cardio is heart and lungs while strength is muscles.

Time: The magic number for how long, aerobic benefits is minimum 20 minutes of CONTINUOUS activity such as walking, jogging, cross country skiing.
-Duration of the activity depends on the intensity and your goals.

Type of Activity: Unless training for a specific sport, experts say a program that includes lots of variety of activities. Variety prevents boredom and will keep you more motivated.

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Creating an Action Plan

-an action plan will help you achieve your goals.
-it involves 4 stages:

Stage 1 Set Smart Goals: identify and visualize your goal(s)

Stage 2 Develop Action Steps: List the small things that need to happen to reach your goal (short or long). Have deadlines however be ready to be flexible with them.

Stage 3 Identify Barriers, Find Solutions: Be ready for unexpected things to happen. Be flexible and stay positive...don't give up.

Stage 4 Reward Success: Monitor your progress. Friends who see you trying will help out to reach your goal. Celebrate and reward your achievement but....do not bust what you have achieved...ie: Food etc.