

**Movement is medicine for creating change in a person's physical,
emotional, and mental states**

- Carol Welch



JUMPSTART20

Crash Course for 

by

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Physical Activity



What?

- **Cardio** – ↑ *Endurance*, ↑ *Heart Health*
- **Strength Training**- *Builds Muscle*, ↑ *Efficiency*
- **Stretching**- ↑ *Flexibility*, ↓ *Injury*
- **Cross Training**- ↑ *Weight loss*, ↓ *Time*


• ***Fight the Rona 20 Home workout***



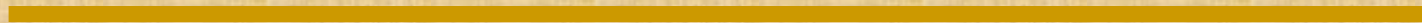
7-15 Reps > (3 sets/Day-Week)

 ***Stretches- JMs 3min Total body***

 ***Cardio – Walk (House circuit), Steps 5-10mn Up-Downs 4S or 2S***

 ***Strength- Squat (wall/ball), Weighted Lifts, Gluet kicks***

 ***Chair- Rotations(Head-leg), Standup & move 30Mn, Leg lifts Single/holds***



3 min step Cardio Fitness Check up??



My Score

Ratings for Women , Based on Age

	12-17	18-25	26-35	36-45	46-55
Excellent	56-84	52-81	58-80	51-84	63-91
Good	88-95	85-93	85-92	89-96	95-101
Above Average	98-103	96-102	95-101	100-104	104-110
Average	101-106	104-110	104-110	107-112	113-118
Below Average	109-114	113-120	113-119	115-120	120-124
Poor	117-125	122-131	122-129	124-132	126-132
Very Poor	130-164	135-169	134-171	137-169	137-171

3 min Step Cardio Fitness Check up??



My Score

Rating for Men

Age	18-25	26-35	36-45	46-55	56-65	65+
Excellent	<79	<81	<83	<87	<86	<88
Good	79-89	81-89	83-96	87-97	86-97	88-96
Above Average	90-99	90-99	97-103	98-105	98-103	97-103
Average	100-105	100-107	104-112	106-116	104-112	104-113
Below Average	106-116	108-117	113-119	117-122	113-120	114-120
Poor	117-128	118-128	120-130	123-132	121-129	121-130
Very Poor	>128	>128	>130	>132	>129	>130

Physical Activity



Exercise

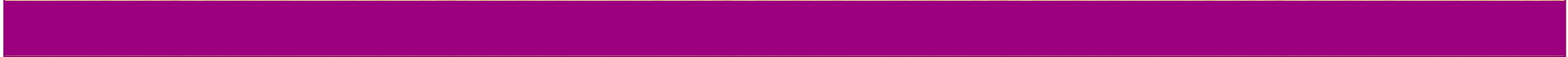
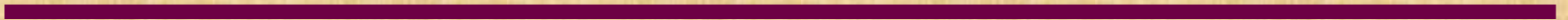
Health benefit vs Weight loss

Low Intensity Improves heart & cardio health	Increased Intensity Improves cardio & muscular endurance
20-30% energy cost	40% < Energy cost
10 min of constant motion	10 min of constant motion 30-60 day
Reduced duration & frequency	Progression of duration & frequency
Choose well ventilated & A/C area	Ventilation, head bands, end of day workouts, silk scarf, natural style
Walking, stairs, yoga, Ex. Bike, resistance bands, crunches	Power walk, Elliptical, Stepper, Treadmill, Core Ex. , Dance classes
↑ Cardiovascular, blood pressure. Triglycerides, Circulation	Reduce body fat, body sculpting, increase energy, improves metabolism

● *Don't Sweat it, Just Muv!*



- *Sweat Cools & removes toxins from your body*
- *Get going!*
- *Play music while you clean, Walk with friends, start dancing, All boost your activity levels*
- *Join our Winter Wellness program-*

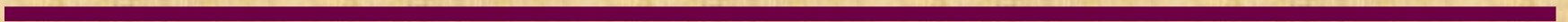
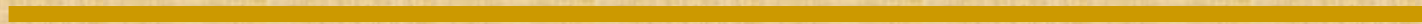


Changes today Improve tomorrow!



- Based on what you've learned, Write out a few ways you plan to be more active in 2020?

Why is this important for you?





How Can We Help U?

- ~ Group Training,
- ~ Exercise Classes
- ~ Health Presentations
- ~ Fitness services
- ~ Health Fairs
- ~ Sports Programs
- ~ Event Planning
- ~ Launch Fitness ©
-Resource book

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