



Change Your Fitness Routine

CHALLENGE

Be physically active in a variety of ways

Requirements to complete this HEALTH CHALLENGE™

1. Read "Change Your Fitness Routine."
2. To complete the challenge, make small changes to your fitness routine on at least 22 days this month.
3. Keep a record of your completed challenge in case your organization requires documentation.



Remember the movie *Groundhog Day*?

Every day TV weatherman Phil Connors (played by Bill Murray) does the exact same things. He walks the same route to work. He greets the same

people. He talks about small-town weather. Every day is the same, and it's driving him crazy.

Does your exercise routine feel a little like that?

You do the same exercises at the gym from week to week. You always walk the same pace and route. You do the same workout class every week. You're active, but it's always the same old thing. Maybe you don't exercise at all. Either way, you're getting the same results.

Connors relives the exact same day hundreds of times in *Groundhog Day*. And he's unhappy until he figures out how to change his behavior to break the cycle.

He wakes up from the never-ending Groundhog Day, with a plan to live life a little differently.

Are you losing interest in exercise? Are you frustrated that you're not getting the results you want from being active?¹

If you want to get fit and feel better it's time to break the Groundhog-Day cycle. Here's how: Take the month-long health challenge to *Change Your Fitness Routine*.

Should you change your fitness routine? Take the quiz to find out.

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1. After a new workout, it's common to experience muscle soreness 24 to 72 hours later.
2. It takes your body 2 to 3 weeks to adjust to a new exercise routine.
3. Health experts say you should change your fitness routine every week to keep making progress.
4. For best results, your exercise routine should match your goals (e.g. lose weight, build muscle, improve balance, increase endurance).
5. Making small changes to your exercise routine (frequency, intensity, time, and type) is the best way to improve your health and fitness level.



How did you do? Check your answers. If you didn't get all of them right, you could benefit from learning more about how to change your fitness routine. When you exercise, you're training your body and your brain. Health experts recommend changing your workout routine every 4 to 12 weeks for best results.⁴ Making small changes to your activity level and exercise routine is the best way to keep improving your health and fitness levels.

Answers: 1. True. 2. True. 3. False. 4. True. 5. True.

Adapt: Break the Cycle

If you don't want your fitness routine to feel like you're living your own Groundhog Day, you need to change things up.

Why? Your body is always on the lookout for homeostasis (*ho-me-oh-stay-sis*) ... the easiest way to support your brain, heart, lungs, muscles, and other systems. It's a balancing act to keep things equal.

Stick with the status quo (same fitness routine week after week), and your body learns a new normal. It adapts. And that's good. But you can't keep doing the same things expecting different results ... just ask Connors.

6 signs it's time to switch up your workout
tinyurl.com/vyamilmdx

4 Ways to Change Your Routine and Get FITT

So how do you get from where you are to where you want to be? Change your routine. Think **FITT** to get fit and stay fit:³

1. Raise Frequency

How many days per week do you exercise? If you're at zero, now is always a good time to start. If you've been at it awhile, can you add another day to your exercise schedule? Aim to be active at least five days a week.

How many days a week are you active now? Can you increase that by a day?

2. Choose Intensity

How much effort do you put into your exercise? At a minimum, your heart rate should be elevated when you exercise. That's around 80 to 170 beats per minute for most adults, depending on your age. You should break a sweat or breathe a little heavier than normal. Intensity can also be measured by your effort to lift weights or be flexible. Think "E" for effort.

Can you work a little harder during your next workout compared to your last?

3. Increase Time

How long is your typical workout? Or how many minutes per day are you physically active? If you don't know, start tracking it. Write it down or use a digital fitness device or mobile app to help you keep track. Be active for at least 30 to 60 minutes of moderate physical activity per day, plus two days of strength training per week.

Can you increase your next exercise session by a few minutes?

4. Pick Type

What kind of exercise do you like? Pick an activity. Swim, bike, run, jog, dance, lift weights, play a sport, take a fitness class. Any form of exercise will help you improve metabolism and strengthen your heart, lungs, muscles, and bones. Choose an activity you enjoy, or try something new. Make a small change to your exercise routine. Now is always the best time to start.

What activities do you enjoy to build strength and endurance, manage your weight, and improve your health?

Make Small Changes to Get Big Results

What changes can you make to your fitness routine to lose weight, build muscle, improve balance, or increase endurance? Here's a hint. Start small, make simple change, rinse and repeat.⁵ For example:

DON'T try to run a marathon, if walking a mile is your max.	DO increase your one-mile walk by a quarter-mile, walk faster, or both.
DON'T try to bench press 300 pounds, if your max is 100.	DO increase weight by 5-10 percent, sets, repetitions, or all three.
DON'T try an extreme 60-minute fitness bootcamp, if you're not in great shape.	DO exercise 5 to 10 minutes longer per week to improve strength and endurance.
DON'T try to exercise hard 6 days a week, if one day a week easy is your norm.	DO work up to 30 to 60 minutes a day, adding a day at a time then increase effort over time.

The secret to better health – exercise
tinyurl.com/y6rmo5zj

Bootcamp workout:
Is it right for you?
tinyurl.com/y2s7n9e6

Changing your fitness routine every 4 to 12 weeks helps train your brain and body to keep adapting. Check out this build-muscle-play-soccer experiment:

Prepare. Will a change in training help soccer players perform better and reduce the risk for injury? Researchers wanted to find out.²

Make a change. Instead of the usual running, passing, and scrimmage drills, the soccer players changed their routine.

Adapt. They lifted weights for 10 weeks, twice a week, to strengthen their leg muscles.

Measure results. The routine change helped soccer players reduce muscle injuries. It also helped improve jumping height and running speed.

References

1. McCall, P. (2014). 6 signs it's time to switch up your workout. American Council on Exercise. From: <https://tinyurl.com/yyamlmdx>
2. de Hoyos, M., et al. (2014). Effects of a 10-week in-season eccentric-overload training program on muscle-injury prevention and performance in junior elite soccer players. *International Journal of Sports Physiology and Performance*, 10(1):46-52. From: <https://tinyurl.com/y3dyuery>
3. Grace, D. (2019). The tortoise factor - Get FITT. *American College of Sports Medicine Health & Fitness Journal*, 23(2): 3-4. From: <https://tinyurl.com/yxpqgyh4>
4. Clark, M., et al. (2017). Concepts of integrated training. NASM essentials of personal fitness training. (p. 180). Burlington, MA: Jones & Bartlett Learning.
5. Pontzer, H., et al. (2016). Constrained total energy expenditure and metabolic adaptation to physical activity in adult humans. *Current Biology*, 26(3): 410-417. From: <https://tinyurl.com/y53y2cq8>





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Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or by your house keys).
2. Create a plan to make small changes to your fitness routine.
3. Use the calendar to record your actions and choices that change your fitness routine.
4. At the end of the month, total the number of days you made small changes to your fitness routine. You must do this on at least 22 days this month to complete this challenge. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [] ex. min. _____								
HC [] ex. min. _____								
HC [] ex. min. _____								
HC [] ex. min. _____								
HC [] ex. min. _____								

_____ Number of days this month I took action to make small changes to my fitness routine

_____ Number of days this month I was physically active for at least 30 minutes

Other wellness projects completed this month:

Name _____ Date _____