

+++++Faith to Fitness;≅PH%&  
Building the Foundation for Developing an Active Image

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**YOUR STEPS ARE ORDERED**

Last time we applied the FITT Principle to the cardiovascular portion of fitness. Now let's look at muscular strength and endurance. Remember that fitness has been defined as 'being in good health or physical condition. Fitness consists of 5 main components; Cardiovascular conditioning, muscular strength and endurance, flexibility and body composition. Muscular strength is defined as the maximum force that can be exerted by a muscle or muscle group. This is the type of strength Olympic weight lifters display when they lift during competition. Muscular endurance is the capacity of a muscle to repeatedly exert force or to maintain a fixed contraction for a period of time. Anytime you are lifting the same item over and over again, you are displaying muscular endurance.



**Benefits of Strength Training**

- *Reshaping your body*
- *Increasing your metabolism*
- *Strengthening your bones*
- *Improving posture*
- *Decrease risk of osteoporosis*
- *Help manage body weight*

Before designing your strength training program, let's recap **the FITT Principle**. Following this principle will give you the maximum results, save you time, and help you accomplish your fitness goals.

*The FITT Principle*

<i>F</i>	<i>Frequency</i>	<i>How often</i>
<i>I</i>	<i>Intensity</i>	<i>How hard</i>
<i>T</i>	<i>Time</i>	<i>How long</i>
<i>T</i>	<i>Type</i>	<i>What type</i>

**FREQUENCY**      **How often should you perform strength training exercises.** The American College of Sports Medicine recommends strength training be performed 2-3 times per week. These workouts should be performed non-consecutive days to allow the muscles time to rest. (ACSM 1999).

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*“And whatever you do in work or deed, do it all in the name of the Lord Jesus, giving thanks to the Father through Him (Col3:17)*

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**INTENSITY and TIME-**                    **How heavy should the weight be and how long.** I have combined the intensity and time here because one will be directly related to the other. In weight training the goal is to fatigue the muscle. The length of time of your program will depend on how long it takes you to fatigue the muscle. The intensity and length of your of your workout will depend on your goal. Your goal may include one of the following: Weight Loss - The key to losing weight is to burn more calories than you take in. This program will emphasize aerobic exercise in conjunction with strength training. You should perform 8-10 exercises using resistance difficult enough so that if you were to lift the same weight repeatedly- the last repetition of that weight should be almost impossible to lift. (this rule does not apply to callisthenics). If your goal is to Improve Muscle Tone – You will perform 8-10 exercises performing between 3-10 repetitions of the exercises. (the bigger you want your muscles the heavier the weight⇒ the less the repetitions⇒the sooner you fail .This can be repeated 1-5 times depending on the amount of time you have. If Overall Fitness is your goal you will perform between 8-12 repetitions until your fatigue your muscles.

**TYPE-**                    **What kind of exercises should you do.** There are many different methods available to improve muscular strength, endurance and tone. Below is a list of muscle strengthening methods, choose whatever fits your needs and lifestyle the best.

Weight machines

Free weights/Hand weights

Tubing/Bands

Callisthenics (such as push-ups,tricep dips, abdominal crunches, etc...)

## **TIPS**

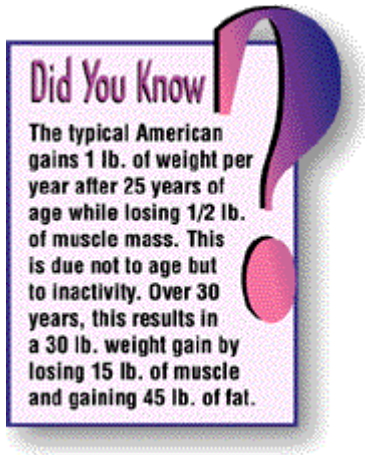
- Begin with large muscle groups before smaller ones- chest and back before biceps and triceps
- Start gradually and build up
- Stretch between exercises and sets
- Always breath out (exhale) during the most difficult part of the exercise
- You may experience muscle soreness initially- its only temporary, do not get discouraged !
- Consistency is the key- maintain what you begin
- Perform all exercises slowly and in a controlled manner

HAPPY STRENGTH TRAINING!!!!

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For a more detailed program or other questions, please email me at [cathy.morenzie@sympatico.ca](mailto:cathy.morenzie@sympatico.ca) . Remember, to always consult with your doctor before beginning any exercise program.

*“Beloved, I wish above all things that thou mayest prosper and be in health, even as thou soul prospereth” 3John 1:2*

Cathy Morenzie, November 26, 2001