



VIRTUAL FITNESS CONSULTATION

Name: _____

Date: _____

FITNESS COMPONENTS

Review HHQ

- 1) **CARDIOVASCULAR EXERCISE** – Improves capacity of the Cardiovascular System (heart, lungs, blood vessels) which circulates blood & vital nutrients throughout the body.

ACSM: 20-60 min/day with a rest day every 3-4 days shooting for 150 min/week of moderate intensity

Frequency 2-6X: _____
(what days?)

Duration <20-60min: _____
(warm up, cool down & total cv time)

Intensity 40->85%: _____
(RPE & THR)

Modality: _____

- 2) **BODY COMPOSITION** - Amount of lean mass (muscles, organs, bones, fluids) vs fat mass (essential & storage). A better measure of health than the scale (muscle/fat model & factors effecting).

- 3) **MUSCULAR STRENGTH & ENDURANCE** - Increase strength of muscles, ligaments, tendons & bone density. Overload/adapt to demands, improve ADL's, assists with weight control & increases caloric burn.

ACSM: Strengthen major muscle groups 2-3/week with at least 48hrs recovery between muscle groups

Reps 3-20: _____ Sets 1-5: _____ Rest 20sec-2min: _____

EXERCISE RECOMMENDATIONS & SELECTION: YouTube: "[Basic Full Body Workout Video](#)" & any specific exercises written on green chart (no weight selection, ROM or pad adjustments) & filed in cabinet.

*Warmup (min 5 mins)

*Challenging without compromising form

*Increase wt by 2.5-5%/max # of rep range for at least 2 workouts while maintaining proper form

*Charting & filing

*YouTube - <https://www.nampaparksandrecreation.org/> (Rec Center>Personal Training>Exercise Spotlight)

- 4) **Flexibility** – A joint's natural & full range of motion. Prepares body for movement & prevents injury.

ACSM: Stretch all major muscles at least 2-3/week holding each stretch (static) to the point of tension without pain for a minimum 20-30 seconds – up to 60 seconds for the best benefit. (dynamic vs ballistic stretching)

✓ For seat or weight selection assistance- check w/ trainer on staff or schedule a 10 min follow up with trainer