**Personal Fitness merit badge requirements**

1. Do the following:
   1. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the [Scout medical examination form](https://filestore.scouting.org/filestore/healthsafety/pdf/680-001_abc.pdf). Explain the following:
      1. Why physical exams are important
      2. Why preventative habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.
      3. Diseases that can be prevented and how
      4. The seven warning signs of cancer
      5. The youth risk factors that affect cardiovascular health in adulthood
   2. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.
2. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including
   1. Reasons for being mentally, physically, socially, and spiritually fit.
   2. What it means to be mentally healthy.
   3. What it means to be physically healthy.
   4. What it means to be socially healthy.
3. With your counselor answer and discuss the following questions:
   1. Are you living in such a way that your risk of preventable diseases is minimized?
   2. Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your parent(s)/guardian(s)?
   3. Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?
   4. What are the advantages to getting a full night’s sleep?
   5. Define a nutritious, balanced diet and why it is important.
   6. Do you participate in a regular exercise program or recreational activities?
   7. What are you doing to demonstrate your duty to God?
   8. Do you spend quality time with your family and friends in social and recreational activities?
   9. Do you support family activities and efforts to maintain a good home life?
4. Explain the following about physical fitness:
   1. The areas of physical fitness
   2. Your weakest and strongest area of physical fitness
   3. The need to have a balance in the four areas of physical fitness
   4. How a program like ScoutStrong can lead to lifelong healthful habits
   5. How the areas of personal fitness relate to the Scout Law and Scout Oath
5. Explain the following:
   1. The importance of good nutrition
   2. What good nutrition means to you
   3. How good nutrition is related to the other components of personal fitness
   4. How to maintain a healthy weight
6. Do the following:
   1. Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.
   2. Keep track of what you eat and drink for three days. Identify three healthy eating goals you want to work on.

**Aerobic Fitness Test**  
Record your performance on ONE of the following tests:

* 1. Run/walk as far as you can as fast as you can in nine minutes.

OR

* 1. Run/walk one mile as fast as you can.

**Flexibility Test**  
Using a sit-and-reach box constructed according to specifications in the merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held for 15 seconds to qualify. (Remember to keep your knees down.)

**Strength Tests**  
You must do the sit-ups exercise and one other (either push-ups or pull-ups). You may also do all three for extra experience and benefit.

* 1. **Sit-ups.** Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the merit badge pamphlet.
  2. **Pull-ups.** Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.
  3. **Push-ups.** Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.

1. Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.
2. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.
3. Find out about three career opportunities in personal fitness. Pick one and find out the education, training, and experience required for this professions. Discuss what you learned with your counselor, and explain why this profession might interest you.
4. Do the following:
   1. Before completing requirements 2 through 9, have your health-care practitioner give you a physical examination, using the [Scout medical examination form](https://filestore.scouting.org/filestore/healthsafety/pdf/680-001_abc.pdf). Explain the following:
      1. Why physical exams are important
      2. Why preventative habits (such as exercising regularly) are important in maintaining good health, and how the use of tobacco products, alcohol, and other harmful substances can negatively affect our personal fitness.
      3. Diseases that can be prevented and how
      4. The seven warning signs of cancer
      5. The youth risk factors that affect cardiovascular health in adulthood
   2. Have a dental examination. Get a statement saying that your teeth have been checked and cared for. Tell how to care for your teeth.

M 16

**1.a.1.** Visit once a year. Your health care provider will make observations and ask questions that can be documented over time to spot trends or identify risk areas. They may identify symptoms or conditions that need treatment or correction. Records are useful later in life when it is necessary to review your medical history.

M 23-27

**1.a.2.** Preventative Habits. Heart disease is the greatest cause of death in the US, around 500,000 deaths a year. Inactive people have twice the risk of heart attack compared with those who regularly exercise. Only exercises that significantly increase the blood flow to working muscles for extended periods promote cardiovascular fitness. This type of exercise is called aerobic because the body uses oxygen to produce the energy required. Obesity in youth has reached epidemic proportions. The risk of death from cardiovascular disease is much higher for people who were obese as children.

Smoking triples your risk of developing cardiovascular disease. It also greatly increases the chance of getting cancer. Cigarette smoke contains many cancer-causing chemicals including arsenic, benzene, formaldehyde, and polonium 210.

