FIFTH EDITION

ANYBODY'S GUIDE TO TOTAL FITNESS

THE ONLY EXERCISE BOOK YOU'LL EVER NEED

LEN KRAVITZ

Illustrated by Jill Pankey

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INTRODUCTION

A HEALTHY WAY OF LIFE

Living and enjoying life to its fullest is a wonderful goal. And you can have it! Fitness is a way of life which allows you to function and perform at your best. It's a harmonic balance of prescribed exercise, healthy eating habits, preventative health care, effective stress management, and a common sense lifestyle. Your level of fitness helps determine the quality of your life. You are in control of how you look, feel, and live.

The following information is based on sound physiological principles and research. With a minimal investment of your time you can follow these concepts and create a fitness plan that will help you obtain the most out of your life.

I have presented a specific aerobics program for you. You may wish to supplement it with a running, swimming, or cycling program of your own.

Be patient, use your knowledge, set your goals, listen to your body, and commit yourself to a healthy way of life.

ANYBODY'S GUIDE TO TOTAL FITNESS

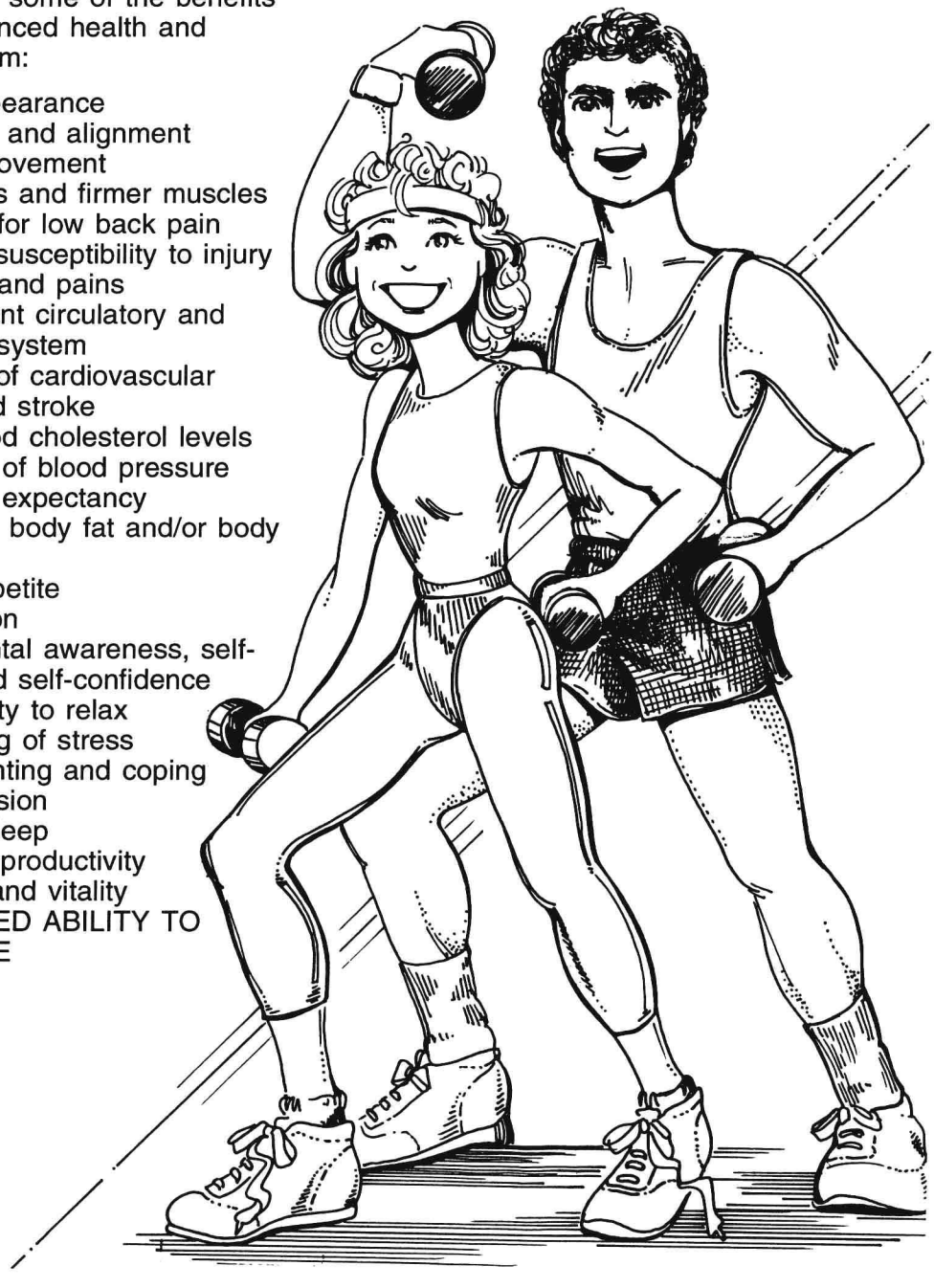
CONTENTS

STARTING OUT

EXERCISE: WHAT IT WILL DO FOR YOU

Here are some of the benefits of a well-balanced health and fitness program:

