



DESIGNING FITNESS PROGRAM FOR-SEDENTARY AND ACTIVE POPULATION FOR DIFFERENT AGE GROUPS AND DIFFERENT FITNESS LEVELS

INTRODUCTION

A sedentary activity level describes someone who gets little to no exercise. If we spend a lot of time sitting at a desk or watching television, without working out regularly, you're considered sedentary. The activity we do perform during the daily routine is low-intensity. When we exercise at a low-intensity level, we are able to breathe normally, and are able to sing while you perform an activity. Under normal conditions, low-intensity exercise will not make we sweat. Examples might include taking an easy walk, stretching, shopping and light gardening. At this level, health care professionals will likely recommend that we start a regular exercise regimen to strengthen your heart and improve overall health.

EXERCISES FOR SEDENTARY PEOPLE

A sedentary lifestyle is a risk factor for weight gain. If we want to lose weight, a low-calorie diet and regular exercise will help to accomplish this goal with combine strength training and cardio activity to burn calories and shed fat. Some of the exercise modalities for sedentary people are discuss below:

Moderate Activity

If we haven't worked out recently, it's best to start with moderate activity. Examples of moderate activity include biking on level ground or taking a brisk walk in our neighbourhood. If we aren't sure whether an activity is moderate, pay attention to our body. During moderate types of activity, it breaks a sweat but can still talk without taking a rest.

Interval Training

Increase strength and calorie burning with an interval training approach. This approach was once exclusively used by professional athletes, but it is now used by novice exercisers to build strength. Select two types of activities, one is moderate and the other is intense. Start with the moderate activity, such as walking, for a few minutes. Then, switch to a higher intensity activity, such as running.

Strength-Training Sessions

Strength-training has many benefits for sedentary people, including reduced risk of joint injury and osteoporosis, according to the Centres for Disease Control and

Prevention. A sedentary person needs to start with two workout sessions weekly, targeting major muscle groups such as the hips, arms, legs, abdomens and back. As to get stronger, increase the frequency of the strength training sessions. We can perform strength-training daily. However, it is not recommended to work the same muscle group two days in a row. For example, if we are working our abdomens and back on Monday, work the legs and chest on Tuesday. Then, we can work our abdomens and back again on Wednesday.

Exercise Frequency

We need 150 minutes of moderate cardio activity weekly. This is about 30 minutes, five times a week. Or, if there is a difficult time scheduling 30 minute sessions, use mini-sessions. For example, plan a 10-minute brisk walk in the morning and a 20-minute brisk walk in the evening. We get the same benefit from mini-sessions, according to the Centres for Disease Control and Prevention.

Tips for getting in shape

A sedentary lifestyle is associated with a high risk of health complications including obesity, type 2 diabetes and heart disease. But the good news is, that we can get in shape after being sedentary by changing our daily habits, eating healthier to improve the energy level and gradually adding exercise into our weekly, and then daily and routine. Some of the steps which may be helpful for getting in shape are as follows:

Step 1

Set a realistic goal for getting in shape. Write the goal down and keep track the progress to stay motivated. A realistic goal might be to lose 1 pound per week by eating healthier foods while also exercising for 20 to 30 minutes a day. As we get accustomed to eating better and engaging in daily exercise, we can create more challenging goals based on the improved fitness level.

Step 2

Go for a 30-minute walk every day. Take a walk around the neighborhood for 30 minutes three times a week, adding another day of walking each week until walking five to six days a week. Bring the portable music player to groove to some tunes as we walk. Make sure that warm up and stretch before the walk to get the body ready for intense movement.

Step 3

Swap the walk for a light to moderate jog at least twice a week. Once it is consistently walk several days a week for one month, challenge yourself by jogging a few days a week for 20 to 30 minutes. Alternate a 10-minute walk with a five-minute jog until we can jog the full length of the workout. Warm up, stretch and cool down for each workout to prevent injury and keep the muscles flexible.

Step 4

Add strength training exercises once or twice a week for 20 to 30 minutes per workout. Diversify the workouts with light weight training to strengthen and tone the

muscles while also burning calories. Use dumbbells to work the arm muscles and to hold while doing squats or lunges. Muscle helps to burn fat and keeps the body in shape.

Step 5

Watch less television each day and replace that time with physical activity. The less time we spend in front of the television, the more time we have to dedicate to healthy fitness activities. Likewise, we can work on the garden, wash the car or get involved in recreational sports instead of watching television to maximize the level of activity each day. Limit television time to when we are winding down at night, for no more than two or three hours a night.

Step 6

Replace unhealthy foods in the diet with fresh fruits and whole grains. As we increase the activity level, we will also need energy from food. Choose fresh produce and whole grains, which are low in calories and nutrient-rich to give energy throughout the day. Limit the saturated fat intake from fatty meats and fried food as well to optimize the fitness efforts.

