

Exercise

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Introduction

We hear it everywhere. Exercise is GOOD for us. It's on the news. It's on magazine covers at the supermarket. We see our friends joining health clubs and beginning to shop at the local athletic stores. If exercise is "our thing," all this hyped up enthusiasm and increased availability of products and other resources just adds to our enjoyment. But if we dislike the idea of exercising yet feel that we should be doing it, everyone else's zeal can be downright depressing.

It's been estimated that more than 60 percent of American adults do not get the recommended amount of physical activity. In fact, 25 percent are not active at all. Given that some experts say that being physically fit is even more important to the overall health equation than eating properly or maintaining an ideal weight, these numbers are disappointing. Eighty-five percent of us are falling short of the goal. This course is designed for that eighty-five percent. Whether you're totally sedentary and detest the thought of ANY kind of exercise, or whether you engage in some sort of regular physical activity, but would like to do more, hopefully you'll get some information, incentive, and ideas from participating. The course will provide a basic introduction to exercise as well as give some tips for how to make exercise a routine and pleasurable part of your life, as opposed to an abhorrent chore. There are several interactive types of experiences throughout the course, which will hopefully make it more fun and rewarding.

The course consists of the following format:

Module 1: Benefits of Exercise

Module 2: What Is It?

- General Definition

- Aerobics

- Strength Training

- Sports and Hobbies

- Don't Overlook These!

Module 3: Making a Plan and Sticking With It

- Plan vs. Mindset

- Priority

- Fun

- Balance

- Creating the Plan

- Factors Affecting Stickability