

FOUNDATIONS TO A HEALTHY LIFESTYLE

WEEK 1

“The first step towards getting somewhere is to decide you’re not going to stay where you are.”

- John Pierpont “J.P.” Morgan



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WEEK 1

FITNESS CHALLENGE

20 minutes of Cardio exercise four times a week

Cardio refers to any activity that increases heart rate and respiration while using large muscle groups repetitively and rhythmically. A stronger cardio-vascular system means more capillaries delivering more oxygen to cells in your muscles improving the performance of your heart, lungs and circulatory system.

Is your Cardio workout intense enough? Finding your Target Heart Rate is one way to determine if you're working hard enough. To obtain your Target Heart Rate check out <http://www.briancalkins.com/HeartRate.htm>

Or, use the RPE Perceived Exertion Scale: you determine on a scale of 1 – 10 your exertion level: with 1 being very light -no effort & 10 max effort. Hopefully, you find yourself between a 5 -8 RPE effort level. Still need help finding your heart rate, ask our wellness staff for assistance or join the zoom discussion on Tuesday at 7PM.

Benefits of Cardio Exercise

The great thing about cardio is that you don't have to work out for an hour to get the benefits. Even a little goes a long way. A 20-minute walk outside can boost your mood and help lower blood pressure. When you realize just how much cardio exercise can do for you, you may want to do some right now.

Burns fat and calories to help with weight loss

- Enhances sleep quality
- Expands lung capacity
- Increases bone density (weight-bearing cardio exercise)
- Lowers stress
- Promotes feeling good, and can even provide temporary relief from depression and anxiety
- Provides more confidence in how you look and feel
- Reduces the risk of heart attack, high cholesterol, high blood pressure, diabetes, and some forms of cancer
- Sets a good example for your family
- Strengthens the heart so that it doesn't have to work as hard to pump blood

SUGGESTED CARDIO EXERCISE: Walking, stairs, biking, swimming, dancing, skating, hiking, skiing, sledging, kickball, cardio machines or fitness classes.

Advance participants add an extra 20 minutes of high intensity to your regular workout routine

Register at the Westfield Y's website to join the Saturday, 9:30AM, Family Fit on Zoom

WEEK 1

NUTRITION CHALLENGE

DRINK 6 – 8 CUPS OF WATER PER DAY / THREE TIMES IN A WEEK

USDA Recommended Daily Water Intake

- People need one liter a day to nearly four liters a day depending on their gender, age, activity level, climate and health status. People consume 80 percent of their daily water in beverages, and 20 percent of their daily water in foods. The average adult needs at least 2.7 liters or 8 cups of water each day.
- Always consult your physicians

THE BENEFIT OF WATER

- Your blood, which contains a lot of water, carries oxygen to all the cells of your body. Without oxygen, those tiny cells would die and your body would stop working.
- Water is also in lymph a fluid that is part of your immune system, which helps you fight off illness.
- Water helps keep your temperature normal.
- You need water to digest your food and get rid of waste.
- Water is the main ingredient in perspiration, also called sweat.
- Besides being an important part of the fluids in your body, water is needed by each cell to work.
- Good hydration means getting the right amount of water before, during, and after exercise. Water regulates your body temperature and lubricates your joints. It helps transport nutrients to give you energy and keep you healthy.



Standard 32 oz bottle! Drinking 2 of these per day will help you meet your goal!