Alcohol is a depressant that interferes with reflexes and coordination. When a young person drinks, he may make risky or poor decisions that hurt himself or others. Traffic crashes are the leading cause of death for 15-20 year olds. Alcohol is a factor in a large percentage of them. Long term effects from alcohol use can include damage to brain and nerve function, memory loss, malnutrition, and liver failure.

Steroids mimic the effects of testosterone. Taking them disrupts the body’s natural hormone balance, causing dangerous physical and mental abnormalities. Steroids act to artificially increase muscle mass at a high cost to the user’s health. Side effects range from acne, bloating, and rapid weight gain to weakened tendons, blood clotting disorders, liver damage, heart attack, and stroke. Young people to take them may stop growing. You may experience breast development.

Amphetamines are stimulants. They create false feelings of power and assertiveness, impair judgment and distort the user’s view of reality. They suppress appetite and may cause extreme weight loss. Other side effects include nerve damage, uncontrollable movements of the face and jaw muscles, convulsions, hallucinations, paranoia, and delusions. Users may die from ruptured blood vessels in the brain or from heart attacks.

Cocaine, crack, heroin, inhalants, LSD, and marijuana can have powerful effects on the body and mind, producing temporary feelings of pleasure or energy, but they can also cause nightmares and severe mental disturbances. Overdoses are common and can result in serious illness or death.

M 18-22

**1.a.3**. Disease Prevention. Learn to listen to your body so you can recognize its warning signs. Most illnesses have recognizable symptoms. Talk to your doctor when symptoms appear. Poor eating habits weaken your body and make you susceptible to colds and flu. Muscles and bones weak from inactivity may make you more vulnerable to injuries. Not dressing warmly in wet and cold weather may increase your chance of catching a cold or the flu. Primary prevention involves developing good health habits and changing bad ones. Wash your hands with soap and warm water several times a day, especially after you use the restroom. Never drink from someone else’s cup. Cover your mouth when you sneeze or cough.

Having immunization shots minimizes your risk of getting many diseases: diphtheria, pertussis, tetanus, meningitis, and polio.

Acquired immunodeficiency syndrome prevents the immune system from fighting infections and diseases. While it can be transmitted through a contaminated transfusion, it is spread through shared intravenous drug needles and sexual contact without using personal protection measures.

Rheumatic fever starts with throat infection that leads to strep. It may affect the joints and eventually the heart. It can be prevented through good health practices.

M 25

**1.a.4**. Cancer – Seven Danger Signs.

1. Change in bowel or bladder habits – colorectal cancer
2. Sore on the skin or in the mouth that does not heal – could be a malignancy
3. Unusual bleeding or discharge from the rectum or bladder – colorectal, prostate, or bladder cancer
4. Thickening or a lump in the breast tissue, lump in testes – breast or testicular cancer
5. Trouble swallowing – cancer of the mouth, throat, esophagus, or stomach
6. Changes to moles or warts – skin cancer
7. Nagging cough or hoarseness for > 4 weeks – lung or throat cancer

M 22-23

**1.a.5** Risk Factors. Who we are and the things we do can affect our cardiovascular health. You can’t control some factors such as age, gender, or race. Other risk factors such as dietary habits, too much sun exposure, lack of physical activity, excessive mental stress, and smoking can be modified.

Youth risk factors that affect cardiovascular health in adulthood: obesity, sex, high blood pressure, high cholesterol, diabetes, smoking, lack of exercise, family history.

M 17-18

**1.b**. Visit twice a year. A diet that is good for general health is good for dental health. Do not fill up on sweets. Sugary foods stick to teeth and cause them to decay over time. Make it a habit to brush your teeth immediately after eating. If you cannot brush, rinse your mouth to get rid of food particles. When particles remain in your mouth, they form acids that attack your teeth and can lead to cavities. Proper brushing of all surfaces is the most important thing in preventing plaque buildup and fighting gum disease. Brush your teeth away from the gums instead of toward them. The brush should have a small head with firm but not hard bristles and a flat surface. Using toothpaste with fluoride helps prevent tooth decay. Most dentists recommend flossing at least once a day. Flossing removes food particles and plaque between teeth and the gums.

