

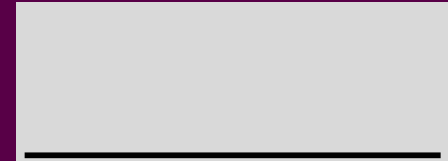
**Movement is medicine for creating change in a person's physical,  
emotional, and mental states**

**- Carol Welch**



# JUMPSTART

**Crash Course for**



by

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Program Director, Lead trainer

[www.Justmuv.com](http://www.Justmuv.com)

# Physical Activity



## What?

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

# 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+     |
|---------------|---------|---------|---------|---------|---------|---------|
| 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

| <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 2015?

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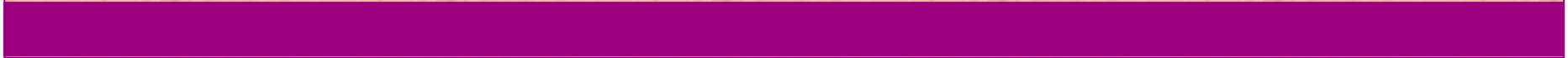
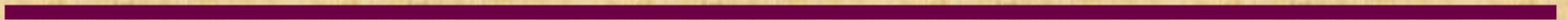
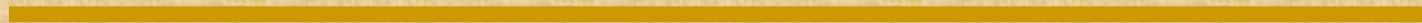
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**Why is this important for you?**

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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

ALL SERVICES ARE  
MOBILE

*www.Justmuv.com*

**To get you started**

**Turn in your Challenge card and receive a \$5  
towards any services when you  
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