



Anywhere Fitness 101

Kay Simms, M.S., HFI, CSCS

Get Thirsty CBC Retreat

April 24, 2010



EXERCISE

- Heart Health
- Maintain Healthy/Lose Weight
- Blood Lipids
- Blood Pressure
- Stress Relief
- Sleep Health
- Maintain/Build Muscle
- Cardiorespiratory Health



Excuses: Think About It

- I COULDN'T work out
- I CHOSE not to work out
- I WISH I could have but did not know how



LIFE HAPPENS

- Unexpected things come up
 - Meeting
 - Extra baseball practice
 - Son needs 6 dozens cupcakes by morning (he forgot to tell you)
 - Family member gets sick
 - Travel
- Barriers can be overcome!



To Get A Good Workout

- YOU
- SPACE



REMEMBER EXERCISE PURPOSE

- Increase Heart Rate
 - Moving multiple body parts continuously or rapid, short bursts of activity
- Challenge Muscles
 - Multiple reps or isometric hold

Do NOT try to think too hard or make it too complicated!!!



STEPS TO CREATE A WORKOUT

1. Assess Location
2. Assess Equipment
3. Determine time you have
4. Pick 6-8 exercises to total body
5. Pick 1-2 cardio interval activities
6. Alternate 1-2 resistance ex/cardio interval



Assess Location

- What space do I have?
- Consider limitations/barriers
 - Hotel room-jumping may make noise
 - Park- rained yesterday and lots of mud-slippery
 - Home-kids will want to participate
- Identifying potential issues before starting will prevent interruptions/frustrations during workout



Assess Equipment

- Anything resistance producing for muscles
 - Milk Jugs
 - Towel
 - Books
 - Suitcase
 - Step Stool
 - Bungee cord
 - Park bench



Determine Time

- Consider fitness level
- Short session
 - Go hard and fast!
 - Most bang for buck exercises
- Long session
 - Slower pace
 - Think RT and cardio



Pick 6-8 Full Body Exercises

- Squats
- Pushups
- Triceps dips
- Biceps curls
- Plank



Pick 6-8 Full Body Exercises

- Shoulder press
- Side shoulder raises
- Back rows
- Lunges
- Shoulder blade squeezes
- Crunches
- Bicycles (opp knee to opp elbow)



Pick 1-2 Cardio Intervals

- March/jog in place
- Jumping jacks
- Box toe touches
- Bottom to top explosions
- Line touches
- Burpees (up-downs)



The Plan

- Set up exercise stations/map
- Warm up 5 min
- Alternate
 - 1-2 resistance exercises
 - 15-20 reps each
 - Cardio interval
 - 30 sec to 1 min
- Repeat circuit 2-4 times



Do It!!!!

- Make the most of your time!
- Be proud of your creativity and discipline!
- Thank God for the opportunity to exercise your body!
- Have fun with it!



Now...

LET'S MAKE A PLAN!!!!!!



QUESTIONS????



THANK YOU!!

For more information about personal training or nutrition counseling, please contact Kay at:

Kay.simms@gmail.com

(972)207-9800