



Setting Fitness Goals 设定健身目标

life  beats

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Why is Physical Fitness Important?

为什么体育锻炼非常重要

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

总的来说，大量的证据表明，经常锻炼的成年人与不经常锻炼的人比较有以下区别：

- 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;

冠心病，高血压，2型糖尿病，代谢综合征，结肠癌和乳腺癌，抑郁症等各种原因导致的死亡率要低

- Are likely to have less risk of a hip or vertebral fracture;

患髋关节或脊椎骨折的风险较小

- Exhibit a higher level of cardiorespiratory and muscular fitness; and Are more likely to achieve weight maintenance, have a healthier body mass and composition.

更好的心肺功能和肌肉适应性，能维护好较好的体重和身体的健康质量



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.

新的一年新的开始，通过设定目标的方法可以集中注意力完成我们所想达到的目标。此演示文稿概述简单步骤，任何人都可以设置和实现一个可实现的，个性化的，健身目标。

Key parts of this presentation include:

主要内容包括：

- **Self Assessment**
- 自我评估
- **Goal Setting Strategies**
- 目标设定策略
- **Implementing a Plan to Reach Your Goal**
- 实施一项计划，达到你的目标
- **Tips for Success**
- 成功小贴士

Self Assessment



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

- 在任何过程中的第一步是确定起始点。了解您当前所处的位置能帮助您可视化你的目标。
- Ask yourself: **What is my current fitness level?**
- 问自己：我目前的健身水平在什么位置？
 - Record current measures of fitness including:
 - 记录当前的一些锻炼指标：
 - How long to walk 1 mile or 1.6 km. and your pulse rate before and after
 - 走一1.6公里（1英里）所花的时间，走之前和之后的脉搏的次数。
 - How many pushups or sit ups you can do
 - 一次可以做多少个俯卧撑或仰卧起坐
 - Waist circumference
 - 腰围
 - Measures of flexibility
 - 灵活的程度
 - [Body Mass Index \(BMI\)](#)
 - 身体质量指数（BMI）
- **Do you have any health issues?**
- 你身体有什么健康问题吗？
 - 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.
 - 如果你是50岁或以上，或有慢性疾病，一段时间没有锻炼，开始运动计划前请咨询你的医生。

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.

- 如果健身目标是可实现的，符合自己的兴趣。那么它就更容易实现，了解自己，创建一个适合您的需求和喜好的流程。

What is my motivation for being fit?

- 什么是我健身的动机？
 - Has your doctor recommended getting fit?
 - 你的医生建议你做健身吗？
 - Are you wanting to extend your life or improve your quality of life?
 - 是想延长你的生命或改善你的生活质量？
 - Do you want to be more active with your family?
 - 你想你与你的家人更有活力吗？
- **What activities do I enjoy?** If fitness is fun, you are more likely to succeed!
- 我喜欢什么样的活动？如果你感受到了健身的乐趣，你就更容易成功！
 - Bicycling, or Dancing, or Hiking?
 - 骑自行车，或跳舞，或徒步旅行？
 - Am I social or do I prefer working out alone?
 - 我是喜欢社交的还是喜欢单独行动？
 - Do I prefer indoor or outdoor activities?
 - 我更喜欢室内还是室外的活动？



Goal Setting

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

- 如果你设定清晰的目标，就有动机去设定相应的行动来实现这个目标。
- Long Term vs. Short Term
- 长期目标与短期目标
 - The long-term goals you set can be daunting if you don't break them up into smaller, more manageable pieces
 - 如果你不将长期目标分解为更小，更易管理的阶段性目标。那完成长期目标是很艰巨的
- Create S.M.A.R.T. Goals
 - 建立一个符合S.M.A.R.T. 原则的目标
 - Specific – Be clear about what you want to achieve; vague goals are easy to dismiss.
 - 具体的清晰地-我想达到怎样的成绩，模糊的目标很容易被忽略。
 - Measurable – If you can't measure it, how do you know you succeeded?
 - 可衡量的 - 如果你无法衡量它，你怎么知道你成功了吗？
 - Action Based – What, specifically, will you do to achieve your goal?
 - 基于行动的- 具体而言，将如何去做来实现自己的目标？
 - Realistic – Knowing your personal limitations, what can you realistically achieve. Have a stretch goal but don't over reach.
 - 可实现的 - 了解你的个人极限，通过一段时间的努力，你能切实实现但不要过度。
 - Time Based – If there is no time limit on reaching short and long term goals, then your motivation to act is limited.
 - 基于时间 - 如果在达到短期和长期的目标没有时间限制，那么就没有动力去采取行动。
 - 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.
- 写下你的长期目标。写下来意味着他们已经准备好用于参考和检查。张贴在那里你可以看到，可以时刻提醒自己集中精力。
 - [This is a simple form you can use to document your SMARTer goals.](#)
 - 一个简单的格式，你可以用它来记录您的目标。

Goal Setting

Think of three categories when setting fitness goals.