RECOMMENDED PHYSICAL ACTIVITY FOR ALL AGES AND STAGES OF LIFE

Everyone knows the importance of exercise to maintain optimum health. But many people don't know how much physical activity is appropriate at each age. Also, many people wonder what kind of physical activity counts as healthy exercise. Some few example of exercise to be done in different ages are as follows:

Children 6 To 17 years of age

Physical activity was once a part of almost every child's life, now with TV, movies, videogames and less time allotted for physical education in schools, many children are not meeting the basic requirements for healthy activity levels. This lack of activity has fuelled an epidemic of being overweight and obesity in children. Health conditions that were once very uncommon in children, like Type II diabetes, high cholesterol and high blood pressure, are now becoming more prevalent.

Children should get 60 minutes per day of moderate to vigorous activity. Ideally, that exercise will range from moderate activities like walking and easy hiking, to intense like running or biking. When possible, the activity will include strength-building activities such as sit-ups, push-ups and climbing; and bone-strengthening activities such as jumping rope or running.

With very young children, free play should be encouraged with emphasis on fun, playfulness, exploration and experimentation. As children get older, organized sports like soccer and swimming can help support a healthy activity level.

Adults 18 To 64 years of age

All adults need exercise to be healthy. To reap most health benefits, adults need at least 150 minutes -- or 2.5 hours -- of moderate to vigorous aerobic exercise a week. Aerobic exercise increases the heart rate and strengthens the heart. It also helps lower

cholesterol and blood pressure and has many other known benefits, including decreasing rates of most types of cancer, heart attack, stroke, Type II diabetes and more.

Moderate intensity aerobic activities include brisk walking; slow bike riding, pushing a lawn mower and low-impact water aerobics. Vigorous intensity aerobic exercise includes running and jogging, swimming, cycling quickly or on hills, tennis or basketball, to name a few.

Adults also need muscle-strengthening activities. Examples of muscle-strengthening activities are weight lifting, heavy gardening, working with one's own body weight (like push-ups) and yoga. Regular strengthening exercises, if done correctly and carefully, are beneficial for the bones and joints, protect against osteoporosis and can even help keep metabolism up by maintaining or even increasing lean muscle mass.

Older Adults: 65 and Older

Older adults should get the same amount of exercise as younger adults i.e. 150 minutes of aerobic exercise per week and at least two muscle-strengthening sessions. Although all ages benefit from regular exercise, older adults stand to benefit a great deal if they find activities that are safe for their health and fitness level. Walking and swimming, both healthy and low-impact, are often very good choices for older adults, although those that are in good physical condition can engage in all kinds of activities, from running to biking, hiking to rowing, much like their younger counterparts.

HEALTHY ACTIVE LIFESTYLE PLAN

When it comes to getting fit and healthy, a combination of many factors contributes to the overall sense of well-being and health. Nutrition, rest, stress levels, work commitments and, of course, the genetics are just a few of the factors that can affect the personal results and progress. In order to improve the fitness level and body composition, we must look at the big picture and assess many areas of the life. Some people will focus only on their diet and neglect exercise, and others will try to exercise to compensate for a poor diet. It is believe that it is easier to achieve success if we address lots of the small areas of the daily life, and make changes one day at a time.

Thus, some of the common features that we can perform and refine for our healthy and active lifestyle plan to fit us are highlighted below:

Nutrition and activity level

The more active we are in the daily life, the more we need to ensure that we are giving the body an adequate amount of nutrients. The body requires a steady supply of macro and micronutrients each day to allow us to perform at our best. For the structures of the body to maintain themselves post workout, we must be conscious of meeting the daily recommended amounts of protein and vitamins.

Enough sleep

If it is less than 6-8 hours a night, find ways to improve the sleep habits to allow the body ample time rest, regenerate and recover each night.

Snacking

If we realize we are snacking throughout the day on unhealthy snacks that are low in nutrients but high in calories, make a point to find healthier options that will satisfy the cravings without all of the extra calories.

Working

If we are working more than 50 hours per week, it could be adding to the stress levels. Spend time assessing the working style and see if we can become more efficient with the workday planning in order to eliminate any wasted time.

Exercising

Exercising for 30 minutes per day for five days per week is essential for the health. Scheduling 45-60 minutes per day will allow us to follow a very structured and progressive routine, as well as allow time for adequate warm-up and cool-down.

Individualized approach

Workouts and healthy eating plans tend to not be a one size fits all situations. We are all individuals with varied body types, and we each respond differently to exercise and lifestyle change. Try to make the healthy, active lifestyle plan centered on what we personally enjoy. Choose a time of day that fits into the schedule for exercise, and find ways to incorporate good personal choices into the daily routine.

Feeling positive

The way we feel about ourselves emotionally can positively or negatively affect our energy level, effort level and results. Making an effort to be positive, writing goals and reaffirming the commitment to getting healthy may help us to stay motivated.

CONCLUSION

A sedentary activity level describes someone who gets little to no exercise. A sedentary lifestyle is a risk factor for weight gain. If we are talking about the reducing or lose of weight, a low-calorie diet and regular exercise will help to accomplish this goal with combine strength training and cardio activity to burn calories and shed fat.