



Fitness for All

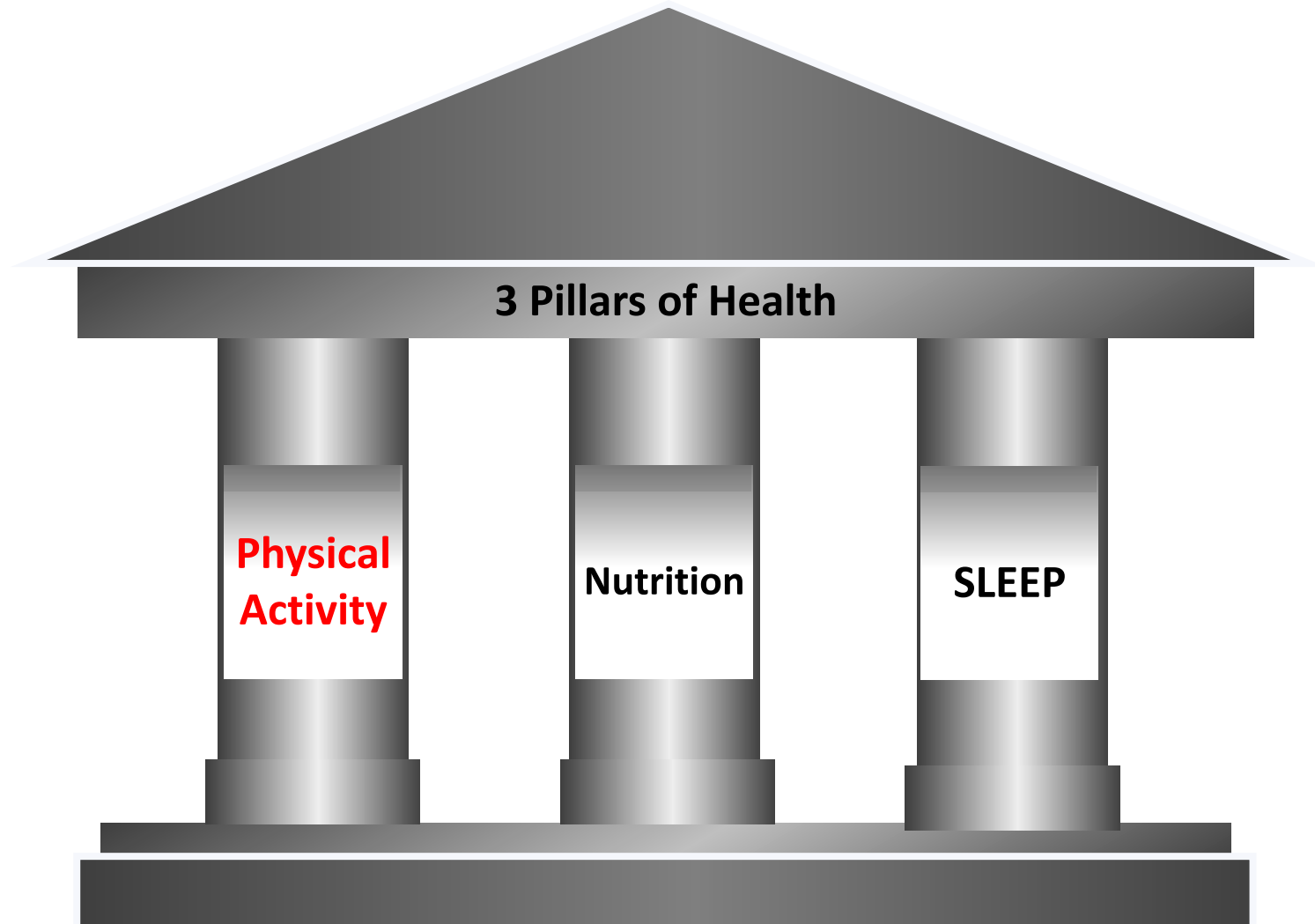
Mark McManus

LeisureWorld

Quick Survey

- Q1. Do you have or have you had a Dog? (or any pet really)
- Q2. Are you hoping to get information on:
 - a. Older Adult Fitness (approx. 60yrs plus)
 - b. Adult Fitness (approx. 20yrs – 60yrs)
 - c. Children's Fitness (Under 18yrs)
 - d. All of the above

