



Fitness Tips Revisited



The American College of Sports Medicine has released the list for the biggest trends for 2020. *ACSM's Health & Fitness Journal*® presents the annual results of its worldwide fitness trends survey, now in its 14th year. Over 3,000 health and fitness professionals ranked 38 possible trends on a scale of 1 (least likely to be a trend) to 10 (most likely to be a trend). <https://www.acsm.org/read-research/trending-topics-resource-pages/acsm-fitness-trends>

2020 Top 10 Fitness Trends:

1. Wearable Technology
2. High-Intensity Interval Training
3. Group Training
4. Training with Free Weights
5. Personal Training
6. Exercise is Medicine
7. Body Weight Training
8. Fitness Programs for Older Adults
9. Health/Wellness Coaching
10. Exercise for Weight Loss

There are actually 20 trends listed, so where to start? For this lesson, trends are discussed that will have the most direct effect for improving your fitness level after the 12-week challenge. After monitoring your activity level using a pedometer for several weeks, you are probably ready to tackle something new and possibly more intense. Coming in at number one, wearable technology is a tool that can be used to increase that intensity.

High Intensity Interval Training (HIIT)

HIIT training can be done in a relatively short amount of time, while giving you the intense affects you desire, whether you want to slim down or increase your endurance. This type of routine is designed to take only 10 minutes out of your day and is designed from research showing short bouts of high intensity work can be as beneficial or more, than more moderate and long workouts. Another benefit is that there is no need for equipment. So, this type of exercise is a do-anywhere activity.

<https://www.shape.com/fitness/workouts/8-benefits-high-intensity-interval-training-hiit> or <https://www.aarp.org/health/healthy-living/info-2018/high-intensity-interval-training-workout.html> or https://journals.lww.com/acsm-healthfitness/fulltext/2013/05000/high_intensity_circuit_training_using_body_weight.5.aspx

Training with Free Weights

Previous surveys included a category described as “strength training.” Determined to be too broad a category, strength training was dropped in favor of the more specific free weight training. Free weights, barbells, kettlebells, dumbbells, and medicine ball classes do not just incorporate barbells into another functional class or activity. Instructors start by teaching proper form for each exercise and then progressively increase the resistance once the correct form is accomplished. New exercises are added periodically, and those begin at the form or movement level.

<https://www.womenshealthmag.com/uk/fitness/workouts/a706391/free-weights-workout/> or <https://www.menshealth.com/uk/building-muscle/a755117/the-10-best-dumbbell-exercises/>



Exercise is Medicine

Exercise is Medicine® (EIM) is a global health initiative that focuses on encouraging primary care physicians and other health-care providers to include physical activity assessment and associated treatment recommendations as part of every patient visit, and referring their patients to exercise professionals. In addition, EIM recognizes fitness professionals as part of the health-care team in their local communities. Sit Less, Move More:

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Sit%20Less%20Move%20More.pdf

Body Weight Training

The use of minimal equipment makes body weight training convenient, affordable and a do-anywhere workout. These exercises or combination of exercises use the classic squat, push-up and pullup in a circuit format, doing as many reps as possible in 30 seconds. There should be very little rest in between and the exercises should be completed in a series at least two or three times. This type of training will be good for improving cardiovascular endurance, as well as increasing overall body strength. This type of training will also give a boost to your regularly schedules strength program two times a week.

<https://www.weightwatchers.com/us/blog/fitness/bodyweight-exercises> or

<https://www.runnersworld.com/training/g23341982/best-bodyweight-exercises/> or

<https://www.menshealth.com/uk/building-muscle/a756325/10-best-bodyweight-exercises-for-men/> or

<http://www.shape.com/fitness/workouts/circuit-training-goes-old-school-total-body-burn>.

Fitness Program for Older Adults

This trend continues to stress the fitness needs of the Baby Boom and older generations. These individuals in general have more discretionary money than their younger counterparts do, and fitness clubs may be able to capitalize on this growing market. People are living longer, working longer, and remaining healthy and active much longer.

https://www.exerciseismedicine.org/assets/page_documents/EIM_Rx%20for%20Health_Being%20Active%20as%20We%20Get%20Older.pdf or <https://www.mayoclinic.org/healthy-lifestyle/fitness/basics/fitness-basics/hlv-20049447?reDate=21122020>

Focus on Building Strength -- Lift Heavier Weights

Strength training is recommended at least two days a week, incorporating all of the major muscle groups using free-weights or weigh machines. Experts say there are big reasons for not just lifting weights but lifting heavier weights. Here are eight reasons to make the change to lifting heavier weight- if you are lifting at all!!