1. Explain to your merit badge counselor verbally or in writing what personal fitness means to you, including
   1. Reasons for being mentally, physically, socially, and spiritually fit.
   2. What it means to be mentally healthy.
   3. What it means to be physically healthy.
   4. What it means to be socially healthy.

M 9-12, 48

**2.a.** Reasons for being mentally, physically, socially, and spiritually fit.

Mentally Fit Mental willpower and alertness, emotional balance, and social skills.

Physically Fit The benefits of exercise include weight control, less stress, better muscular tone, greater endurance, greater flexibility, and better self-image.

Socially Fit Empathy, helpful, kind, courteous.

Spiritually Fit Faith, core values, how you take care of yourself and reach out to others.

It is important to strengthen each element of your personal fitness because each element affects the total person you are and your development and well-being.

M 31-33

**2.b.** Mentally Healthy. Everyone worries a little. It is normal to have temporary anxiety or depression while overcoming major transitions or obstacles in life. But if anxiety and worry are excessive and interfere with school, family, friendships, and a healthy social life, you should seek professional help.

A good family life is essential. Your contributions are important to your family’s well-being. Spend quality time with your family. This means share communication and joint activity.

Positive activities with friends help maintain good emotional fitness.

Be aware of your feelings and emotions so you can properly express them.

M 47

**2.c.** Physically Healthy. Many fitness experts feel that physical fitness is a state of well-being with low risk of premature health problems, as well as reduced risks of diseases like heart disease and obesity. A physically fit person has the energy to participate in a variety of physical activities, to enjoy daily recreational and social activities, and to meet the energy demands of unforeseen emergencies.

M 29-31

**2.d.** Socially Healthy. Everyone is different but almost everyone has interesting and unique qualities. Making friends is easy if you extend yourself in an open and engaging way. Some of the characteristics you value in a friend are the same they value in you. Everyone needs someone to talk with about their feelings, emotions, and problems, as well as someone to have fun with.

Good communication requires a talker and a listener. These skills need to be learned. It is important to express yourself appropriately. Accepting others is important. You do not need to approve of the behavior, but you can accept the person as an individual. Friends do not judge each other but accept each other unconditionally. Try to help others raise their standards and do the right thing. Do not stand back and watch your friends make the wrong decisions. Staying true to your values will make a long lasting impression on them.

Some young people suffer from low self-esteem, low self-confidence, and insecurity. If you know you are taking care of your body, accepting responsibility, taking pride in your accomplishments, and participating in healthy activities with family and friends, you should feel good about yourself and what you are doing. Self-esteem, self-confidence, and sense of identity ultimately come from within.

1. With your counselor answer and discuss the following questions:
   1. Are you living in such a way that your risk of preventable diseases is minimized?
   2. Are you immunized and vaccinated according to the advice of your health-care provider and the direction of your parent(s)/guardian(s)?
   3. Are you free from habits relating to poor nutrition and the use of alcohol, tobacco, drugs, and other practices that could be harmful to your health?
   4. What are the advantages to getting a full night’s sleep?
   5. Define a nutritious, balanced diet and why it is important.
   6. Do you participate in a regular exercise program or recreational activities?
   7. What are you doing to demonstrate your duty to God?
   8. Do you spend quality time with your family and friends in social and recreational activities?
   9. Do you support family activities and efforts to maintain a good home life?

**3.a.** Is your risk of preventable diseases being minimized?

* Learn to listen to your body
* Talk to your doctor
* Regular checkups
* Exercise
* Balanced diet
* Dress appropriately
* Wash your hand regularly
* Use Sunscreen
* Don’t drink from someone else’s cup
* Cover your mouth when you cough or sneeze
* Get your immunizations

**3.d.** What are the advantages to getting a full night’s sleep?

* Get sick less often
* Stay at a healthy weight
* Lower your risk for serious health problems
* Reduce stress and improve your mood
* Think more clearly and do better in school and at work
* Get along better with people

M 38-41

**3.e.** Nutritious, Balanced Diet.

A healthy diet provides six basic nutrients:

* Protein essential to every cell for growth and repair, make antibodies
* Fat part of cell walls, support vital organs, acts as an insulator
* Carbohydrates main source of energy for muscles and nervous system
* Water essential to life, regulates body temperature and aids in digestion
* Vitamins/Minerals serve specific purposes in the body, must be continually replaced

A balanced diet contains all the food groups:

* Grains minerals, vitamins, and carbohydrates, control blood sugar and insulin
* Fruits/Vegetables essential vitamins, lower blood pressure, protect against cancers
* Protein essential to every cell for growth and repair, make antibodies
* Dairy calcium and vitamins

Eat fats and sweets sparingly because they provide little or no nutritional value and are high in calories.