A healthy appearance
Good posture and alignment
Fluid, easy movement
Stronger joints and firmer muscles
Lowered risk for low back pain
A decreased susceptibility to injury
Fewer aches and pains
A more efficient circulatory and respiratory system
Lowered risk of cardiovascular disease and stroke
Improved blood cholesterol levels
Better control of blood pressure
Increased life expectancy
A decrease in body fat and/or body weight
Controlled appetite
Better digestion
Improved mental awareness, self-esteem, and self-confidence
Improved ability to relax
Better handling of stress
Help in preventing and coping with depression
More restful sleep
Increased job productivity
More energy and vitality
AN INCREASED ABILITY TO ENJOY LIFE



STICKIN' TO IT!

10 RULES FOR EXERCISE SUCCESS

More than half of the people starting an exercise program drop out after six months. These tips will steer you towards success in exercise.

1. Write out a **health** and **fitness** evaluation list—what you do right (don't smoke, good eating habits, no substance abuse, etc.) and what you need to correct (lack of regular exercise, posture, high emotional stress, etc.). Then figure out what you can do to shift more entries to the "right" side.
2. Set realistic long- and short-term fitness goals. Make sure you break them down into manageable steps. Write this out like a personal contract, including objectives of your health and fitness action plan, and the date you plan to start specific activities. Solicit the support from someone close to you. Keep track of your progress, revising your fitness plan if needed, and reward yourself as goals are achieved (a show, new outfit, a book, etc.).
3. Find a workout companion with a fitness level and goals similar to yours. Pick some exercise activities or classes that you both enjoy, and commit to participating in them. Talk to other individuals who have reached goals similar to yours. Find out what strategies helped them keep on track.
4. Schedule your exercise three to five days per week. Choose a "special" time of day and be selfish about preserving that time for your body and general well-being.
5. Listen to your body and progress slowly in the beginning. Most injuries in fitness come from doing too much, too soon, too fast, and too hard. (Don't exercise if you are sick.)
6. Don't let early awkwardness or uneven skill development get you down (it happens to everyone). And try not to compare yourself to others.
7. Wear comfortable exercise clothing and proper shoes. Your clothing should permit you to move freely and allow your body to cool itself. Do not wear fabrics that hinder evaporation.
8. Plan your exercise at least two hours after a big meal or at least an hour before.
9. Be patient; exercise has many immediate and delayed benefits. Your time will come! Don't get angry at yourself if you miss a workout or slip on a health goal. Try to focus on what caused the lapse and how you may better deal with it in the future. Most importantly, stay positive and believe in yourself. You are in control.
10. Be aware of the signs of overexertion: breathlessness, dizziness, tightness or pain in the chest, loss of muscle control, and nausea. If you experience any of these signs, stop immediately. See your physician to determine the cause.

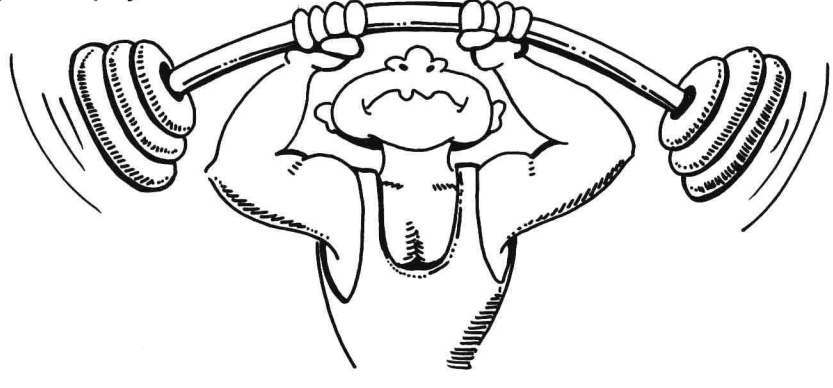
THE KEY COMPONENTS OF FITNESS

Your body is a complex mechanism designed for action. Being physically fit means that the heart, blood vessels, lungs, and muscles function at optimal efficiency. Here are five key components of health-related physical fitness that you need to be concerned with:

