



The Components of a Fitness Program for Healthy Individuals

Cardiovascular Fitness

Cardiovascular or aerobic exercise is when the body uses oxygen while producing energy for physical activity. Aerobic means "with air." Aerobic metabolism occurs when the body breaks down fat and glucose by combining with oxygen.

Intensity

Cardiovascular exercise is a repetitive and continuous activity that elevates the heart rate into a target range (60-80% of max) to challenge the body's cardiovascular endurance and increase the capacity of the circulatory system.

Duration

Maintain exercise intensity for 0-45 minutes (may be broken down into shorter bouts of exercise totaling 30 minutes per day).

Frequency

Performing three to five days of cardiovascular exercise per week is recommended. Four to five days a week is recommended for weight loss.

Benefits

- ✓ increased cardio respiratory endurance and efficiency.
- ✓ calorie consumption and weight loss.

- ✓ enhanced feelings of well being.
- ✓ improved immune system.
- ✓ positive effect on blood pressure, diabetes, cholesterol, and many other chronic conditions and diseases.

Options for cardiovascular workouts at the YMCA:

- Walking / Running: Indoor and outdoor tracks located next to the parking lot and the second level of the Fitness Center.
- Stationary cardio equipment located in the cardiovascular center (second level of the Fitness Center) includes treadmills, bikes, ellipticals, and rowers.
- Aerobic classes located in the Group Exercise Studio and the Auditorium include Cardio Sculpt, Hi-Lo Combo, Interval Training, Active Seniors, Step and Spinning.
- Aquatics: Two pools located through the locker rooms. Cap swimming (we offer lessons for adults), water walking, water belt (on your own or in a class), Water Aerobics and Senior Water Aerobics.

Strength Fitness

Strength fitness training refers to those activities sufficient to develop and maintain muscular fitness and fat-free mass (muscle weight) or reduce the normal decrease in fat-free mass (muscle weight) associated with aging.

Intensity

An effective resistance level would cause momentary muscle fatigue in a set per muscle group in less than 90 seconds (8-12 repetitions) using controlled movements (2 second lift, 4 second lower).

Duration

Eight to ten separate exercises that train the major muscles of the hips, thigh, legs, back, chest, shoulders, arms and abdomen should be performed. Approximate time per session: 15 to 25 minutes.

Frequency

Two to three days per week.

Benefits

- ✓ increased muscular strength and endurance.
- ✓ improved body composition and physical appearance.
- ✓ increased bone density.
- ✓ enhanced strength of connective tissue.
- ✓ maintain or increase metabolism.
- ✓ reduction in the risk of osteoporosis, low back pain, hypertension, and diabetes.
- ✓ enhanced feelings of well-being.

There are a variety of ways to get a muscular strength or endurance workout at the YMCA:

- Our state-of-the-art Nautilus Training Facility located in the Fitness Center.
- Functional training equipment such as stability balls, bands, medicine balls and cables, located in the Fitness Center.
- Free weight equipment in the Fitness Center.
- Group Exercise: Cardio, Sculpt, Pilates, Body Sculpt, Stretch Tone, Active Seniors, located in the Group Exercise Studio and Auditorium.

Flexibility

Optimal musculoskeletal function requires that an adequate range of motion be maintained in all joints. Therefore, preventive and rehabilitative exercise programs should include activities that promote the maintenance of flexibility. A general exercise prescription for achieving and maintaining flexibility should adhere to the following guidelines.

- Precede stretching with a warm-up to elevate muscle temperature.

- Do a static stretching routine that exercises the major muscle tendon units. The regimen should focus on muscle groups (joints) that have a reduced range of motion.
- Perform a minimum of two to three days per week, ideally five to seven days per week.
- Stretch to the end of the range of motion (ROM) at a point of tightness without inducing discomfort.
- Hold each stretch for 15-30 seconds.
- Minimum of two repetitions for each stretch.

Stretching can be done almost anywhere at home or at the Y after your workout. We also have StretchMate stretching stations located in the Fitness Center, which help facilitate stretching. Flexibility is addressed in all group exercise classes but is the focus of Stretch Tone, Yoga and Pilates.