1. Explain the following about physical fitness:
   1. The areas of physical fitness
   2. Your weakest and strongest area of physical fitness
   3. The need to have a balance in the four areas of physical fitness
   4. How a program like ScoutStrong can lead to lifelong healthful habits
   5. How the areas of personal fitness relate to the Scout Law and Scout Oath

M 49-57

**4.a.** Components of Physical Fitness.

Cardiovascular and Pulmonary Endurance – Cardiovascular endurance is the ability to maintain an activity that is aerobic in nature. Aerobic exercise involves a large portion of your body’s muscle mass and are continuous and rhythmic.

Muscular strength and endurance – Muscular strength is the ability of your muscles to contract and exert force against an opposing force. It is usually measured in terms of how much force your muscles can exert. Muscular endurance is the ability of your muscles to contract repeatedly or hold a contraction against an opposing force, like hiking up a mountain. Every activity requires some muscular strength and endurance.

Flexibility – Flexibility is defined as a joint’s range of motion. The more a joint can move through a range of motion, the greater its flexibility. Stretching is an important part of your warm-up for aerobic exercise. Do your stretching exercises at the end of your warm-up and again when you are finished.

Body Composition – The portion of your body that is fat or muscle. It is normally given as a percentage of body fat. Knowing your body-fat composition is more important than knowing your weight.

M 65

**4.c.** Need to have a balance in the four areas of physical fitness.

They all interact with each other. To improve in one area, it is more efficient to emphasize all areas. This will help reduce injury, improve performance, and build a healthier body as you age. People who exercise regularly feel and look younger than those who do not. Improvements in muscle tone and circulation help reduce fatigue and build the feeling of well-being. Healthier people are more productive and efficient than those who are not healthy.

M 61

**4.d.** How a program like ScoutStrong can lead to lifelong healthful habits.

The ScoutStrong Presidential Active Lifestyle Award program motivates participants to make physical activity and healthy eating lifetime habits. It does this by encouraging young people to participate in activities they enjoy and improve their eating habits. The PALA Challenge is open to all Scouts and Scouters.

M 90-93

**4.e.** How the areas of personal fitness relate to the Scout Law and Scout Oath

Physical Keep myself physically strong...take care of your body so it will serve you well for your entire lifetime.

Mental Mentally awake...develop your mind both in and out of school. Be curious about everything around you. Work hard to make the most of your abilities.

Social Help other people at all times...with a positive attitude, cheerful smile and helping hand you can assist others in need and make this a better world.

Trustworthy, loyal, helpful, friendly, courteous, kind, cheerful, brave

Spiritual Do my duty to God...follow the wisdom of your religious leaders and family by respecting and defending the rights of others to practice their own beliefs.

Obedient, thrifty, clean, reverent

Morally straight...to be a person of strong character, your relationships with others should be honest and open. Respect and defend the rights of all people.

1. Explain the following:
   1. The importance of good nutrition
   2. What good nutrition means to you
   3. How good nutrition is related to the other components of personal fitness
   4. How to maintain a healthy weight

M 37, 44

**5.a.** Good Nutrition. This refers to both quality and quantity.

Quality. Eating right plays an important role in all components of personal fitness. If your body does not get the nutrients it needs, it will not function at its best. Eating foods that are bad for you may result in lack of energy, slow healing of injuries, dehydration, excessive weight loss, or buildup of body fat.

Quantity. If you are not eating enough, you may feel lazy and tired. You will not have enough energy to participate in many activities. You also could be more vulnerable to colds and flu. If you are constantly eating more than you need, you may feel bloated and uncomfortable. Over time you may gain weight.