3 Pillars of Physical Health





GOOD HABITS



EXERCISE



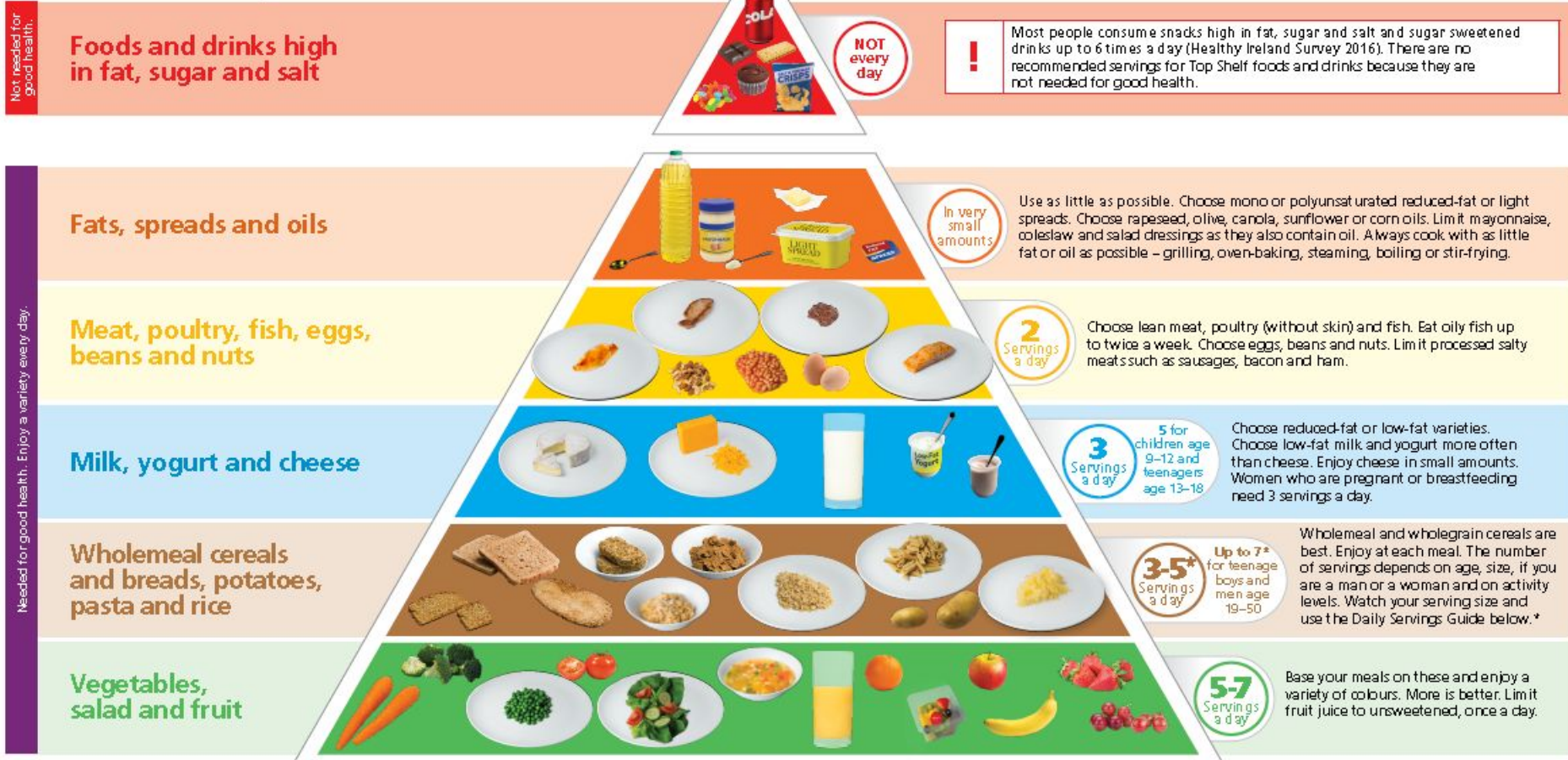
HEALTHY FOOD



SLEEP

The Food Pyramid

For adults, teenagers and children aged five and over



*Daily Servings Guide – wholemeal cereals and breads, potatoes, pasta and rice

Active	Child (5-12)	Teenager (13-18)	Adult (19-50)	Adult (51+)	Inactive	Teenager (13-18)	Adult (19-50)	Adult (51+)
		3-4	4	4-5		3-4		3
	3-5	5-7	5-7	4-5		4-5	4-6	4

There is no guideline for inactive children as it is essential that all children are active.

Average daily calorie needs for all foods and drinks for adults

Active 2000kcal	Inactive 1800kcal	Active 2500kcal	Inactive 2000kcal
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Serving size guide

Cereals, cooked rice and pasta, and vegetables, salad and fruit Use a 200ml disposable plastic cup to guide serving size.	Cheese Use two thumbs, width and depth to guide serving size.	Meat, poultry, fish The palm of the hand, width and depth without fingers and thumbs, shows how much you need in a day.	Reduced-fat spread Portion packs found in cafes can guide the amount you use. One pack should be enough for two slices of bread.	Oils Use one teaspoon of oil per person when cooking or in salads.
Drink at least 8 cups of fluid a day – water is best	Get Active! To maintain a healthy weight adults need at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week); children need to be active at a moderate to vigorous level for at least 60 minutes every day.			

Source: Department of Health, December 2016.

FOOD PYRAMID



3 PILLARS OF PHYSICAL HEALTH



RULES OF HEALTHY SLEEP



The illustration shows a woman with long brown hair, wearing a pink tank top and dark shorts, sleeping peacefully in a bed with a white pillow and blue blanket. To her left is a large red 'X' in a white circle, and to her right is a large green checkmark in a white circle.

 Coffee, tea			Walk
 Alcohol, cigarettes			Temperature 16-19C
 Overeating			Easy reading
 Horror and action movies			Airing of the room
 Gadgets			Regimen of day
 Hard training			Meditation

Physical activity



PHYSICAL ACTIVITY

ROUGHLY 1.7 MILLION IRISH ADULTS REGULARLY PARTICIPATE IN SPORT

TOP 5 ACTIVITIES

46%
Regularly participate in sport which is roughly 1.7 million people

150,000
additional participants since 2017

34%
Meet the National Physical Activity Guidelines through participating in at least 30 mins of moderate or greater intensity physical activity at least 5 times in the previous 7 days

