



Health Track

Fitness experts agree that all adults should get at least 2 hours and 30 minutes each week of aerobic physical activity that requires moderate effort and also do strengthening activities at least 2 days a week. Your goal during the ChantFit Program is to meet and exceed those guidelines, with our help!

How do I get in all that physical activity during the ChantFit Program?

Challenge yourself to get in some type of activity 5-6 days per week during the ChantFit Program. Here is a great way to do that:

- Attend at least 1 weekly workout with your trainer. This will count as strength training.
- Complete 1 other day of strength training. You can do this by coming on your own or with a friend to the fitness center, attending another ChantFit weekly workout, or attending a strength training group fitness class on the regular schedule.
- 3-4 days out of the week complete workouts that involve at least 30 minutes of aerobic activity.

What should I do for Aerobic Activity?

- **Find a type of exercise that you enjoy, that way you are more likely to stick with it!:**
 - Play a sport or game you enjoy and that gets you moving such as tennis, beach volleyball, basketball, or golf.
 - Take a fitness class. Group fitness classes can be a fun way to exercise and give you the benefit of working out with others. The HTC center offers over 80 regular group fitness classes a week, all free to CCU students, faculty, and staff.
- **Incorporate exercise into your daily routine:**
 - Take the Stairs. Taking the stairs rather than the elevator is a simple way to add more exercise into your day.
 - Walk or bike to and around campus, rather than driving.
 - Get moving at home. Push the lawn mower, clean your house or apartment, or walk the dog. Regular household activities are a great way to add in more exercise.
 - Park Far Away! Parking at the far end of the parking lot is an easy way to add extra steps to your exercise routine.
- **Hit the gym:**
 - If you don't know how to use a machine at the HTC Center, the fitness floor staff is there to help. Don't hesitate to ask how to use a machine that is new to you. The staff is trained to show you how!

- Try an elliptical or stationary bike for a low impact aerobic workout.
- Jump on a treadmill to walk or jog. If you are new to jogging, try walking 2-5 minutes and then jogging 1 min. Then add on from there.
- If you don't like machines, walk or jog around the indoor track or try a TRX Class. There is also space for mat workouts such as crunches, push-ups, and more.
- If you are looking for something a little different, try a swim in the Williams Brice Pool. Swimming is a great way to get an aerobic workout that works your entire body.

What can I do for Strength Training when I am not with my trainer?

There are many ways you can strengthen your muscles, whether it's at home or the gym.

Great ways to strength your muscles included:

- Lifting free weights or weight machines. Try to do at least 1 exercise for all your major muscle groups (Biceps, Triceps, Shoulders, Chest, Upper-back, Core, Gluts, and Legs).
- Working with resistance bands, another great way to strength train anywhere.
- Doing exercises that use your body weight for resistance (push-ups, sit ups). Taking a Yoga or TRX Class is a great way to gain strength by lifting your own body weight.
- Take a strength training fitness class. The HTC Center offers strength building classes such as Butts & Guts, Pump it Up, Total Body Burn, and Abs classes.

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help. A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity that count as 1 set. Try to do at least 1 set of muscle-strengthening activities, but to gain even more benefits, do 2 or 3 sets. You can do activities that strengthen your muscles on the same or different days that you do aerobic activity, whatever works best.

To get more benefits of exercise, gradually add on to the amount of exercise you are doing, increase the intensity, and add in variety to your exercises. Ask your Trainer if you have additional question about what you should be doing for exercise.