**5.c.** How good nutrition is related to the other components of personal fitness

Physical Provides energy, aids sleep, decreases body fat, improves resistance to injuries or disease.

Healthy food provides your body's cells with the nutrients they need to perform their functions correctly. Without nutritional food, metabolic processes slow down dramatically, and your physical health declines. Healthy food also helps to protect the body against diseases, such as heart disease, type II diabetes and cancer.

Mental Eating a diet rich in essential nutrients may be associated with feelings of well-being.

A lack of certain vitamins and minerals, such as vitamin B12, calcium and iron, is correlated with symptoms of depression. New mothers may be particularly vulnerable to nutrition-related depression. Eating nutritious meals regularly gives you the energy you need to live and complete the daily tasks necessary for a happy, balanced life. Without enough energy, you may not be able to accomplish what you need to do, which can negatively impact your mental health.

According to the Centers for Disease Control and Prevention, hunger negatively impacts children's academic performance. Skipping breakfast can lead to poor functioning at school. When you lack adequate nutrition, you may find it more difficult to focus on learning new information. You may feel restless or distracted or develop a headache, all of which can impair intellectual performance.

Social Eating healthy food can lead to weight loss, increased energy and improved mental health. Looking and feeling good positively impacts your self-confidence. Higher self-esteem can make you more confident socially, strengthening your desire to forge new friendships and romantic connections. Additionally, eating well can be a social activity. Sitting down for healthy, home-cooked meals can strengthen family ties, providing a ritual for connecting with each other. Beyond that, improved physical health can make you less vulnerable to debilitating diseases that can impact your social opportunities.

Spiritual Energy, optimism, sleep, focus, prayer

M 44-45

**5.d.** Maintain Healthy Weight. Weight control involves fat control. If you are inactive and eat poorly, your body composition may have a large portion of fat. If you are active, exercise regularly, and eat nutritious meals, though your body weight may be the same as someone who is fatter, your body will have better muscle tone and less fat than someone who is inactive and eats poorly.

In addition to exercise and nutrition, behavior modification helps with weight control. By eating properly, your dietary intake will be balanced and adequate in calories. By exercising, you will use the calories that you consume and reduce your percentage of body fat. Exercising also builds stronger muscles and builds greater endurance. Emphasize the high priority foods when planning meals and snacks. Serve yourself smaller portions to begin your meal.

1. Do the following:
   1. Complete the aerobic fitness, flexibility, and muscular strength tests, as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.
   2. Keep track of what you eat and drink for three days. Identify three healthy eating goals you want to work on.

**Aerobic Fitness Test**  
Record your performance on ONE of the following tests:

* 1. Run/walk as far as you can as fast as you can in nine minutes.

OR

* 1. Run/walk one mile as fast as you can.

**Flexibility Test**  
Using a sit-and-reach box constructed according to specifications in the merit badge pamphlet, make four repetitions and record the fourth reach. This last reach must be held for 15 seconds to qualify. (Remember to keep your knees down.)

**Strength Tests**  
You must do the sit-ups exercise and one other (either push-ups or pull-ups). You may also do all three for extra experience and benefit.

* 1. **Sit-ups.** Record the number of sit-ups done correctly in 60 seconds. The sit-ups must be done in the form explained and illustrated in the merit badge pamphlet.
  2. **Pull-ups.** Record the total number of pull-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.
  3. **Push-ups.** Record the total number of push-ups completed correctly in 60 seconds. Be consistent with the procedures presented in the merit badge pamphlet.

1. Outline a comprehensive 12-week physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by your counselor and parents.
2. Complete the physical fitness program you outlined in requirement 7. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Keep a log of your weekly healthy eating goals. Repeat the aerobic fitness, muscular strength, and flexibility tests every four weeks and record your results. After the 12th week, repeat all of the required activities in each of the three test categories, record your results, and show improvement in each one. Discuss the meaning and benefit of your experience, and describe your long-term plans regarding your personal fitness.
3. Find out about three career opportunities in personal fitness. Pick one and find out the education, training, and experience required for this professions. Discuss what you learned with your counselor, and explain why this profession might interest you.

