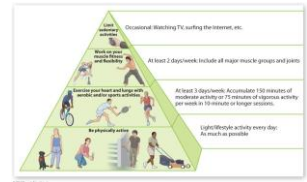


What do **YOU** want
from exercise?

How Much Exercise Is Enough?

- 150 min/wk moderate exercise
- 75 min/wk vigorous exercise
- or an equivalent combination

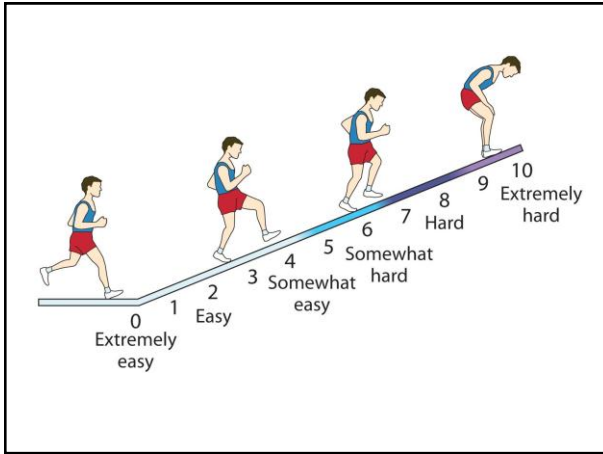


What does exercise
look like to **YOU**?

Cardio Recommendations

Cardiorespiratory Endurance

- Frequency** → 3-5 days per week
- Intensity** → 64%-95% of maximum heart rate
- Time** → 20-60 minutes
- Type** → Any rhythmic, continuous, large muscle group activity



Muscle Fitness Recommendations

- Frequency** → 2-3 days per week
- Intensity** → Last 2 Reps?
- Time** → 8-10 exercises, 2-4 sets, 8-12 reps
- Type** → Resistance training (with body weight and/or external resistance) for all major muscle groups

Flexibility Recommendations

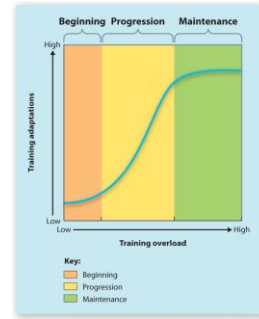
- Frequency** → Minimally 2-3 days per week
- Intensity** → To the point of mild tension
- Time** → 10-30 seconds per stretch, 2-4 reps
- Type** → Stretching, dance, or yoga exercises for all major muscle groups

What gets in the way of exercise for **YOU**?

Resources on Campus



Increasing Fitness



Maintaining Fitness



What motivates YOU to exercise?

WHAT YOU DO
TODAY
CAN IMPROVE ALL
YOUR TOMORROWS

Questions???

The other part of the equation...



Friday May 31st @ 12pm