

# Get fit, stay fit

McGraw-Hill Higher Education - GalileoFit

**Section V: Cardiorespiratory Training Program Design**

The following coronary heart disease prevention guidelines available to McGraw-Hill, Instructor, test. Complete the following training calendar (A = activity / I = inactivity / T = time).

To get started, Review Chapter 11 to 12 for working, cycling, and swimming. Choose a beginning cardiorespiratory training program (A) or (I). If you are not sure which one to choose, refer to the following chart. If you are not sure what type of cardiorespiratory training program you have selected, review the following chart.

Four-Week Cardiorespiratory Training Program

Sec	Mon	Tues	Wed	Thurs	Fri	Sat
Date	Date	Date	Date	Date	Date	Date
A:	A	A	A	A	A	A
I:	I	I	I	I	I	I
T:	T	T	T	T	T	T
Date	Date	Date	Date	Date	Date	Date
A:	A	A	A	A	A	A
I:	I	I	I	I	I	I
T:	T	T	T	T	T	T
Date	Date	Date	Date	Date	Date	Date
A:	A	A	A	A	A	A
I:	I	I	I	I	I	I
T:	T	T	T	T	T	T

**Section VI: Evaluating Your Program and Following Through**

1. Goal and Program Tracking Use the following chart or a worksheet activity log to monitor your progress. Change the activity to reflect your needs, or level of your workout plan to reflect your progress as needed.
2. Program Progress Log Use the following chart to evaluate your progress. Record the date, record your performance times and ask yourself the following questions: How did you feel? What was your mood? Was it a good day? Was it a bad day? Did you feel energized? Did you feel fatigued? Did you feel good about your exercise? If not, what positive behavior change can you credit to your success? If not, what obstacle blocked your success?
3. Was your short-term goal met? What would you change about your goals or training plan?

Description: -

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Health

Exercise

Physical fitnessGet fit, stay fit

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## :: Fitness Decisions ::

The Abs Get Fit, Stay Fit Plan introduces a new workout system - ABS3 - based on simple, highly effective principles: A: Abdominal exercises strengthen your core B: Big muscle groups increase metabolism S: Speed intervals, not slow cardiovascular exercise, burns fat faster 3: 3 days a week is all you need to see results In The Abs Diet Get Fit Stay Fit Plan, workouts are flexible, varied, and quick - you can complete them in less than 20 minutes. As you get older, the amount of energy you will burn while resting starts to decrease. In the next 24 hours, you will receive an email to confirm your subscription to receive emails related to AARP volunteering.

Infinity Fitness AZ

## Get Fit

Each day will have a different focus, and our certified coaches will make sure the workout can be tailored around any personal limitations. But with a lot of work, it is doable to keep your weight down and fitness level up.

Infinity Fitness AZ

So lets get you started on the road to getting fit and staying fit. Do you know an active lifestyle become more advantageous to your health as you grow older? This immersive, multi-media, online learning experience lets you develop your own personal fitness and wellness program independently or as part of a class. These are Increase in the body weight, Diabetes, strokes and cardiovascular disease leading to an unhealthy lifestyle.

## Get Fit Stay Fit :: Ft. Campbell :: US Army MWR

I hope that 2020 will be a good year for you. Designed to strengthen your core, flatten your gut, and get you in the best shape of your life, this exercise guide demonstrates why David R. Colorectal cancer affects everyone, which means screening is just as important for women.



## Related Books

- [Mansurah - a forgotten Arab metropolis in Pakistan](#)
- [The German fortress of Metz, 1870-1944](#)
- [Firefighting](#)
- [Historic buildings, groups of buildings, areas of architectural importance in the Glens of Antrim](#)
- [Polarflyveren, Bernt Balchen.](#)