M 86-89

Exercise Physiologist

* Can prescribe exercise programs for cardiac and pulmonary patients referred by physicians. They teach people the benefits of exercise. They help active athletes improve and maintain their health and athletic performance.
* Most hold a master’s degree in exercise science and have taken courses on human anatomy and physiology, chemistry, biomechanics, kinesiology, and sports nutrition. An internship is part of the curriculum.
* They work in colleges, rehabilitation clinics, hospitals, athletic programs, and fitness facilities.

Personal Trainer

* Has education in physiology, health promotion, athletic training, and kinesiology. They should hold first-aid and CPR certifications.
* They have an in-depth knowledge of anatomy and physiology. Some are qualified in rehabilitation, nutrition, psychology, and fitness therapies.
* Good trainers have excellent communication skills and can motivate, lead, instruct, and guide their clients to make better decisions regarding the own personal fitness. Some courses can be completed in as little as 25 hours of study while others take three to four years to complete.

Dietitian

* Needs a four year degree in dietetics or nutrition with a nine to 12 month internship or completion of an undergraduate program that combines classroom and clinical experience.
* A Registered Dietitian (RD) must earn a bachelor of science or higher degree in nutrition science from an accredited college and complete exams required by the American Dietetic Association. Most states require a license. They work with individuals to develop nutrition plans. Doctors often refer their patients to dietitians for dietary counseling.

Physical Therapist

* People who have trouble using their muscles need the help of a physical therapist. Elderly people recovering from knee-replacement surgery, injured athletes, children with muscular diseases, and young people with brain disorders are all potential clients for physical therapists
* They use exercises and other techniques to get their patients moving. They also teach them how to get around using crutches, wheelchairs, and prosthetic limbs. They serve as teachers and coaches, inspiring patients to lead more complete lives.
* You need an advanced degree from an accredited four-year college and a passing score on a state-licensing exam to become a physical therapist. Good communication skills and being physically strong can help as well.

**References:**

M – Personal Fitness Merit Badge pamphlet 2019 printing

[Livestrong Article](https://www.livestrong.com/article/445701-how-does-eating-healthy-affect-your-physical-mental-social-health/) - How Does Healthy Eating Affect Physical, Mental & Social Health?

**Sample Physical Fitness Program**

**Warm-Up Routine**

(Practiced before each aerobic or strength routine)

1. Do ONE of the following:
   1. Jog or run in place two to three minutes
   2. Do an easy rope skip for one to two minutes
   3. Walk briskly for three to five minutes
   4. Swim an easy stroke at a slow pace for 100 yards
2. Do stretching exercises for three to five minutes

**Aerobic Routine**

(Two or three times per week; alternate with the strength routine. The distance, repetitions, and rest intervals should be reviewed and adjusted weekly as your performance improves.)

Jog-walk-swim program:

Running time \_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

Swimming distance \_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

Walking time \_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

**Strength Routine**

(Two or three times per week; alternate with the aerobic routine. Weights, repetitions, and rest intervals should be reviewed and adjusted weekly as your performance improves.)

Weight lifting:

Press Weight\_\_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

Curls Weight\_\_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

Bench press Weight\_\_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

Squats Weight\_\_\_\_\_\_\_\_ Repetitions\_\_\_\_\_\_\_ Sets\_\_\_\_\_\_\_ Rest time\_\_\_\_\_\_\_

**Flexibility Routine**

(Five times per week)

1. Hamstring stretch. Lie flat; extend one knee toward the head, with hands clasped together behind the knee. Slowly life the foot upward, hold 15-20 seconds, then slowly lower back to the starting position. Repeat with the other leg. Do three repetitions.
2. Lower trunk rotations. Lie flat with knees slightly bent. Keep the knees together and slowly lower them to the left; hold 10-15 seconds. Raise the knees back to the starting position, then slowly lower the knees to the right; hold 10-15 seconds. Do three repetitions.
3. Cats and camels. Get on hands and knees, with hands and knees a shoulder’s width apart. Slowly arch the back upward, then lower it toward the floor. Straighten the back to a comfortable position. Do five repetitions.

**Cool Down Routine**

(Five-minute "walk-and-talk" after each aerobic or strength routine)

Don't neglect the cool-down period, which helps prevent muscle cramps after exercises and enhances the benefits of your physical fitness program.