16%
Personal Exercise

9%
Swimming

7%
Running

4%
Cycling

3%
Soccer/Yoga/Dancing

45%
Regularly walk for transport

66%
Regularly walk for recreation

10%
Cycle for transport

SOCIAL PARTICIPATION

47% ARE REGULARLY INVOLVED SOCIALLY IN SPORT

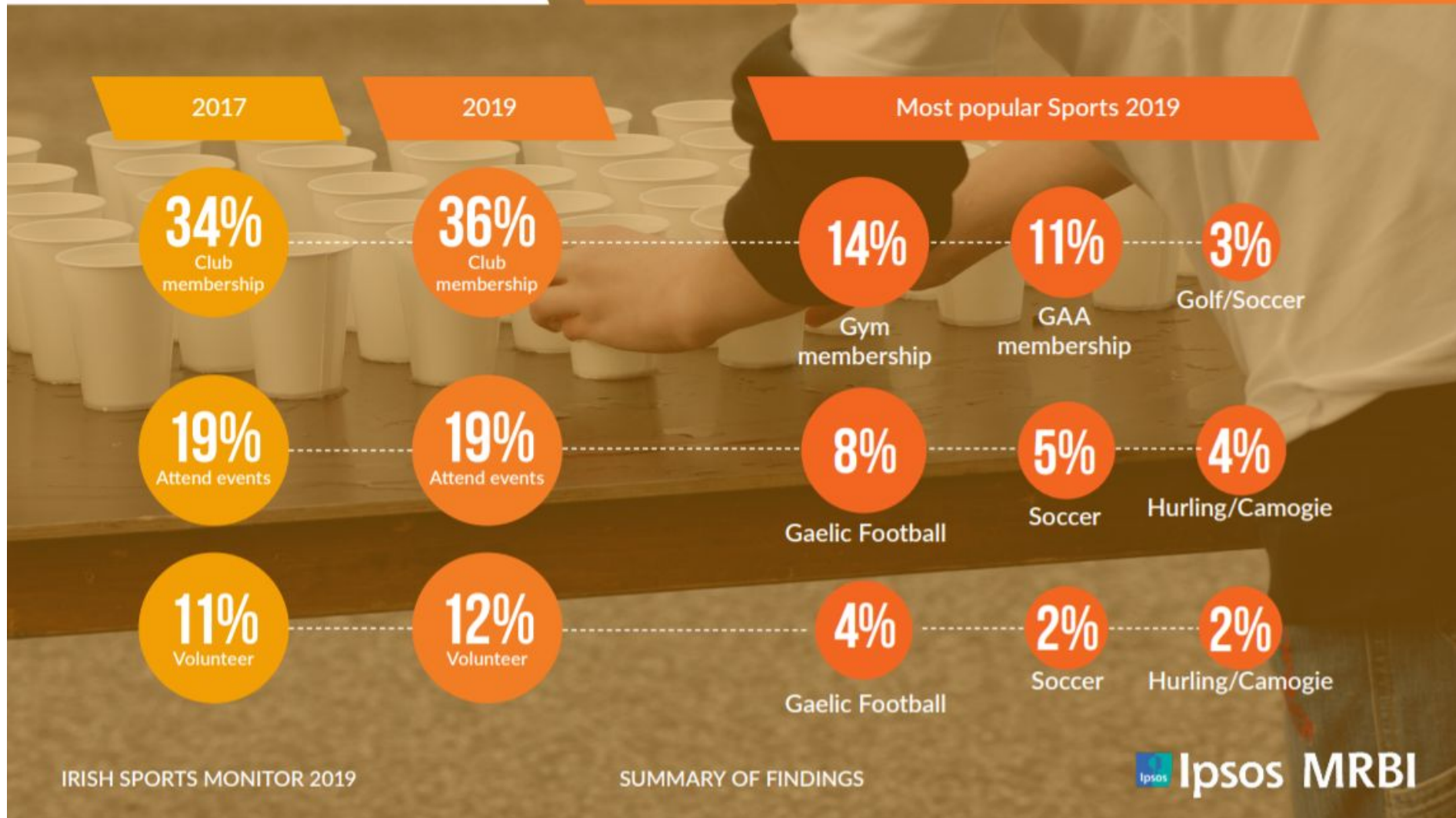
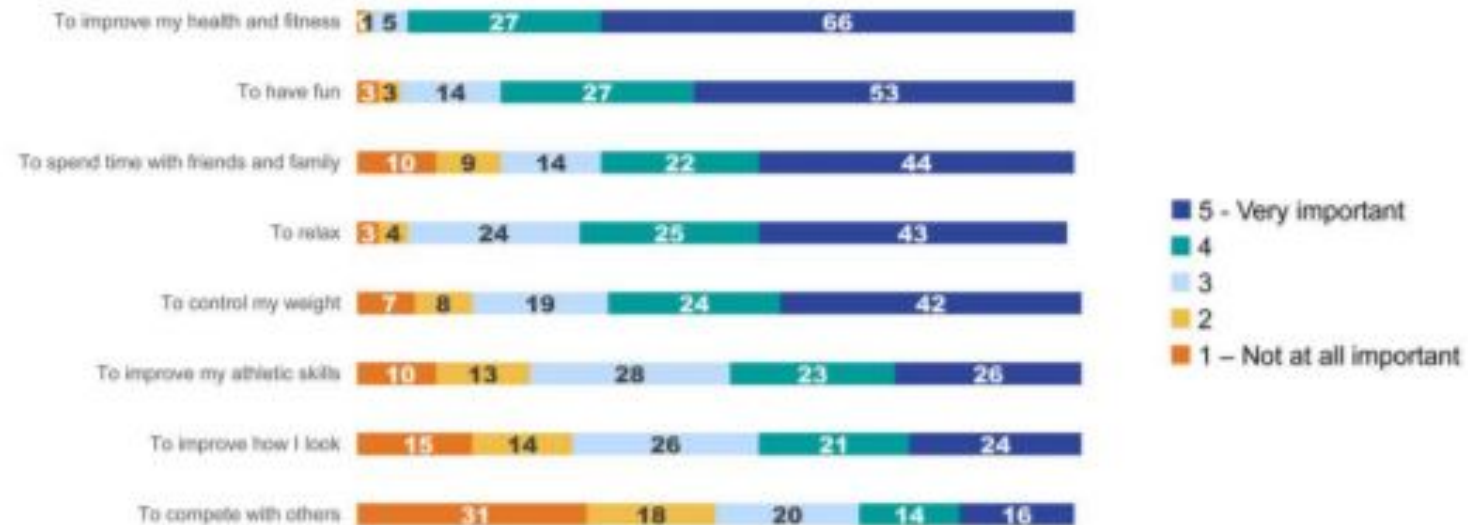


Figure 1.8 Popular sports among gender and age groups (%)

Sport	Total	Men	Women	Aged under 35	Aged 35 or older
Personal exercise	16	16	16	25	12
Swimming	9	8	9	9	8
Running	7	8	6	10	5
Cycling	4	6	3	4	5
Soccer	3	6	1	7	2
Yoga	3	1	5	3	3
Dancing	3	1	4	4	2
Golf	2	4	1	1	3
Gaelic football	2	3	2	6	1
Weights	2	3	2	4	2
Pilates	1	-	2	1	2
Hurling/Camogie	1	1	1	3	-

Figure 1.10 Importance of various reasons for participating in sport (%)



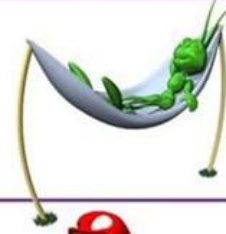
Fitness for All

WHY SHOULD I EXERCISE?

**MY STAMINA
IS
INCREASED**



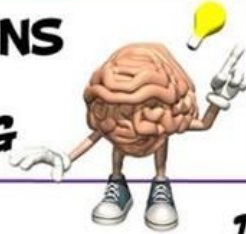
**I SLEEP
BETTER**



**It makes me Feel
Fit and Healthy**



**IT SHARPENS
MY
THINKING**



**MY BODY GETS
LEANER**



**IT GIVES
ME MORE ENERGY**



**MY MUSCLES AND BONES
GET STRONGER**



**IT HELPS
ME TO
RELAX**



**IT RELIEVES
STRESS
IN MY LIFE**



MY HEART BECOMES MORE EFFICIENT

REGULAR PHYSICAL ACTIVITY



Helps build and maintain healthy bones, muscles and joints



Helps reduce the risk of developing obesity and chronic diseases



Helps to achieve and maintain a healthy body weight.



