FIT VS. FUN
IS THERE A DIFFERENCE?

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OBJECTIVES

• Terms defined:  Physical Activity, Fitness and Exercise
• Dispel negative connotations associated with Physical Activity, Fitness and Exercise
• Overcoming Barriers
• How can I make it fun?
WHAT COMES TO MIND WHEN YOU SEE . . .
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Work vs. Play?
Terms Defined

- **Physical Activity**: blanket term to describe MOVEMENT

- **Fitness**: A STATE OF BEING; describes the ability to perform at a minimal standard in the five areas that comprise physical wellbeing

- **Exercise**: PLANNED AND INTENTIONAL effort toward being physically active, with a goal of attaining/maintaining physical fitness
COMPONENTS OF PA

- PA—150 minutes per week of “moderate” activity or 75 minutes of “vigorous” activity.
  - 30 minutes of MOVEMENT a day, all or most days of the week
  - What is moderate?
  - What is vigorous?
  - 10 minute bouts are OK
Components of Fitness

- Cardiovascular endurance
- Muscular endurance
- Muscular strength
- Flexibility
- Body Composition

Am I unfit because I don’t excel in any one of these areas?
COMPONENTS OF EXERCISE

- PLANNED AND INTENTIONAL!
- ANY form of PA that induces improvement
  - Exercise IS PHYSICAL ACTIVITY—with a purpose; physical activity doesn’t necessarily have to be “exercise”
- Your level of FITNESS should help guide the types of PA you do
COMPONENTS OF PA, FITNESS AND EXERCISE

- “Treadmill”? NO!
- “Weightlifting”? NO!
- “Aerobics”? NO!
- “No pain, no gain”? NO!
THE PRINCIPLE OF SPECIFICITY

- Fact: If you want to run in a marathon, you need to practice running . . .
- Fact: If you want to bench 200 lbs. you have to practice benching . . .
- FICTION: You do not NEED to run a marathon to be FIT
- Fact: There is more than one path to progress!
NEGATIVE CONNOTATIONS

- “Exercise” and “Fitness” ≠ “running”, “lifting”, “aerobics”
- Why can’t we enjoy “work”?
- Don’t demote the value of being active!
OVERCOMING BARRIERS

- You HAVE to accept that it’s going to take some time and some effort
- Exercise for HEALTH, not for weight loss
- This is NOT a temporary change, it’s a lifetime commitment
- Your main goal is to BE ACTIVE
- Have fun!
I DON’T HAVE TIME!

- Make *lifestyle* physical activity changes
- Keep an activity log
- Be prepared
- Put it on your calendar
- Make it a priority
- Grab a buddy
- Have fun!
I DON’T KNOW HOW!

- PA is simple—just move!
- Have faith!
- Stop questioning if what you are doing is good enough. Just focus on moving.
- Be creative—Have fun!
I’m Embarrassed To Go To The Gym!

- No one’s looking at you!
- Just GO! Make that a habit first.
- You DO know how, and if you don’t, ASK!
- Invest in a personal training appointment
- Grab a buddy—strength in numbers
- If you just don’t like it, don’t go.
IT’S TOO HARD!

- Tone it back
- Lighten up
- A little work goes a long way
- Do what you want to do—HAVE FUN!
Ideas for being physically active

- Play
- Frisbee Golf
- Skiing, sledding, snow boarding
- Recreation Leagues/Bar Leagues
- Yoga, Pilates
- Group Exercise
- Home videos/equipment
You don’t have to be FIT to be active, and just because you’re active doesn’t mean you’re FIT

Make physical activity a habit before you strive for “fitness”

Make it FUN. Physical activity is a lifetime effort, so if it’s something you plan to maintain, it should be enjoyable