



# Beginner's Fitness Program

## First Nations Health Council

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**Disclaimer**

All information provided in this booklet is for informational purposes only. The exercises and activities presented in this booklet may not be appropriate depending on your age and physical condition. FN Health Society recommends that you consult your physician prior to engaging in any exercises or activities presented in this booklet. FN Health Society assumes no liability for persons who undertake physical activity. If you are between the ages of 15 and 69, it is recommended that you start by completing the Physical Activity Readiness Questionnaire (PAR-Q) reproduced in the accompanying materials.



# Introduction

The BC First Nations Health Council, by implementing the ten-year Tripartite First Nations Health Plan, works with BC's 203 First Nations communities to close the health gap with other British Columbians. Encouraging physical activity is an important initiative of the Plan.

Getting active will change your life! Increased energy, improved moods, and more restful sleep are some immediate results you will experience through moderate exercise. For our ancestors there was no difference between work and working out, but in our modern world we need to make physical activity part of our daily routine... and that can be fun!

This beginner fitness program provides you with an easy tool to attain part of your health goals. This program is for adults, and can be performed in the home or at a centre. This program booklet is part of package that includes a DVD, travel cards, and a poster that demonstrates the exercises.

Let's lead by example and build stronger and healthier Nations.

## **Physical Activity Readiness**

Before you start a new physical activity it is important to have a health screening performed. A good start to assess your Physical Activity Readiness is to complete the nationally recognized Questionnaire called the *PAR-Q*. When you complete the *PAR-Q* (on the last page of your program booklet) note that a positive answer means you must visit your physician and that you may need to complete a *PARmed-X*  
[www.csep.ca/english/view.asp?x=698](http://www.csep.ca/english/view.asp?x=698)

## Exercise Parameters

FITT Principle is a basic way to develop guidelines for following your fitness program. FITT stands for Frequency, Intensity, Time and Type. This fitness program is a resistance training program for beginners that will develop muscle strength, muscle endurance, muscle tone, improve range of motion, burn calories, improve bone density, increase energy, and improve mental and emotional wellness.

### Frequency

**Beginner - 2 times/week**

**Advanced - 3 times/week**

For a beginner, start off at twice a week - every 3 to 4 days - and then advance to three times a week every 2 to 3 days. For example Tuesday, Thursday, and Saturday would be a good schedule. Make sure you have a 48 hour rest between work outs. Some people train every day or they may split the work out to upper body one day and lower body and core the next day.

### Intensity

In resistance training the intensity is the work load. The work load is determined by the sets of the exercise completed, the number of repetitions completed in each set, and the amount of weight used.

**Sets: 1 Set - Beginner**

**2 Sets - Advanced**

When starting a resistance training program perform only one set to ensure that the next day delayed onset of muscle soreness (DOMS) is not too intense. After one to two weeks, and decreasing DOMS, sets should be increased to two.

Sets can be increased to three sets after two months of training and DOMS is minor.

## **Repetitions**

### **15 Repetitions - Beginner**

Repetitions are the number of times you repeat the movement. To increase muscle tone, muscle endurance, and muscle strength 15 repetitions are a safe place to start. When the resistance feels light increase the weight slowly, and stay at 15 repetitions. After 6 to 12 weeks of training repetitions can be decreased to 12 with an increase of weight. The decrease in repetitions improves muscle strength; however, the lower repetitions have less impact on muscle endurance.

## **Resistance**

### **Weight 1 - 5 lbs - Beginner**

The number of repetitions performed, and the muscle being trained will determine the amount of weight used for the exercise. An exercise that trains a major muscle, for example a back exercise, will typically require more weight than a minor muscle, such as biceps. If you perform a biceps arm curl it would be very difficult to reach 15 repetitions with 25 pounds. Therefore, you want to choose a weight that can be performed for 15 repetitions easily when you first start, such as 3 pounds.

Not everyone owns dumbbells which are typically made of metal and have a safe grip. You can adapt an item in your house to be used for resistance training. Find something that does not have any moving parts and is safe. Weigh yourself without the object then weigh yourself with it, and subtract the difference to calculate the weight of the item.

When using your own body weight for resistance the angle of your body makes a difference on the gravitational pull, your body leverage, or how much weight across the joints moving against the resistance. For example, when performing a wall push up the resistance to extend your arms increases the more you lower your hands towards the floor. It is harder to perform a push up off the floor than the wall.

## Time

- Total program time - Beginner 66 minutes: for 1 set, and 3 min rest**
- Beginner 90 minutes: for 2 sets, and 2 min rest**
- Advanced 64 minutes: for 2 sets, and 1 minute rest**

**Beginner - 2 – 3 minutes Rest Period between Sets**

**Advanced - 1 minute Rest Period between Sets**

**Warm Up and Cool Down – 6- 10 minutes each**

For resistance training, Time is related to the rest period between sets of exercises. When beginning, start with a rest period of 2 - 3 minutes. It is important to recover your breathing before the next step. As muscle endurance improves the rest period between sets can be reduced to 1 minute. The program has 13 exercises therefore it may take almost 1 hour to complete when 2 sets are performed for the work out when you are first starting. The program can be split into upper body one day, and lower body and core the next day to save time, but then the workouts should be performed 4 to 6 days / week.

Each work out must include a cardio activity for a warm up and cool down and stretch. The warm up should be 6 to 10 minutes of mild to moderate continuous movement to increase muscle temperature, and prepare joints for movement. If a cardiovascular (cardio) workout such as walking or biking is performed after your resistance work out a cool down can follow the cardio work out by slowing down the last 5 minutes of activity to bring the heart rate and the breathing rate back to normal levels. A cool down must be performed after a resistance training workout for at least 6 minutes to bring the body back to a resting state and balance. The cool down could be any continuous activity such as walking outdoors. Inside the house activities any low intensity activity is good such as dancing, housework, or slowly walking up and down the stairs.

## Type

This type of fitness program is resistance training to improve muscle strength and range of motion for the full body. The full body workout is split into three sections: upper body, lower body and core. For the upper and lower body the major muscles are trained before the minor muscles.

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**





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