Improves the quantity and quality of sleep



Greater self-esteem and better self-image



Improves coordination and motor skills



Raised heart rate to 170 bpm
40-60 mins, 3-4x per week =
5-10% improvement in
aerobic fitness in 8-12 weeks.



Resistance training
2 or 3x per week
improves **muscle strength**
and endurance.



Every 15 mins of exercise
improves **academic performance**
by an average of about a
quarter of a grade.



30 minutes of **cardio** exercise
per day boosts **confidence**,
reduces **stress** and **anxiety**.

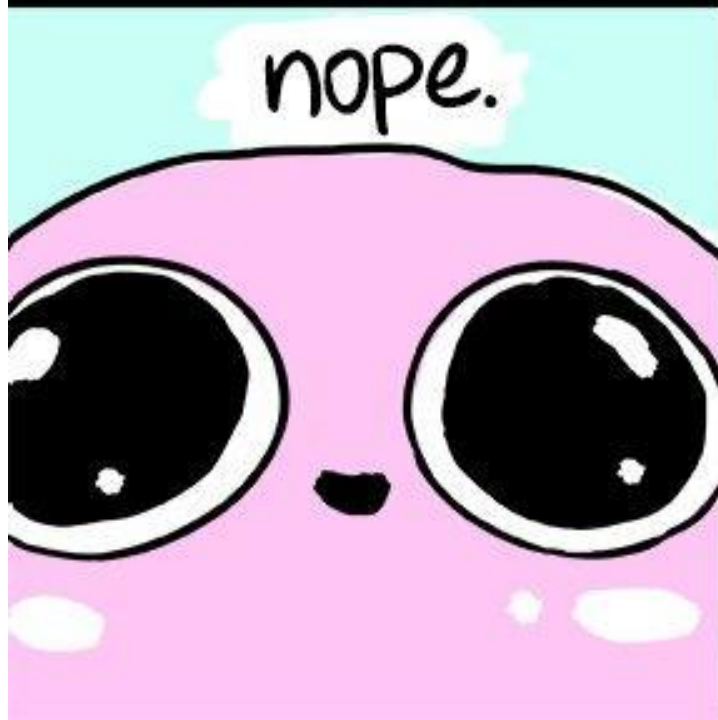


Exercise between the ages of **11-18**
increases **bone density**, particularly
in the spine and hip.



30 minutes on the treadmill
boosts **problem solving**
by up to 10%

Why Don't we exercise more?



LORYN BRANTZ • BUZZFEED

Tips

- Focus on what you can control
- Acknowledge what is outside of your control and the impact that it has



Working Out When Kids and Pets Are Around



Physical Activity & Fitness



Plan for today:
**Get out of the house
and exercise!**



www.HedgerHumor.com

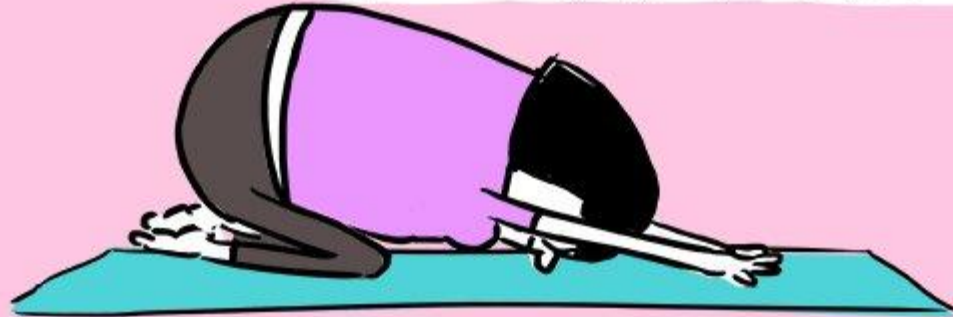
Reality:
**Put on exercise clothes.
Eat two cupcakes.**





HERE WE GO,
GONNA WORKOUT!
BE HEALTHY!
DISCIPLINED!

LET'S BEGIN IN CHILD'S POSE...



ZZZZZZZZZZ

**What
are we
missing
???**



Even the dogs in the street know !!!!

Good advice from dogs

1. Eat well,
drink lots
and stay
active


2. Prioritise rest and
relaxation – have a safe,
chill zone all for yourself


3. Surround
yourself
with good
friends –
dogs and
humans


4. Be
pawsitive
and take
things in
your stride


5. Stay
endlessly
curious – learn
something
new
everyday!



Do we look after our dogs (pets) better than ourselves ???