- **It Burns Body Fat-** If you have more muscle mass, the body will continue to burn fat throughout the day. Studies show heavy lifting can reduce body fat by 3% without cutting calories.
- **You Will Look More Defined-** Women have low testosterone levels, so it is harder for women to get bigger muscles. Lifting heavier weights will give women more potential to look more defined. More muscle mass and less fat translates to smaller clothing sizes.
- **Helps Fight Osteoporosis-** Lifting heavy weights over time can not only maintain bone mass, it actually can build new bone, especially in post-menopausal women. The key to this positive effects is to be consistent with your routine.

- **Burns More Calories-** Yes, you would burn more calories during a 1-hour cardio workout than a 1-hour lifting workout. But, studies show women who did weight training burned an average of 100 more calories during the 24 hours AFTER their training session.
- **Builds Strength Faster-** Lifting lighter weights with more reps will build muscle endurance. To increase strength, increasing the workload is important. Thus, lifting heavier weights and adding in compound exercises, like squats, deadlifts and rows can help build strength fast.
- **You will Lose Belly Fat-** In a study at the University of Alabama, women who did strength training lost more intra-abdominal fat than those who just did cardio. The decreased waist line is also related to a decrease in the risk for diabetes, metabolic syndrome, and some cancers.
- **You'll Feel Empowered-** When you are a strong, lean muscle machine, it is hard to not have a big self-esteem boost. Your transformed body will give you a new ATTITUDE!
- **You'll Prevent Injury-** Strong muscles will help to support joint integrity and help maintain good form, which can prevent injury.

Resources:

High Intensity Interval Training

https://www.acsm.org/docs/default-source/files-for-resource-library/high-intensity-interval-training.pdf?sfvrsn=b0f72be6_2



Selecting and Effectively Using Free Weights

https://www.acsm.org/docs/default-source/files-for-resource-library/selecting-and-effectively-using-free-weights.pdf?sfvrsn=822f5a06_2

American Council on Exercise - Exercise Database & Library --

<https://www.acefitness.org/education-and-resources/lifestyle/exercise-library/>

Spark People – Fitness Center (library of fitness/exercise info)

<https://www.sparkpeople.com/resource/fitness.asp>



Applying the Lesson

Choose one of the following activities to apply what you learned about your health and your healthy goal setting. Write a short paragraph (3 to 5 sentences) to describe what you did and learned from the activity selected. Report your Applying the Lesson results by online form, email, fax or hard copy to your county Extension Office.

Option 1: Body Weight Training

Using one of the links in the section on Body Weight Training, try out a body-weight training program. Do this workout at least two days during the week on alternating days like, Monday/Wednesday or Tuesday/Thursday. How does it work for you? Are you challenging your muscles and increasing your heart rate? Will you continue to use body weight training?

Option 2: High Intensity Interval Training

Do HIIT in conjunction with a regular cardio day or on alternating strength days. Check out High-Intensity Interval Training link. 6 Exercises 30 seconds each, repeat! <http://www.shape.com/fitness/workouts/hiit-workout-tones-30-seconds> or one of the other links posted in the lesson. How has this exercise technique impacted your fitness? Do you plan to continue to use HIIT to increase your fitness level?

Option 3: Lift Heavier Weights

If you have not incorporated strength training into your fitness schedule- DO IT NOW! Partner with someone you know has been doing a strength program, join a Strong People Class with Extension, use the weights at a fitness club, or use home weights and a YouTube video and get lifting!

For men: <https://www.youtube.com/watch?v=U0bhE67HuDY> or https://www.youtube.com/watch?v=3_GHdAs3DCY

For women:

<https://www.youtube.com/watch?v=Ugu9XF3p-oI> or <https://www.youtube.com/watch?v=bKkWQar8H30>

Tell us about adding/increasing your strength training. How's it going?

Option 4: Fitness Program for Older Adults

Using one of the links in the section on Fitness Programs for Older Adults, try out one or more of the programs and tell us about your experience. What will you commit to using for your fitness and health?