



# Fitness Resources

## Introduction to Fitness

Exercise can boost one's mood and energy, while also promoting better sleep. In addition, exercise paired with a healthy diet is the best way to live a healthy lifestyle. People who are active generally live longer, have improved mental health, and are less susceptible to disease. For those who struggle with chronic disease, exercise can help improve symptoms and manage conditions.

**61%**

Percentage of adults who do not get enough weekly physical activity in LA County

**41%**

Percentage of adults who live a sedentary lifestyle in LA County.

**300,000**

Deaths a year in the US are attributable to poor diet and physical inactivity.

source: [http://publichealth.lacounty.gov/ha/reports/habriefs/v3i2\\_phys/physact.pdf](http://publichealth.lacounty.gov/ha/reports/habriefs/v3i2_phys/physact.pdf)

## How to Get Started

Adding more movement and activity in your life doesn't have to be difficult! The CDC recommends including a mixture of aerobic (cardio) and strength training in your weekly workout.

**Moderate-intensity aerobic activity**  
Anything that gets your heart beating faster counts.

at least  
**150**  
minutes  
a week

**AND**

**Muscle-strengthening activity**  
Do activities that make your muscles work harder than usual.

at least  
**2**  
days  
a week

### Sample Exercises

#### Aerobic

The CDC recommends **moderate** intensity exercise **150 minutes** a week (ex. 30 minutes a day, 5 days a week) or **vigorous** intensity exercise **75 minutes** a week (ex. 15 minutes a day, 5 days a week).

**Moderate** intensity exercises include walking, biking on flat ground, and light swimming. **Vigorous** intensity exercises include running, intense swimming or biking, and playing a sport.

Here is an example of an easy vigorous exercise you can do at home:

#### 30-Second Interval Sprint

Run as fast as you can for 30 seconds. Take a 40-second rest and then run sprint again for 30 seconds. Repeat until tired.

For more ideas, check out the CDC's guide here:  
<https://www.cdc.gov/physicalactivity/basics/adults/index.htm>

#### Strength Training

##### Push-Up

Get into a plank position with palms centered on the ground. Bend your elbows and allow your chest to touch the ground. Return to an upright position by contracting your elbows.

##### Squats

Stand straight with your feet hip width apart. Tighten your core and use your legs to pretend you are sitting in an invisible chair. Make sure your knees do not extend over your feet!

**Dumbbells** and other weights are useful for building strength. If you don't have equipment, using water bottles and soup cans can be a quick replacement!

# Types of Workouts

## Running

This simply involves running a certain distance a few days a week. It can help **improve cardiovascular function** along with losing weight. Benefits include strengthening joints, relieving stress, and burning calories.



## Yoga

Yoga focuses on a mind body connection and helps to relax the body. It **improves strength, balance, and flexibility**, and can be a great source of back pain relief. The relaxing nature of yoga helps manage stress and can improve sleep issues.



## Calisthenics

Calisthenics uses different body weight exercises to help build muscle in the body while **improving body control**. Progress is defined by being able to do new types of exercises. Benefits include better long-term health, improved mobility, and reduced injury risk.



## Pilates

While it could be seen as similar to yoga, pilates focuses more on the physical aspects and helps to **strengthen the core**. It increases muscle strength in the lower back, hips, and buttocks.



## Do's

### Health Myths

**"You can target fat burn"**

Working out can reduce overall body fat, but you **can't control** where the fat comes off from, so only doing crunches will not give you abs!

### **Warm Up**

Warming up helps to loosen up the muscles which can help prevent them from tearing when performing high intensity workouts.

### **Stay Hydrated**

Drinking a lot of water can help keep the body from overheating during a workout and also prevent the muscles from cramping. It also aids in weight loss.

### **Listen to Your Body**

If something in your body feels off or has abnormal pain, it is okay to take a rest day. Missing one day is better than losing several months due to an injury.

### **Just Do Something**

Even if your workout isn't the most optimized just doing a workout for a long period of time will have results. Try doing daily walks.

### **Have fun!**

Find a workout that you enjoy doing. If you enjoy it, you are more likely to stick with it and be consistent.

## Don'ts

### **Go Too Hard in the Beginning**

Many beginners try too hard at the beginning thinking they will get immediate results. This can result in injury and burn out. You want to build a sustainable habit as you will only get meaningful results if you commit for the long term.

### **Hold Your Breath**

Remember to breathe! During a difficult workout, it can be hard to catch your breath, but practice good breathing technique during your workouts to maximize the calorie burn.

### **Use unsafe household items**

Especially for things like calisthenics, make sure that whatever you use can handle the weight you put on it otherwise you risk serious injury and damage to property.

### **Try to Work Through the Pain**

If you are feeling a strain or a pain, do not try to work through the pain. Take the day(s) to rest if needed, rolling out strained muscles, icing, and elevating injuries.

### **Listen to your body**

Rest is also a part of training, and it's necessary for your body to regenerate tissues and improve bone quality after working out.

### Health Myths

**"Lifting weights bulks you up"**

Heavy weight lifting burns more calories which can result in **slimming down**. Weightlifting burns more resting calories than cardio!

**"No pain, no gain"**

A little discomfort is okay, but pushing through the pain can be more detrimental to your health.

**Listen to your body!**