Keep your pooch healthy and happy during lockdown

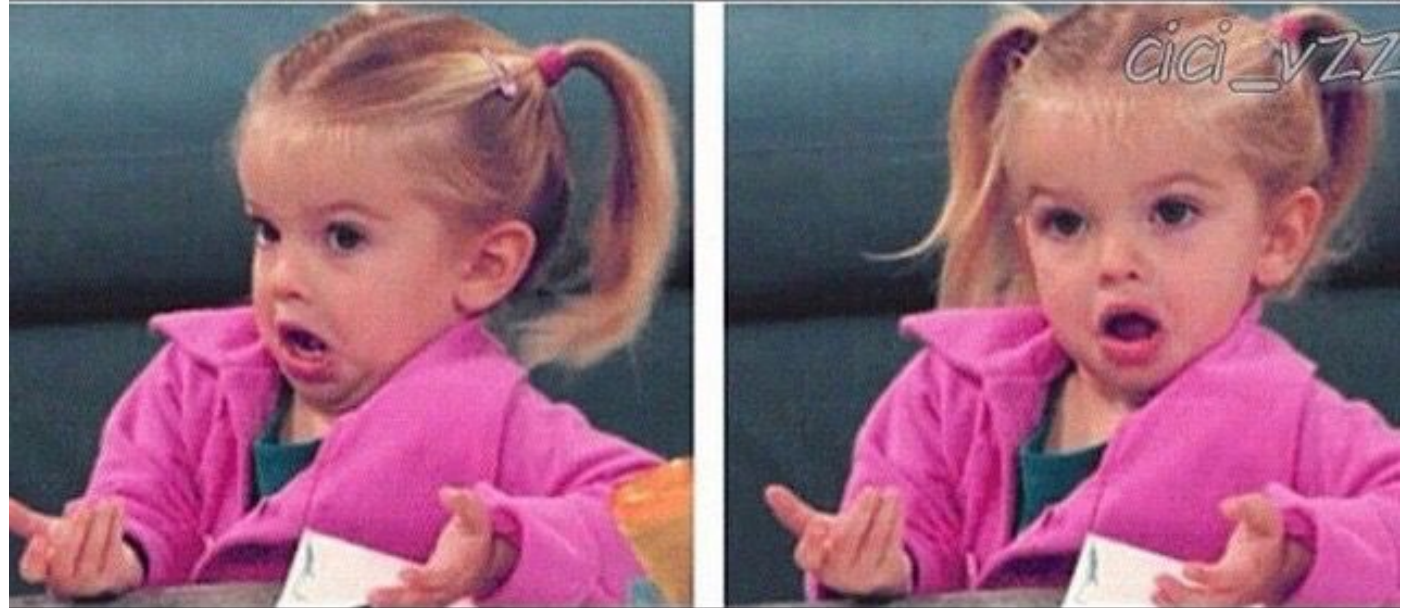


STRENGTHS-BASED HEALTH AND WELLNESS



The Goal !!!

**WHEN SOMEONE ASKS,
"WHAT DO YOU DO FOR FUN?"**



**UMM, UH...
I DON'T KNOW...WORKOUT!?!**

What is Fitness?

COMPONENTS OF FITNESS

ENDURANCE

(Oxygen Delivery)

STAMINA

(Energy Utilization)

STRENGTH

(Force Exertion)

FLEXIBILITY

(Range of Motion)

POWER

(Explosiveness)

SPEED

(Time Minimization)

COORDINATION

(Movement Integration)

AGILITY

(Movement Control)

BALANCE

(Body Control)

ACCURACY

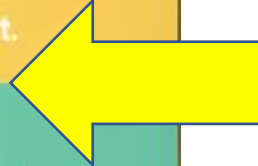
(Movement Precision)

HEALTH-RELATED FITNESS COMPONENTS

- **CARDIOVASCULAR ENDURANCE**
Your body's ability to deliver oxygen to working muscles during exercise.
- **MUSCULAR ENDURANCE**
Your muscles' ability to exert force repeatedly or for an extended period of time.
- **MUSCULAR STRENGTH**
Your muscles' ability to exert a maximum amount of force in one effort.
- **FLEXIBILITY**
Your muscles' and joints' ability to move through their full range of motion.
- **BODY COMPOSITION**
Your body's ratio of lean muscle to stored fat.

SKILL-RELATED FITNESS COMPONENTS

- **SPEED**
The ability to perform actions or cover distance quickly.
- **POWER**
To ability to combine both speed and force in movements and actions.
- **AGILITY**
The ability to quickly change direction without losing speed or power.
- **BALANCE**
The ability to stabilize the body both in movement and when maintaining stillness.
- **COORDINATION**
The ability to use your senses in combination with your actions when in movement.
- **REACTION TIME**
The ability to respond quickly to what you feel, see or hear.



COMPONENTS OF FITNESS FOR HEALTH



CARDIORESPIRATORY ENDURANCE

Our ability to perform an activity, with our heart rate elevated, for a certain amount of time.



MUSCULAR STRENGTH

Our ability to exert force during an activity.



FLEXIBILITY/MOBILITY

The range of motion around our joints.



MUSCULAR ENDURANCE

The ability of our muscles to continue to perform an activity without fatiguing.



BODY COMPOSITION

The amount of body fat, muscle, bone and other tissues that make up our body.

Top 10 Cardiovascular Endurance Exercises

 CRISSCROSS JUMPS	 FROG JUMPS
 SUPERBALL BOUNCE	 BOXER BOUNCES
 RUN IN PLACE	
 High Knee March	JUMP ROPE
 JUMPING JACKS	 Scissor Steps
	 MOUNTAIN CLIMBERS

