



Setting Fitness Goals

life  beats

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Why is Physical Fitness Important?

Overall, strong evidence demonstrates that compared to less active adult men and women, individuals who are more active:

- Have lower rates of all-cause mortality, coronary heart disease, high blood pressure, stroke, type 2 diabetes, metabolic syndrome, colon and breast cancer, and depression;
- Are likely to have less risk of a hip or vertebral fracture;
- Exhibit a higher level of cardiorespiratory and muscular fitness; and
- Are more likely to achieve weight maintenance, have a healthier body mass and composition.



Setting Fitness Goals

The new year is a time when we think about a fresh start and what we want to accomplish. Setting goals is a good way to bring those thoughts into focus. This presentation outlines simple steps that anyone can take to set and achieve realistic, personalized, fitness goals.

Key parts of this presentation include:

- Self Assessment
- Goal Setting Strategies
- Implementing a Plan to Reach Your Goal
- Tips for Success

Self Assessment



The first step in any process is defining the starting point. Understanding where you are today can help you visualize your goals.

- Ask yourself: **What is my current fitness level?**
 - Record current measures of fitness including:
 - How long to walk 1 mile or 1.6 km. and your pulse rate before and after
 - How many pushups or sit ups you can do
 - Waist circumference
 - Measures of flexibility
 - [Body Mass Index \(BMI\)](#)
- **Do you have any health issues?**
 - If you are age 50 or older, haven't exercised for some time, or have chronic medical conditions, consult your doctor before beginning an exercise program.

Self Assessment

Fitness goals are easier to achieve if they are realistic and match your interests. Know yourself and create a program tailored to your needs and preferences.

- **What is my motivation for being fit?**
 - Has your doctor recommended getting fit?
 - Are you wanting to extend your life or improve your quality of life?
 - Do you want to be more active with your family?
- **What activities do I enjoy?** If fitness is fun, you are more likely to succeed!
 - Bicycling, or Dancing, or Hiking?
 - Am I social or do I prefer working out alone?
 - Do I prefer indoor or outdoor activities?



Goal Setting

The act of goal setting can be motivational if you set clear goals for yourself.

- **Long Term vs. Short Term**

- The long-term goals you set can be daunting if you don't break them up into smaller, more manageable pieces

- **Create S.M.A.R.T. Goals**

- **Specific** – Be clear about what you want to achieve; vague goals are easy to dismiss.
- **Measurable** – If you can't measure it, how do you know you succeeded?
- **Action Based** – What, specifically, will you do to achieve your goal?
- **Realistic** – Knowing your personal limitations, what can you realistically achieve. Have a stretch goal but don't over reach.
- **Time Based** – If there is no time limit on reaching short and long term goals, then your motivation to act is limited.

- **Write down your long-term goals.** Writing them down means they are ready for referencing and review. Post them where you can see them to keep you focused.

- [This is a simple form you can use to document your SMARTer goals.](#)

Goal Setting

Think of three categories when setting fitness goals.

- **Cardiovascular Health**

- **Aim for** at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity.
- Spread this out over the whole week.

- **Strength Training and Flexibility**

- **Aim for** strength training exercises at least twice a week.
- Lightly stretch muscle groups prior to and after exercise.

- **Maintaining a Healthy Weight**

- **Aim for** a **BMI** of between 19 and 24.9 **AND**
- **Aim for** a waist circumference of
 - Less than 40 in. (102 cm) for men.
 - Less than 35 in. (88 cm) for women.

The Journey to the Goal

Now that you have a written goal, make a plan to achieve it and implement that plan.

- **Develop an Action Plan** to achieve your long-term goals by:
 - Identifying actions that support your fitness goals
 - Develop short-term fitness goals from the identified actions
 - Create a fitness goal setting plan for short-term goals
 - Define needed resources and plan accordingly
 - What are potential obstacles to success; how will you avoid them?
- **Take it Slow** – Tackle one goal at a time. Work at a consistent, sustainable pace and you will achieve success.
- **Track Progress** – Seeing your progress will motivate you more. If you've hit a plateau, you can evaluate why and readjust.

Tips for Success

In addition to goal setting and action planning, there are other actions that can bring you closer to success.

- **Evaluate what you can afford to spend and stick with it.**
 - Are discounts at local fitness centers available to you?
- **Get a Partner** – Committing to work out with another person often motivates us more than exercising alone.
- **Be Flexible** – If the weather is poor and you can't get out, improvise an indoor workout.
- **Take a Break** – Take a day off to allow your body to recover and prevent burnout.
- **Visualize Your Goals** – “See” yourself performing the activities that lead to success.

Tips for Success

More Tips for Forming an Exercise Habit

- Mix functional exercise with traditional training.
- Keep fitness and healthy-eating reading material on hand.
- Plan your trip to the gym in conjunction with other daily chores.
- Vary workout times to find the best time for you.
- When you are stressed, take a walk before turning to other forms of comfort.
- Put exercise at the top of your “to-do” list.
- Add variety to your workout so you won’t be bored.

Do You Have a Success Story to Share?



Have you set a fitness goal and met it?

- Be proud of yourself!
- If you met your GOAL and are willing to share your success, then let us know!
 - Contact your Site Champion
- Your story may be featured on LifeBeats!
- You could be someone's inspiration to make a change.

Rise up to Meet Your Goals

Now that your fitness goals are set, let's get moving and always remember to Check Signals!

Check Signals

pre-task analysis



WHAT COULD GO WRONG?

WHAT PRECAUTIONS SHOULD I TAKE?

CAN I DO THE JOB SAFELY?

Focus - Start to Finish

- ❖ Presentation content provided by:
- ❖ <http://www.mayoclinic.com/health/fitness/MY00396>
- ❖ <http://www.effective-time-management-strategies.com/fitness-goal-setting.html>
- ❖ http://www.askmen.com/sports/bodybuilding_100/123_fitness_tip.html
- ❖ <http://www.webmd.com/fitness-exercise/features/setting-goals-fitness>