

Fitness That Fits You

Session Notes

Intro:

There are numerous benefits and ways to exercise! Which ones are important to you/do you enjoy?

1. _____
2. _____
3. _____

Strength Training:

- Strength training sessions are designed to impose **increasingly greater resistance, which in turn stimulates development of muscle strength** to meet the added demand.
- Less than 20 repetitions.
- Free weights, machines, bodyweight.

Aerobic Exercise:

- **Constant moderate intensity activity** that elevates your heart rate, forcing your heart and your lungs to work harder than they do when you are sedentary.

High Intensity Interval Training:

- High Intensity Interval Training (HIIT) is a system of organizing cardiorespiratory training which calls for repeated bouts of **short duration, high-intensity** exercise intervals intermingled **with periods of lower intensity** intervals of active recovery.

Stretching/Breathing Linked Exercise:

- The stretching, bending, and balancing often associated with a yoga practice. Breath control exercises often associated with meditation, emphasize slow and deep abdominal breathing.

NOTES: _____

