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Ms. Kamia

Fitness

Fitness Program

 Short term and long terms goals are things you have to consider when doing anything. In fitness, short term goals include things that are able to be reached statistically and also usually are easier to grasp. Long term goals are things that may be considered as lifestyle and habits. Me specifically, my short term goals are: 1. Lose a considerably amount of fat so that I am able to start gaining more muscles 2. Fix and improve current lifestyle.

My long term goals are: 1. Turn these fitness program into a daily lifestyle routine or habit 2. Maintain a healthy fit lifestyle.

 The things I have to do to reach those goals is basically to be organized. I should plan out the exercises that I would do every single day and be committed to it. I currently have a daily exercise routine which are : >30 minutes of basketball, 2 sets of 25 sit ups and 3 sets of 10 push ups. I expect myself to improve and increase the amount of frequency and time, slightly improve the intensity each day, and have a balanced types of exercises each day so that I am able to be more fit and healthy.

 To maintain a balanced body, I will keep in mind to keep on switching the types of exercises (anaerobic and aerobic) so that I will be able to achieve positive effects from each kind of workout. I will also try my best to balance out the workouts to avoid some parts of the body being left out.

 As a student of this fitness class, I have to be committed towards the goals I have made so that I am able to achieve not only great grades in fitness class, but also maintain a healthy lifestyle which would very largely effect my life in the long term.

 The benefits of cardio respiratory endurance are:

* Decreases risks of diseases and sicknesses
* increases bone density
* lowers cholesterol
* reduces blood pressure
* Improves sleep