

Lifetime Fitness Goals

Developing personal fitness goals during your teen years is essential to maintaining good health throughout your life. Personal fitness for a lifetime is an achievable goal.

As you get older, 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. Done regularly, leisure-time activities can improve some aspects of health-related or skill-related fitness.

Leisure-time activities provide many benefits including reduced stress levels, opportunity for social interactions, opportunity to burn calories, and increased self-esteem. Factors to consider when choosing activities are the cost, your personality and attitude, availability of equipment and facilities, your social needs, and environmental hazards.

Community Connections are also important to continuing a lifetime plan of physical fitness. Knowing what is around you and involving yourself in activities that you enjoy are important for success. Here are a few things to keep in mind within the community:

Careers in Health and Fitness

- Personal trainers
- Aerobic-dance instructors
- Fitness specialists
- Health and physical education teachers

Choosing Fitness Products

- Be wary of the latest fads.
- Technology can be used during activity, such as heart rate monitors, pedometer, and fitness tracking device (FitBit, Jawbone, Misfit, and Garmin). They may help keep you motivated to exercise.

Health and Fitness Facilities

- Commercial fitness centers
- Corporate fitness centers
- Sports medicine clinic centers
- Parks and Recreation areas

Health and Fitness Considerations

- Cost and convenience
- Available equipment
- Available facilities
- Programs and staff

Types of Fitness Activities available

- Personal Training with certified trainer. (One-on-one instruction and motivation to help meet your fitness goals.)
- Functional Training using training ropes, kettlebells and rocker boards
- Zumba
- Tae Bo
- Kickboxing
- Yoga, Pilates, Plyometrics
- Barre (uses ballet bar to balance while doing exercises)

Check for Understanding

- What are two factors to consider when deciding on a leisure-time activity?
- What keeps you motivated to exercise? Explain.
- What type of technology do you like to use while exercising? Why do you choose this type of technology or why do you not use technology?
- What fitness activities are available in your neighborhood?

Coach's Reflection: