

**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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Program Director, Lead trainer

More resources @ [www.Justmuv.com/ourproducts](http://www.Justmuv.com/ourproducts)

# 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***



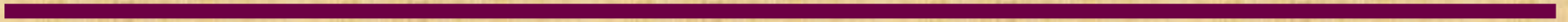
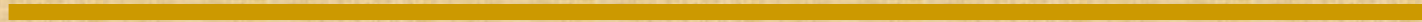
**7-15 Reps > (3 sets/Day-Week)**

 ***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

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**Ratings for Women , Based on Age**

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

# 3 min Step Cardio Fitness Check up??



My Score

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## Rating for Men

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

# Physical Activity



## Exercise

### Health benefit vs Weight loss

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

# ● *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?

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**Why is this important for you?**

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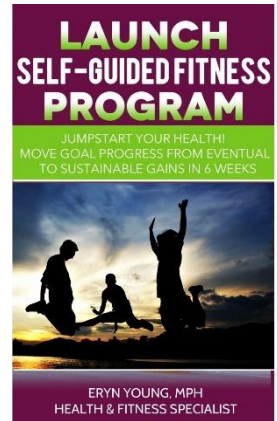
## How Can We Help U?

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

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For quick fit ideas



Get Fit Mix