

## UNIT 5 : FITNESS FOR A LIFETIME

### ACT

1. Answer the questions on page 16 of the Heel Print as it relates to your **Current State of Physical Activity**.
2. Input the results of your Lab #5 fitness assessment into the **Fitness Assessment Results** on page 5 of the Heel Print and where noted, review and list your status or rating, based on the normative data provided in the lab materials.
3. Within the **Fitness Assessment Results** template calculate and analyze the changes you have made over the duration of the semester.
4. During Unit 5, record and log your weekly activity for 7 days where you are engaged in moderate to vigorous activity. Use the resources on page 16 to record the minutes per day and then total for the week to calculate your physical activity level vs. the recommended guidelines.

## UNIT 5 : CURRENT STATE OF PHYSICAL ACTIVITY

1. "Regular exercise" is defined as engaging in physical activity (e.g. walking, aerobics, jogging, etc.) 3-5 days per week for 20-60 minutes per session. Do you exercise regularly according to this definition? Select the best answer than applies to you:

	Answer
a. YES, I have been exercising regularly for MORE than 6 months	
b. YES, I have been exercising regularly for LESS than 6 months	
c. NO, but I intend to start exercising regularly in the next 30 days	
d. NO, but I intend to start exercising in the next 6 months	
e. NO, and I do not intend to start exercising in the next 6 months	

2. Indicate how confident you are that you could be physically active in each of the following situations.

	Not at all confident	Slightly confident	Moderately confident	Very confident	Extremely confident
When I am tired					
When I am in a bad mood					
When I feel I don't have time					
When I am on vacation					
When it is raining or snowing					

### 3. PHYSICAL ACTIVITY MONITORING

1. Record your physical activity for 1-week during Unit 1 and log the minutes of moderate to vigorous activity you get each day and then total for the week.

Physical Activity	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Total
Date								
Activity Level								
Minutes								

OR

Use the Training Load feature in your Fusionetics App to record your physical activity.

After each bout of activity record your:

- Type of activity
- Time of the activity (min)
- Intensity, rating of perceived exertion (how hard was activity)
- Upon saving, your training load will be automatically calculated
- Your app dashboard will track your total for each day and week



**Total**

## UNIT 5 : REFLECT

Use the space below to write your reflection on the course learn lessons, labs, and activities specific to the following:

1. Review your fitness assessment and physical activity results from the beginning and end of the semester. What were your greatest areas of improvement and what led to those changes?
2. Identify 2 personal goals related to physical activity, fitness, and/or nutrition for the next semester. List your goals as SMART goals. Discuss your plan for each goal, including how you will overcome a known barrier for each, to ensure you can achieve your goals.
3. Identify and choose a plan for over coming 2 or more barriers related to exercise and nutrition. Be specific to what you will change and how this will assist you in a quest for a lifetime of fitness and healthy nutrition.
4. How does your plan relate to your stage in the trans-theoretical model?

**Upon completing all Unit 5 activities, SAVE your updated Heel Print and SUBMIT it to your instructor.**