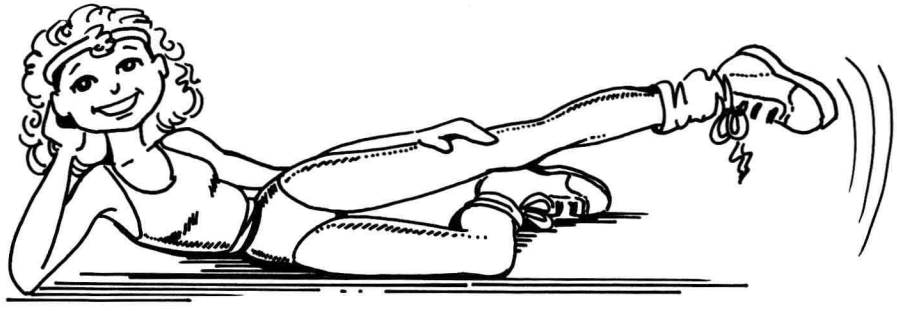
1. **Cardiorespiratory Endurance/ Aerobic Conditioning** is the ability of the body's heart, lungs, blood vessels, and major muscle groups to persist in continuous rhythmic exercise such as brisk walking, jogging, swimming, aerobic dancing, rowing, cycling, step training, skating, and cross-country skiing. Regular aerobic conditioning may prevent or reduce the likelihood of cardiovascular disease. Cardiorespiratory endurance is the most important component of health-related fitness.

2. **Muscular Strength** is the ability of the muscles to exert maximal or near maximal force against resistance. Stronger muscles protect the joints they surround and reduce the incidence of injury from physical activity.

An increase in muscle mass will also boost the body's metabolism.

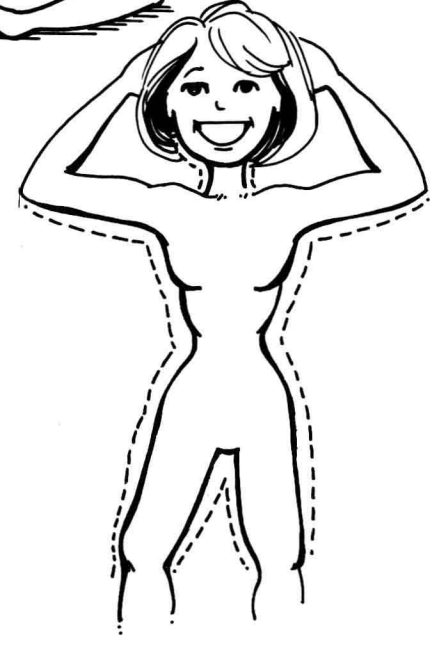


3. **Muscular Endurance** is the ability of skeletal muscle to exert force (not necessarily maximal) over an extended period of time. Strength, skill, performance, speed of movement, and power are closely associated with this component. Muscular endurance helps to prevent injuries and improve posture.



4. **Flexibility** is the range of motion of the muscles and joints of the body. It has to do with your skeletal muscles' natural and conditioned ability to extend beyond their normal resting length. Increased flexibility will enhance performance and reduce the incidence of injury.

5. **Body Composition** is the relationship of percentage of body fat to lean body weight (muscle, bone, water, vital organs). Being overfat, which usually starts in childhood, has a limiting effect on the other components of fitness. High body fat is associated with a number of health problems including heart disease, high blood pressure, stroke, diabetes, cancer and back pain.