Top 10 Muscular Strength Exercises

DIPS



SIT UPS



PUSH UPS



POWER KICKS



SHOULDER PRESSES



VERTICAL JUMPS



SQUAT JUMPS



LUNGES



STANDING



PULL UPS



SQUATS

Top 10 Flexibility Exercises



SIT AND REACH

TOE TOUCHES



BUTTERFLIES



STRADDLE STRETCHES



LUNGES



CALF STRETCH



HAMSTRING STRETCH

TRUNK LIFT



QUAD STRETCHES



Arm Rotations



Top 10 Muscular Endurance Exercises



CLIMBING WALL



CRAB PUSH UPS



BURPEES



CURL UPS



PLANK

V SIT



BRIDGE



LEG RAISES



WALL PUSH UPS



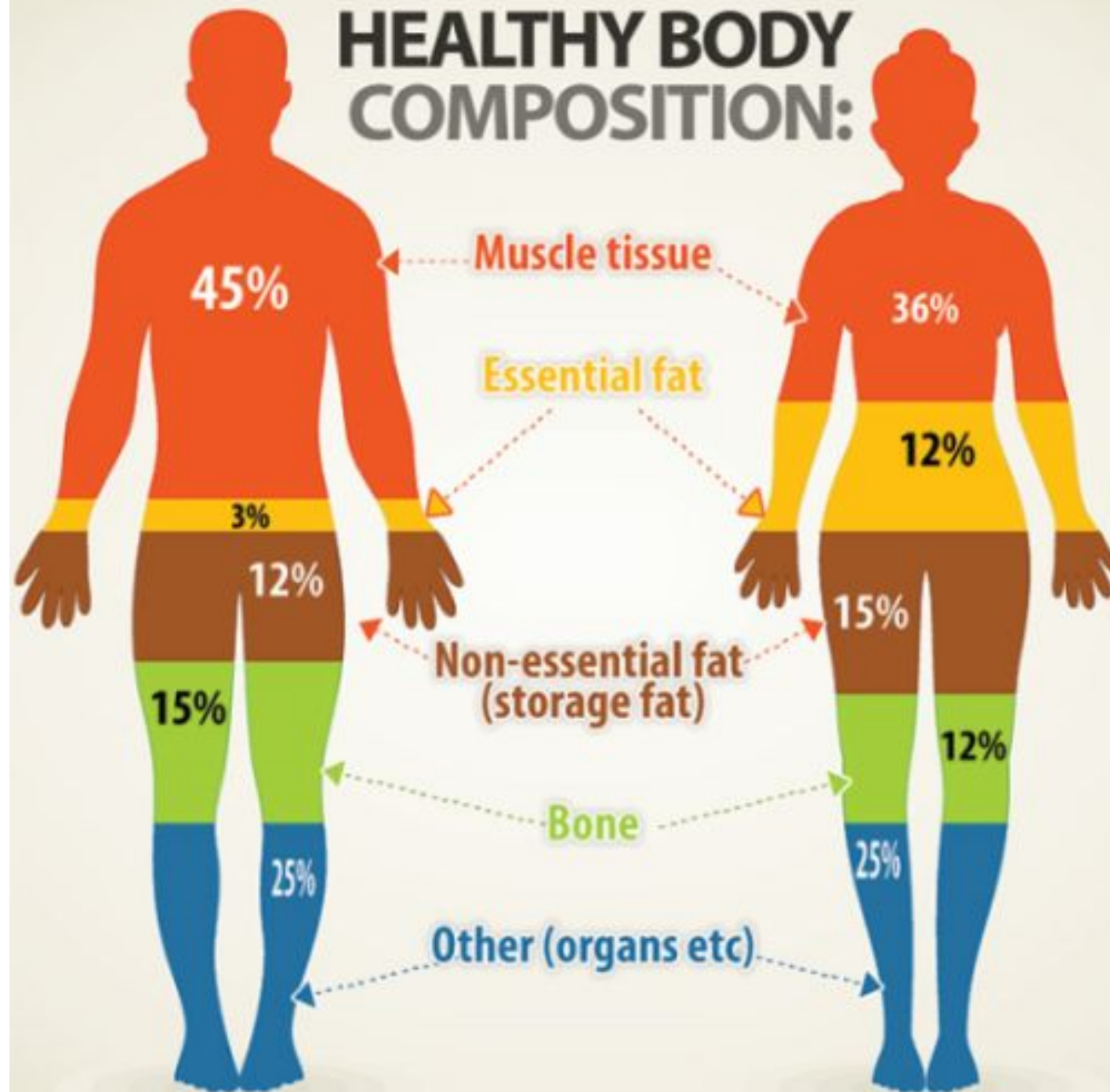
WALL SIT



FLEXED

ARM HANG

HEALTHY BODY COMPOSITION:



How do I know how much to Do?

How do I know what to Do?

How do I know how to Do it?

What if I do it wrong?

**What if I hurt myself or
overdo it ?**

Starting a New Workout Routine

By Hedger Humor

Beginning of class



Six minutes in



Come on, 10 push-ups!
Let's go! One... two...



Next four days

It's going to take you
30 minutes to get
upstairs.

I CAN'T
MOVE!



How do I know how much to Do for me?



Let's Get Active!

...to improve health & wellbeing

We should all aim to achieve the following:

30 Minutes a Day which can be 3 x 10 minute sessions

5 Days a Week

Perform at a Moderate Intensity

- You should feel warmer
- Breathe faster
- Raise your heart rate

Try Physical Activities such as:

Walking / Running / Cycling / Swimming / Gardening





SIT LESS



MOVE MORE

REMEMBER - some physical activity is better than none!

How much physical activity should we be doing?

The National Guidelines on Physical Activity for Ireland* are based on international expert evidence and describe appropriate levels of health enhancing physical activity for the Irish population.

AT LEAST
60MINS
EVERY DAY

Children and young people (aged 2 - 18)

All children and young people should be active, at a moderate to vigorous level, for at least 60 minutes every day. This should include muscle-strengthening, flexibility and bone-strengthening exercises 3 times a week.

AT LEAST
30MINS
EVERY DAY

Adults (aged 18 - 64)

Adults should be active for at least 30 minutes a day of moderate activity on 5 days a week (or 150 minutes a week).

AT LEAST
30MINS
EVERY DAY

Older people (aged 65+)

Older people should be active for at least 30 minutes a day of moderate intensity activity on 5 days a week, or 150 minutes a week with a focus on aerobic activity, muscle-strengthening and balance.

AT LEAST
30MINS
EVERY DAY

Adults with disabilities

People with disabilities should be as active as their ability allows. Aim to meet adult guidelines of at least 30 minutes of moderate-intensity activity on 5 days a week.

and Physical Activity Diary



Fact sheet for Adults



Being physically active is one of the most important steps that you can take to improve your health whatever your age or ability. **So get active your way and enjoy the rewards!**

How much?

At least 30 minutes of moderate intensity physical activity on 5 days a week; or
At least 150 minutes of moderate intensity physical activity a week.

What counts?

You don't have to do it all at once. You can build your 30 minutes or more over the day by doing a number of short bouts of activity. You must be active for at least 10 minutes for it to count. A mixture of physical activity that increases fitness as well as strengthening muscle and bone provides the most benefit.

What is moderate intensity physical activity?

	How it feels	Examples
Moderate intensity	Increased breathing and heart rate, but still able to carry on a conversation. Warm or sweating slightly, comfortable pace.	Brisk walking - 1 mile in 15-20 minutes. Water aerobics Cycling slower than 10 miles per hour Ballroom dancing General gardening Brisk hovering Tennis (doubles)



For more information on how to be active every day visit www.littlesteps.eu or contact 1850 24 1850 for a copy of Get Active Your Way.



How do I know how much to Do for me?

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

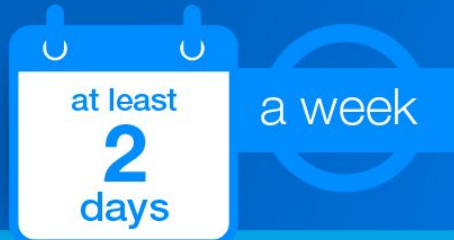
Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Tight on time this week? **Start with just 5 minutes.** It all adds up!

What counts as **strengthening** and **balance** activities



Aim to do muscle strengthening and balance activities at least 2 days a week



going to the gym



yoga



carrying heavy shopping



ball games



racquet sports



aerobic circuit training

What counts as moderate intensity cardiovascular physical activity

Being able to talk but not sing indicates moderate intensity activity



brisk walking



swimming
and water aerobics



cycling



hiking



gardening and
pushing a lawn mower



dancing



active recreation



housework and
domestic chores



carrying or moving
moderate loads (<20kg)

What counts as vigorous intensity cardiovascular physical activity

Having difficulty talking without pausing is a sign of vigorous activity



jogging
or running



walking/climbing
briskly up a hill



fast cycling



aerobics



fast swimming



most competitive sports



carrying or moving
heavy loads (>20kg)

But this doesn't help youas it's not specific and individual to your needs!!!!



How do I start?

How do I know how to get started or keep going & improving?