通过考虑下面的三个方面来设定健身目标。

- **Cardiovascular Health**

- 心血管健康

- **Aim for** at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity.
- 一个星期至少150分钟中等强度的有氧运动或每周剧烈的有氧运动75分钟。

Spread this out over the whole week.
将此运动量分布到整个周

- **Strength Training and Flexibility**

力量训练和柔韧性

- **Aim for strength training exercises at least twice a week.**
目的性的进行力量训练，至少每周两次。
- **Lightly stretch muscle groups prior to and after exercise.**
运动前后轻轻舒展肌肉群

- **Maintaining a Healthy Weight**

保持健康的体重

- **Aim for a BMI of between 19 and 24.9 AND**

BMI 在 19和24.9之间

- **Aim for a waist circumference of**

保持自己的腰围

- Less than 40 in. (102 cm) for men.
- 男人小于40英寸（102厘米）。
- Less than 35 in. (88 cm) for women.
- 女人小于35英寸（88厘米）。

The Journey to the Goal

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

现在，你有了一个书面的目标，制定一个行动计划通过实施行动计划来实现目标。

- **Develop an Action Plan** to achieve your long-term goals by:
 - 制定行动计划以实现你的长期目标 注意以下几点：
 - Identifying actions that support your fitness goals
确定行动来支持你的健身目标
 - Develop short-term fitness goals from the identified actions
通过所确定的行动制定短期的健身目标
 - Create a fitness goal setting plan for short-term goals
为短期目标建立健身计划
 - Define needed resources and plan accordingly
确定所需的资源，并制定相应的计划
 - What are potential obstacles to success; how will you avoid them?
什么是成功的潜在障碍，你将如何避免呢？
- **Take it Slow** – Tackle one goal at a time. Work at a consistent, sustainable pace and you will achieve success.
- 慢慢来 – 一定时间内瞄准一个目标。以一个一致的，可持续的速度进行，你就会获得成功。
- **Track Progress** – Seeing your progress will motivate you more. If you've hit a plateau, you can evaluate why and readjust.

跟踪进展 - 看到你的进步会给你更多的激励。如果你已经上升后达到一个稳定的水平，你可以评估一下为什么并作出相应的调整。

Tips for Success

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

- 除了制定目标和行动规划，还有一些行为能让你更接近成功。
- **Evaluate what you can afford to spend and stick with it.**
- 评估你能负担得起花费，并坚持下去。
 - Are discounts at local fitness centers available to you?
 - 当地的健身中心会提供给你一定的折扣吗？
- **Get a Partner** – Committing to work out with another person often motivates us more than exercising alone.
- 找一个伙伴。通常有另一个人一起行动会更有动力。
- **Be Flexible** – If the weather is poor and you can't get out, improvise an indoor workout.
- 灵活 - 如果天气恶劣，你无法出去身，纠正室内锻炼。
- **Take a Break** – Take a day off to allow your body to recover and prevent burnout.
- 稍事休息 - 休息一天，让你的身体恢复，防止过度疲劳。
- **Visualize Your Goals** – “See” yourself performing the activities that lead to success.
- 可视化你的目标 - “看到”自己的表现，可以导向成功。

Tips for Success

More Tips for Forming an Exercise Habit

更多养成体育锻炼习惯的小贴士

- **Mix functional exercise with traditional training.**
将功能性锻炼与传统的锻炼结合起来。
- **Keep fitness and healthy-eating reading material on hand.**
手头上保持健身和健康饮食的阅读材料。
- **Plan your trip to the gym in conjunction with other daily chores.**
将您到健身房的行程与其他日常琐事一并结合起来。
- **Vary workout times to find the best time for you.**
有所不同的锻炼时间找到最适合你的时间。

When you are stressed, take a walk before turning to other forms of comfort.

当你感到压力比较大的时候，转向其他合适的形式之前散步

- **Put exercise at the top of your “to-do” list.**
把锻炼放在“待办事项”列表的顶部。
- **Add variety to your workout so you won't be bored.**
添加多种锻炼方式，这样你就不会觉得无聊。

Do You Have a Success Story to Share?

有什么成功的故事可以分享吗？



Have you set a fitness goal and met it?

- 你有没有设定过健身的目标并且达到过这个目标。
- **Be proud of yourself!**
- 为自己感到自豪。
- **If you met your GOAL and are willing to share your success, then let us know!**
- 如果你曾经达到过目标并且愿意与我们分享，请让我们知道
 - **Contact your Site Champion**
- **Your story may be featured on LifeBeats!**
- 与site Champion 联系，你的故事可能会是LifeBeats的一个成功的案例。
- **You could be someone's inspiration to make a change.**
- 你可能让一个人的灵感做出改变。

Rise up to Meet Your Goals

一起来实现我们的目标。

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

现在，你的健身目标已经设定，让我们一起前进，别忘了铭记安全信号！

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>