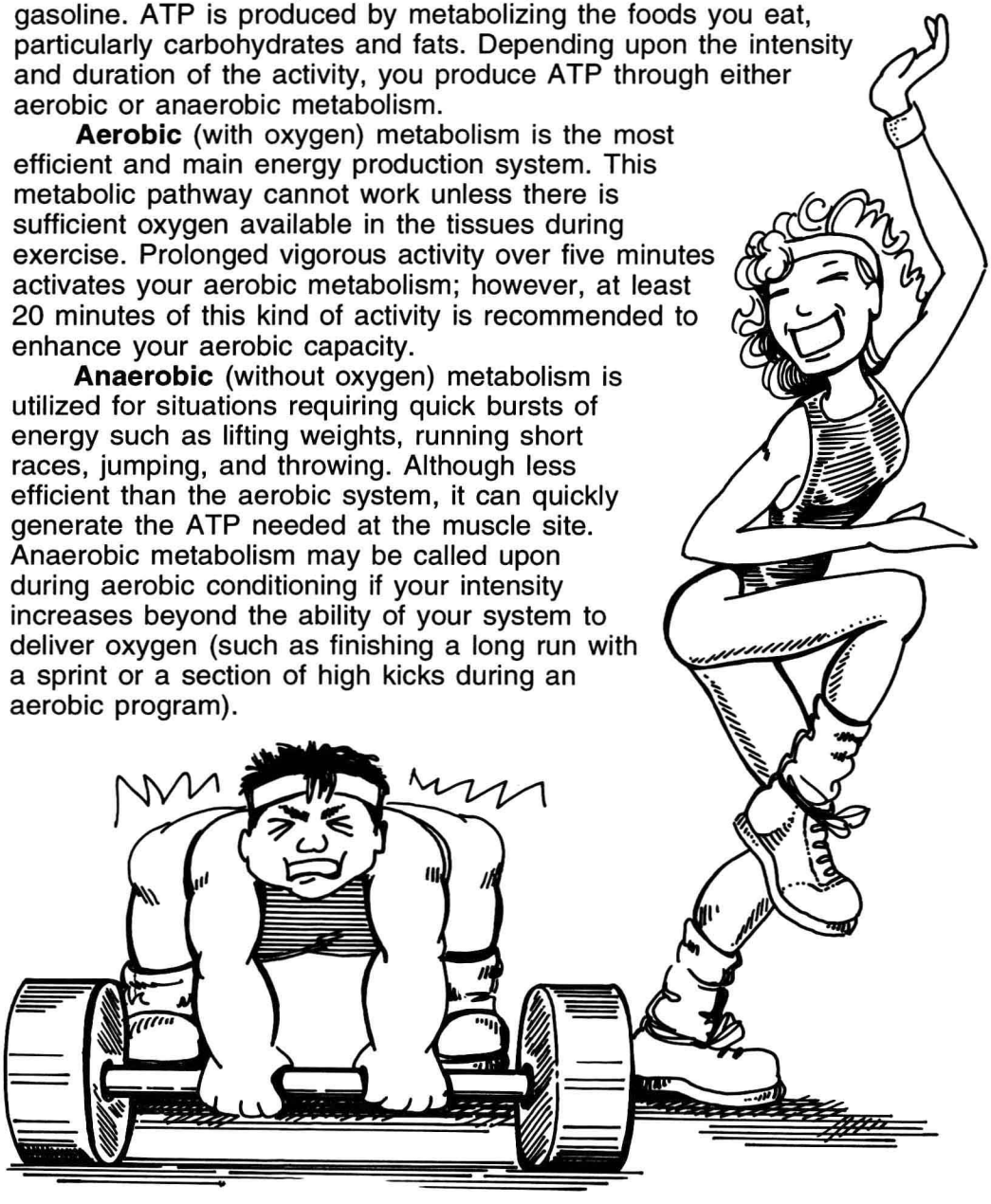


ENERGY FOR EXERCISE

To exercise and do work for daily activities your body uses a chemical called ATP (adenosine triphosphate) like a car uses gasoline. ATP is produced by metabolizing the foods you eat, particularly carbohydrates and fats. Depending upon the intensity and duration of the activity, you produce ATP through either aerobic or anaerobic metabolism.

Aerobic (with oxygen) metabolism is the most efficient and main energy production system. This metabolic pathway cannot work unless there is sufficient oxygen available in the tissues during exercise. Prolonged vigorous activity over five minutes activates your aerobic metabolism; however, at least 20 minutes of this kind of activity is recommended to enhance your aerobic capacity.

Anaerobic (without oxygen) metabolism is utilized for situations requiring quick bursts of energy such as lifting weights, running short races, jumping, and throwing. Although less efficient than the aerobic system, it can quickly generate the ATP needed at the muscle site. Anaerobic metabolism may be called upon during aerobic conditioning if your intensity increases beyond the ability of your system to deliver oxygen (such as finishing a long run with a sprint or a section of high kicks during an aerobic program).



ON YOUR MARK, GET SET . . . WAIT!

It is always a good idea to undergo a medical examination before embarking on a strenuous program of exercise.

1. With your physician, write up a personal medical profile including a history of high blood pressure, chest pain, heart arrhythmia, or shortness of breath. Determine your coronary heart disease risk. Here's a list of heart disease risk factors and what you can do about them.