- Best way is to get professional advice & help
 - This will be specific and individual to you
- Join a Cork Sports Partnership Program
 - You will meet other in a similar position as yourself
- Talk with a friend or someone you know who is already on the way to where you want to be - but be careful – are they in the same situation or have similar goals as you do?
- Use online apps or programs – can be useful for more experienced and confident exercisers providing lots of data and information.



Project WeightLoss

12 WEEK EXERCISE PROGRAMME



Commencing
JANUARY 2021

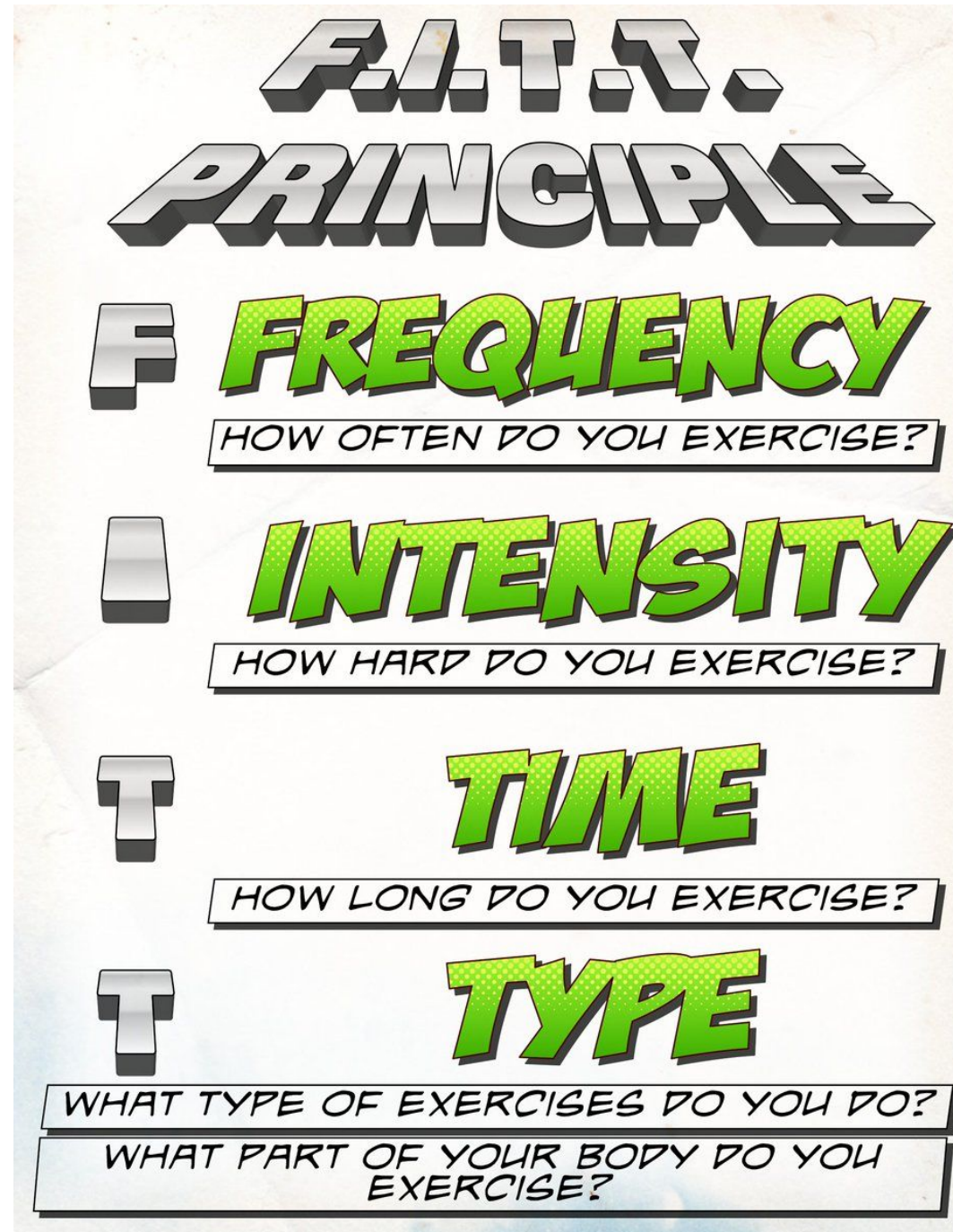


- ✓ 1 HOUR TWICE A WEEK
- ✓ ONLINE & OFFLINE
- ✓ FREE ASSESSMENTS

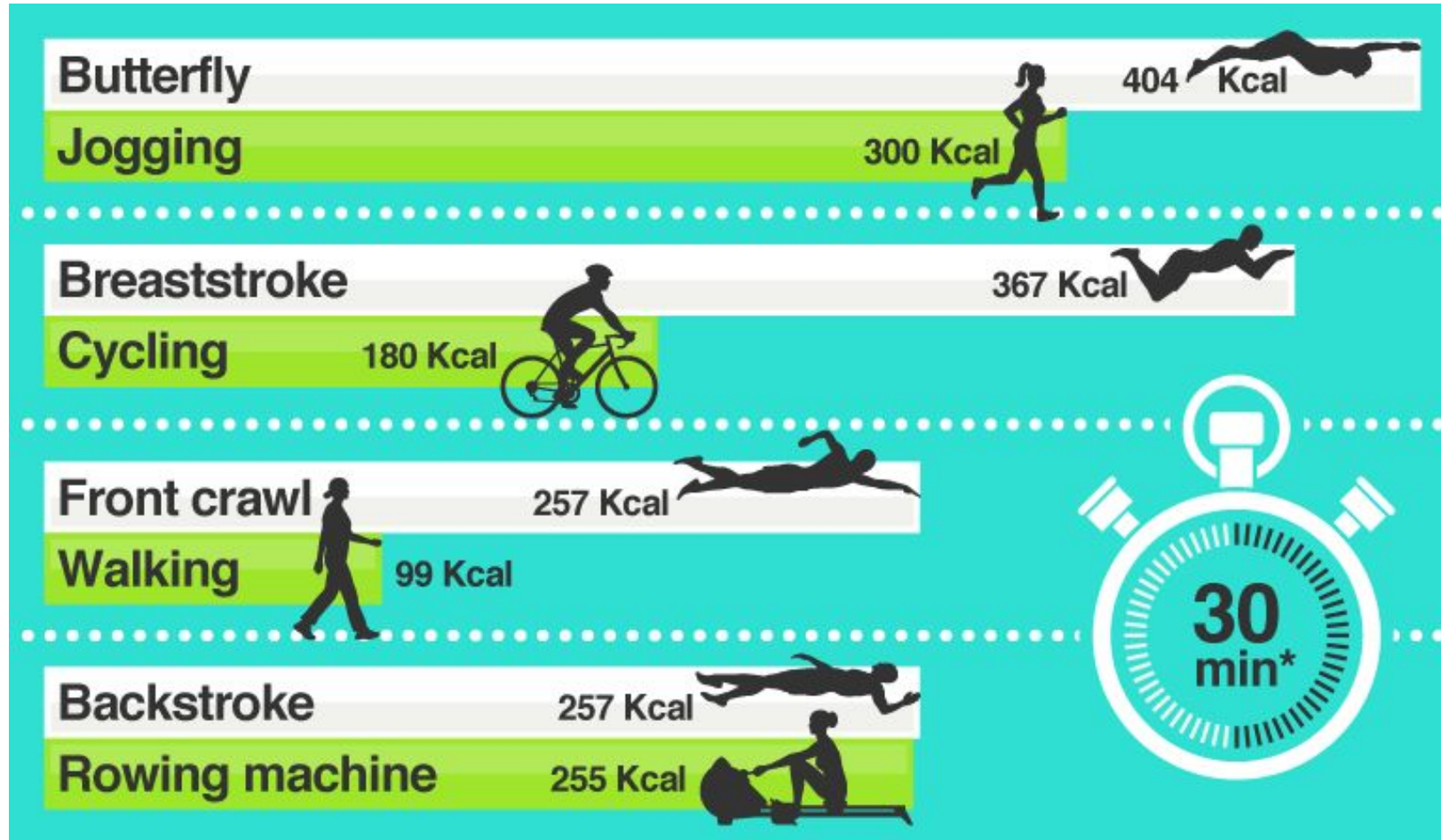
- ✓ ACTIVITY SESSIONS
- ✓ EDUCATIONAL INFO
- ✓ PEER SUPPORT

"I'M FEELING MUCH BETTER IN MYSELF. I'M MORE ACTIVE AND I'VE LOST WEIGHT. I WOULD HIGHLY RECOMMEND PROJECT WEIGHTLOSS"

Design
your own
fitness
program
using the
FITT
Principle



Some ideas on what activities to do & how they compare to each other



Based on
60 mins of
water
activity



Water aerobics
Burns **821** Calories



Water volleyball
Burns **211** Calories



Diving, springboard or platform
Burns **211** Calories



Swimming laps, freestyle, fast
Burns **704** Calories



Swimming backstroke
Burns **493** Calories



Swimming butterfly
Burns **774** Calories



Swimming Leisurely, Not laps
Burns **422** Calories

Intensity????

MEASURE	How intense are YOU? LIGHT	MODERATE	VICOROUS
How it feels to you...	Feels easy.	Feels somewhat hard.	Feels very hard.
Your breathing pattern...	No noticeable changes in your breathing pattern.	Breathing quickens but you are not out of breath.	Breathing is deep and rapid
How much you sweat...	You don't break out in a sweat (unless it is hot and humid)	You develop a sweat after about 10 minutes.	You develop a sweat after just a few minutes.
Your ability to talk...	You can easily carry out a conversation or even sing.	You can carry out a conversation but CANNOT sing.	You can't say more than a few words without stopping for breath.
Example Activities...	<ul style="list-style-type: none"> - Walking at a slow pace - Sweeping the house - Hanging Laundry 	<ul style="list-style-type: none"> - Brisk walking - Raking the yard - Gardening - Active play with kids 	<ul style="list-style-type: none"> - Jogging / running / sprints - Swimming - Competitive sports e.g. Rugby - Skipping rope - Paddling

RPE Scale	Rate of Perceived Exertion
