



# Fitness and Nutrition Log

Physical fitness allows us to perform up to our potential. Fitness can be described as a condition that helps us look, feel and do our best. It is important to remember that fitness is an individual quality that varies from person to person. It is influenced by age, sex, heredity, personal habits, exercise and eating practices.

Physical fitness is most easily understood by examining its components, or “parts.” There is widespread agreement that these four components are basic:

- **Cardiorespiratory Endurance**—the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Long runs and swims are among the methods employed in measuring this component.
- **Muscular Strength**—the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.
- **Muscular Endurance**—the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Pushups are often used to test endurance of arm and shoulder muscles.
- **Flexibility**—the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider.

Your exercise program should include something from each of the four basic fitness components described previously. Each workout should begin with a warmup and end with a cooldown. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

*(Source: The President’s Council on Physical Fitness and Sports.)*

*Note*—This guide is for informational purposes only. Always check with your health care provider about your specific situation.

Week of: \_\_\_\_\_

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
<b>Warmup</b>							
Type/Duration							
<b>Aerobic Endurance</b>							
Type/Duration							
Intensity/Distance							
<b>Muscle Strength</b>							
Muscle							
Sets/Reps/Weight							
Muscle							
Sets/Reps/Weight							
Muscle							
Sets/Reps/Weight							
Muscle							
Sets/Reps/Weight							
Muscle							
Sets/Reps/Weight							
<b>Muscle Endurance</b>							
Type/Duration							
Type/Duration							
<b>Flexibility/Stretching</b>							
Type/Duration							
Type/Duration							
Type/Duration							
<b>Cooldown</b>							
Type/Duration							

## Food Log

A healthy diet is best achieved by eating a variety of nutrient-rich foods from all of the food groups. You need more than 40 different nutrients for good health, and no single food supplies them all. To optimize health and energy, incorporate a variety of each of the following components into your daily meal planning:

- **Fruits and vegetables:** Surveys show that Americans do not eat enough of these foods, which are rich in vitamins and anti-oxidants. When planning meals, try to regularly work in green leafy vegetables like kale and spinach, which provide vitamins B-2, Biotin, Folic Acid and vitamin K; deep orange and red vegetables like squash and carrots; and citrus fruits, which are excellent sources of vitamins A and C.
- **Lean Proteins** (meats, poultry, fish, nuts, soy, beans, eggs): Proteins provide long-term energy, supplying a constant flow of nutrients over time. Strive to incorporate a variety of proteins in your meal planning and experiment with new sources of protein, like a tofu stir fry, instead of always relying on meat as a staple of your meals.
- **Complex Carbohydrates** (bread, cereal, rice, pasta): Whole grains are always a more nutritious choice when choosing from this group (whole wheat bread vs. white bread, brown rice vs. white). Carbohydrates provide energy in the short-term and complex carbohydrates will sustain you longer than simple ones. Simple sugars such as cookies and candies may provide immediate bursts of energy, but often result in subsequent sugar lows and should be avoided or eaten in moderation.
- **Good fats:** These days, it seems as if everyone is afraid of fat. In fact, fat is a valuable energy source and carries fat-soluble vitamins needed for proper growth and development. “Good fats” or Omega-3 fatty acids, are an important part of a healthy diet and contain important heart-healthy nutrients that can lower the risk of heart attack. Keep in mind, however, health authorities recommend Americans consume 30 percent or less of their total daily calories from fat, with 10 percent or less of those calories from saturated fat.

Week of: \_\_\_\_\_

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Snack							
Water	□□□□ □□□□						

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