

National Body Challenge

Presented by the Parks and
Recreation Department

The Pyramid of Health

- There are 3 sides to a pyramid
- One leg is aerobic exercise
- One leg is anaerobic exercise
- One leg is diet/nutrition
- We have looked diet and aerobic exercise
- Finally, we have anaerobic exercises

What is Anaerobic?

- Aerobic: using the lungs and heart. Elevated heart rate, heavy breathing. Usually done for an extended period of time such as 20 to 30 minutes or more.
- So then anaerobic would be using the muscles themselves and not as much of the OTS
- Again; always ease into exercises

Benefits

- Stronger Muscles
- Stronger Core
- Ability to function on a daily basis
- Less Injuries
- Metabolism
- Well Rounded
- Bone Density

Types

- Pushups, situps, isometrics,
- Weightlifting or Isotonics
- Stability Balls
- Resistance Bands
- Machines
- SuperSets
- Run or walk with exercises in the middle

- <http://focusonfeelingbetter.msn.com/>

Question & Comments

- Recreation Department:329-1268
- Aquatics Center:325-8287
- Senior Center:329-0469
- Ask for Kevin or Tess
- Good luck