10	Max Effort Activity Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a very short time.
9	Very Hard Activity Very difficult to maintain exercise intensity. Can barely breath and speak only a few words
7-8	Vigorous Activity Borderline uncomfortable. Short of breath, can speak a sentence.
4-6	Moderate Activity Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
2-3	Light Activity Feels like you can maintain for hours. Easy to breathe and carry a conversation
1	Very Light Activity Hardly any exertion, but more than sleeping, watching TV, etc

MUSCULAR ENDURANCE

The ability of your muscle, or a group of muscles, to perform continuously without tiring.

DEFINITION

EXAMPLES

- Cycling
- Dancing
- Jump Rope
- Mowing the Lawn
- Swimming



MUSCULAR STRENGTH

The ability of your muscle, or a group of muscles, to apply force.

DEFINITION

EXAMPLES

- Body Weight exercises
- Lifting Weights
- Resistance Bands



CARDIO ENDURANCE

The ability of your body systems to gather, process, and deliver oxygen and fuel during long periods of moderate/vigorous activity.

DEFINITION

EXAMPLES

- Cycling
- Dancing
- Jump Rope
- Swimming
- Running



FLEXIBILITY

The ability to move your joints through a full range of motion.

DEFINITION

EXAMPLES

- Dance
- Pilates
- Stretching
- Tai Chi
- Yoga



BODY COMPOSITION

The amount of fat, muscle, water, and bone your body is made up of.

DEFINITION

Body composition is influenced by physical fitness levels in the other 4 components, diet, and genetics.

HOW TO TEST

- Body Fat Scale
- Skin Calipers
- Hydrostatic Weighing



It's important to understand that your physical fitness is also influenced by your diet and genetic makeup.

F is for

Frequency

How often you workout?



I is for

Intensity

How hard are you working?



T is for

Time

How long do you workout?



T is for

Type

Which exercises do you perform?



How do I know how to get started or keep going & improving?

- Best way is to get professional advice & help
 - This will be specific and individual to you
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"I'M FEELING MUCH BETTER IN MYSELF. I'M MORE ACTIVE AND I'VE LOST WEIGHT. I WOULD HIGHLY RECOMMEND PROJECT WEIGHTLOSS"

Ways to Praise



FANTASTIC



**YOU CAN
DO IT**

**WAY TO
GO**



OUTSTANDING



**THAT
WAS
AMAZING**



**ON
TARGET**



RIGHT ON



**YOU'RE ALL
OVER IT**



AWESOME

COOL



**THUMBS
UP**



EXCELLENT



#Live Like a Dog

Exercise (PLAY), Eat & Sleep

