Get S.M.A.R.T. With Your Fitness!

Lauren Ashley Ford, CPT
Graduate Assistant
UK Health & Wellness
What I hope you take from this...

- Find a strategy for success and your fitness
- Create a Fitness plan using the S.M.A.R.T. goals
- Learn new varieties and forms of exercise
- Get Motivated!
S.M.A.R.T.
S.M.A.R.T.

- **F.I.T.T. Principal**
  - Frequency - How often?
  - Intensity - How hard?
  - Time - How long
  - Type - What kind? ****

SPECIFIC
National Recommendations (CDC)

- **GOOD Benefits**
  - 2 hours & 30 minutes of moderate intensity aerobic exercise per week
  - 1 hour and 15 minutes of vigorous intensity aerobic exercise per week & muscle strengthening exercises at least 2 days a week

- **BETTER Benefits**
  - 5 hours of moderate intensity aerobic exercise per week
  - 2 hours & 30 minutes of vigorous intensity aerobic exercise per week & Muscle Strengthening exercises at least 2 days a week

http://www.cdc.gov/physicalactivity/everyone/guidelines/adults.html#Aerobic
Types of Exercise!

- Cycling
- Walking
- Jogging
- Yoga
- Running
- Machine Weights
- Circuits
- Dance Classes
- Swimming
- Group Fitness Classes
- Tennis
- Water Aerobics
Any Other Examples?
How are you going to track your progress?
Measuring Your Progress

- Health Fitness Assessment
- Physical Progress of Specific Exercise
- Medications
- How do you feel?
- Measurements
How are you going to make this last?
S.M.A.R.T.

- Be honest with yourself...
- Are these goals going to cause huge life changes?
- Who is it effecting and will they be supportive?
S.M.A.R.T.

CHANGE DOESN'T HAPPEN OVERNIGHT!
The number one reason why people give up so fast is because they tend to look at how far they still have to go, instead of how far they have gotten.
S.M.A.R.T.

- Be honest with yourself...
- Are these goals going to cause huge life changes?
- Who is it effecting and will they be supportive?
Let’s Set Some Goals!

- I’m going to wake up at 5am every morning and exercise before work!
- I’m going to exercise every day for my hour lunch break!
- I’m going to do a workout video every night before I go to bed!
- I’m going to go to the gym every day after work!
Let’s Be Real...

- I’m going to wake up at 5am every morning and exercise before work!
- I’m going to exercise every day for my hour lunch break!
- I’m going to do a workout video every night before I go to bed!
- I’m going to go to the gym every day after work!
I’m going to wake up at 5am every morning and exercise before!

“I’m so tired… I literally can’t get out of bed..”

“If I’m not well rested, my workout is just a waste..”

I’m going to exercise every day for my hour lunch break!

“I brought a healthy lunch, it evens out!”

“Sure… We can meet on my lunch break.”
I’m going to do a workout video every night before I go to bed!

- “I’ll do it after I sit on the couch for an hour watching Modern Family…”
- “Jillian Michaels can’t see me…”

I’m going to go to the gym every day after work!

- “I just want to get home.. I’ll do a work out video tonight!”
- “It’s impossible to find an open machine at 5:30! The gym is crazy!”
These are all excuses, that we use to justify our decision to not work out when really...
We are cheating ourselves out of being the best version of us.
“If it’s important, you’ll find a way. If it’s not, you’ll find an excuse.”

- Ryan Blair
RyanBlair.com
OLD SELF
VERSUS
NEW SELF
Don’t go down
without a fight!
So What’s the secret?

**SPECIFIC EXERCISES**

**FOR SPECIFIC DAYS**

**WITH SPECIFIC PEOPLE**
Think of your fitness plan in these ways...

- As a diet...
- As an appointment...
- As a class...
Think of your fitness plan in these ways...

- As a diet...
- As an appointment...
- As a class...
Let’s make your plan:

- Be realistic with your schedule
- Think of your resources
- Be aware of the required recommendations
- Think of friends, family and co-workers who would support and like to be involved
**MONDAYS**

**WHEN:** 8:30-9:45 am  
**WHERE:** Bodyshop  
**WHAT:** 45 mins elliptical, machine  
**WITH WHO:** Myself (HANK)  
**WHY:** Break in between work, I can watch the Today Show

**TUESDAYS**

**WHEN:** 8:00am-9:15 am  
**WHERE:** Johnson Center  
**WHAT:** 30 mins run, 15 min cycle, Abs  
**WITH WHO:** Myself (LIZ)  
**WHY:** After I teach fitness classes, gyms not crowded

**WEDNESDAYS**

**WHEN:** 5:30-7:00 pm  
**WHERE:** Gym at APT  
**WHAT:** 45 min elliptical, HIIT  
**WITH WHO:** Laura & Ashley  
**WHY:** Workout together, finished for the night afterwards

**THURSDAYS**

**WHEN:** 2-3 pm & 7-8 pm  
**WHERE:** Johnson Center  
**WHAT:** TRX class & Yoga  
**WITH WHO:** Leia, Jenn  
**WHY:** Already at JC, total body workout and stretching

**FRIDAYS**

**WHEN:** 7:00-9:00 am  
**WHERE:** Johnson Center  
**WHAT:** Yoga Class & Circuits  
**WITH WHO:** Ellen  
**WHY:** Stay creative on my yoga class I teach

**SATURDAYS – DAY OFF**

**WHEN:**  
**WHERE:**  
**WHAT:**  
**WITH WHO:**  
**WHY:**

**SUNDAYS**

**WHEN:** Afternoon  
**WHERE:** APT  
**WHAT:** Run outside (or treadmill)  
**WITH WHO:** By Myself  
**WHY:** ‘ME’ Time, Reflection, Done with my work day afterwards
The honest truth...
YOU HAVE WHAT IT TAKES!
BUT IT’S GOING TO TAKE EVERYTHING YOU’VE GOT.
IF YOU'RE TIRED OF STARTING OVER, STOP GIVING UP.