	RISK FACTOR	IMPROVED BY
A)	Age	(Not controllable)
B)	Sex	(Not controllable)
C)	Family history of heart disease	Although you are not able to alter your genetic make-up, new research suggests that physical activity can reduce this risk
D)	High blood pressure	Physical activity, weight
E)	Abnormal cholesterol levels	control, cessation of smoking, stress management, improved diet (less salt, fat, and red meat)
F)	Smoking	Stop smoking, alternative gratifying activities
G)	Obesity	Physical activity, weight control, improved diet (less animal fat, more unrefined carbohydrates), alternative gratifying activities
H)	Physical inactivity	Physical activity
I)	High blood sugar (or diabetes)	Physical activity, weight control, improved diet
J)	High emotional stress and tension	Physical activity, no smoking, relaxation techniques

2. Get a complete physical exam.
3. Upon completion of the exam, your physician will be able to recommend whether a stress test is warranted. This is an electrocardiographic record of your heart's rhythm and adaptability to stress, tested through graded exercise on a treadmill or stationary bicycle.

HOW FIT ARE YOU?

Here are some simple self-assessment tests to help determine or monitor your level of fitness. Periodically retest yourself to monitor your progress. Stop if you feel any nausea, discomfort, dizziness, or breathlessness. Perform the test on another day.

AEROBIC EFFICIENCY

STEP TEST

1. Select a bench, stool, or chair that is 12 inches high.
2. You will step up and down in an up, up, down, down brisk cadence.
3. Find a song that has a moderate tempo of about 96 beats per minute (16 beats in 10 seconds) to guide your cadence.
4. Rehearse the stepping with the music to get familiar with the pattern.
5. Practice finding your pulse on your wrist (on the inner edge of the wrist below the base of the thumb) or at your neck (below the ear along the jaw).
6. Now, perform the stepping for three continuous minutes. Upon completion of the time, immediately count your pulse for 10 seconds.

RESULTS OF THE STEP TEST
(Counting pulse for 10 seconds)

LEVEL	WOMEN	MEN	
EXCELLENT	**16 or less**	**17 or less**	**Congratulations**
GOOD	**17–18**	**18–20**	**Keep it up!**
FAIR	**19–22**	**21–23**	**Begin or progress in an aerobic program.**
POOR	**23 or more**	**24 or more**	**Start with a moderate to easy aerobic program.**

(Test based on the Harvard Step Test)

1.5 MILE RUN

1. Establish a distance of 1.5 miles. This is six laps around most school tracks (which are usually 1/4 mile).
2. Use a stopwatch to time yourself.
3. Warm up with some easy jogging and gentle stretching before you start.
4. Cover the distance as fast as you can (running/walking). Cool down gradually at the conclusion with brisk walking for several minutes.

RESULTS OF THE 1.5 MILE RUN

Time (Minutes)

Fitness Category		Age (years) 13–19	20–29	30–39	40–49	50–59	60+
I. Very poor	(men)	> 15:31*	> 16:01	> 16:31	> 17:31	> 19:01	> 20:01
	(women)	> 18:31	> 19:01	> 19:31	> 20:01	> 20:31	> 21:01
II. Poor	(men)	12:11–15:30	14:01–16:00	14:44–16:30	15:36–17:30	17:01–19:00	19:01–20:00
	(women)	16:55–18:30	18:31–19:00	19:01–19:30	19:31–20:00	20:01–20:30	21:00–21:31
III. Fair	(men)	10:49–12:10	12:01–14:00	12:31–14:45	13:01–15:35	14:31–17:00	16:16–19:00
	(women)	14:31–16:54	15:55–18:30	16:31–19:00	17:31–19:30	19:01–20:00	19:31–20:30
IV. Good	(men)	9:41–10:48	10:46–12:00	11:01–12:30	11:31–13:00	12:31–14:30	14:00–16:15
	(women)	12:30–14:30	13:31–15:54	14:31–16:30	15:56–17:30	16:31–19:00	17:31–19:30
V. Excellent	(men)	8:37–9:40	9:45–10:45	10:00–11:00	10:30–11:30	11:00–12:30	11:15–13:59
	(women)	11:50–12:29	12:30–13:30	13:00–14:30	13:45–15:55	14:30–16:30	16:30–17:30
VI. Superior	(men)	< 8:37	< 9:45	< 10:00	< 10:30	< 11:00	< 11:15
	(women)	< 11:50	< 12:30	< 13:00	< 13:45	< 14:30	< 16:30

< Means "less than"; > means "more than."

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