

## **FIT BULL Fall Fun**

Anne Friesel  
Fitness Coordinator  
974-2971 or [afriesel@admin.usf.edu](mailto:afriesel@admin.usf.edu)



## **Free Fitness Orientations!**

Now is the perfect time to learn how to use our fitness machines. Sign up at the Fitness staff desk for your fitness orientation. Our helpful fitness staff will show you how to use the equipment properly and help you get started on an exercise routine.

## **Group Fitness**

A variety of courses are taught by certified instructors. Class schedules are located at [www.usf.edu/camprec](http://www.usf.edu/camprec). For more information call 974-4436 or email [USFGroupFitness@yahoo.com](mailto:USFGroupFitness@yahoo.com).

## **Affordable Personal Training Options:** **Group Personal Training**

A Personal Trainer works with a small group of 3-4 people who want to get fit or lose a little weight! We offer a **4 Week program** that meets **2x Week** for a total of **8 Sessions**. The cost is **\$120 per person** which ends up costing only **\$15 per hour** to work with a Certified Personal Trainer.



You can form your own group or sign up for one of these groups:

Monday/Wednesday-9:00 AM, 12:00 PM, or 5:30 PM

Tuesday/Thursday- 5:30 PM, 7:00 PM, or 8:00 PM

Slots are available on a first come first serve basis so make sure you sign up by October 6<sup>th</sup>. Sign up while slots are still available!

## **ACIS Fitness Rewards Program**

Keep track of your workouts and be rewarded. You earn points for every workout you complete. Win prizes like water bottles and t-shirts. Sign-up at the fitness staff desk. Program to begin Oct. 5<sup>th</sup>!

### **Upcoming events:**

## **Open House at the Ropes Course**

October 3<sup>rd</sup>

Contact (813) 974-7084 for more information.

## **Glow Spin**

October 30<sup>th</sup> at 8:00 PM

At the Argos gym.

Contact (813) 974-4436 for more information.

## **Exercise Corner: Benefits of Exercise**

It is important to be physically active in order to maintain a high quality of health. Physical activity is any activity that causes your body to work harder than normal. Correlations between physical activity, health, longevity, and an improved quality of life have been shown in many studies. Physical activity can improve self-image, self-esteem, physical wellness, and health.

Participation in physical activity can be beneficial for anyone and can be started during any stage of life. Physical activity can take many forms, ranging from a regimented exercise program to daily life activities such as house or yard work, walking a pet, or walking around town to complete errands.

Studies have shown that exercise can have a direct effect on preventing heart disease, cancer, and other causes of premature death. Participation in regular physical activity may reduce your risk. Research has shown that aerobic exercise can reduce high blood pressure, obesity, type II diabetes, and osteoporosis. In addition, stroke and several types of cancer can also be reduced with regular physical activity.

Adequate physical activity is dependent on having a well-rounded program that encompasses all aspects of improving health and preventing disease. A well-rounded program includes cardiovascular fitness, muscular strength and endurance, flexibility, posture, and maintenance of body composition.

Cardiovascular Fitness is the ability of the body to perform prolonged, large-muscle, dynamic exercise at moderate to high levels of intensity. This is dependent on the ability of the heart and lungs to deliver oxygen to the working muscles. As fitness levels improve, the body functions more efficiently and the heart can better withstand the strains of everyday stress.

Muscular Strength is the maximal amount of force a muscle can exert with a single maximal effort. Muscular strength can help to keep the body in proper alignment, prevent back and leg pain, and provide support for good posture.

Muscular Endurance is the ability of a muscle or group of muscles to perform repetitive contractions over a period of time. Endurance is a key for everyday life activities and operates with muscular endurance to help maintain good posture and prevent back and leg pain.

Flexibility is refers to the range of motion in a joint or group of joints, correlated with muscle length. This component becomes more important as people age and their joints stiffen up, preventing them from doing everyday tasks. Additionally, good range of motion will allow the body to assume more natural positions to help maintain good posture. Stretching is therefore an important habit to start, as well as continue, as one ages.

Body Composition is the relative proportion of fat-free mass to fat mass in the body. Fat-free mass is composed of muscle, bone, organs, and water, whereas fat is the underlying adipose tissue. Excessive fat is a good predictor of health problems because it is associated with cardiovascular disease, high cholesterol, and high blood pressure. Higher proportions of fat-free mass indicate an increase in muscle, and thus an increased ability to adapt to everyday stress.

Maintenance of physical activity is important to maintain a healthy lifestyle. It is important to follow an exercise regime that will start slow and gradually increase as fitness level and exercise tolerance increases. Your goal should be to achieve at least thirty minutes of activity most days of the week in the form of activities, such as walking, jogging, swimming, aerobic dance, or biking.

This article was summarized from

<http://www.faqs.org/nutrition/Erg-Foo/Exercise.html>.