



YOUTH FITNESS CERTIFICATION



RULES OF THE FITNESS CENTER

- **MEMBERS AGES 13-15 ARE REQUIRED TO HAVE ADULT SUPERVISION IN THE FITNESS CENTER**
 - **ONCE YOUTH CERTIFICATION IS ACQUIRED, ADULT SUPERVISION IS NOT REQUIRED.**
- **BAGS, EQUIPMENT, AND PERSONAL ITEMS SHOULD BE STORED IN CUBBIES OR LOCKERS. NOT ON THE FLOOR.**
- **MEMBERS MAY LISTEN TO PERSONAL AUDIO WHEN USING HEADPHONES ONLY.**
- **MEMBERS MUST PUT AWAY AND CLEAN EQUIPMENT AFTER EACH USE.**
- **DO NOT DROP WEIGHTS OR LET THE WEIGHT STACK SLAM.**
- **ABUSE OF EQUIPMENT, OTHER PATRONS, AND STAFF WILL NOT BE TOLERATED**
- **REPORT ANY BROKEN/MALFUNCTIONING EQUIPMENT TO A STAFF MEMBER.**
- **NO EQUIPMENT IS TO BE MOVED FROM ITS DESIGNED AREA AND MAY NOT BE TAKEN OUT OF THE FITNESS CENTER.**
- **MEMBERS MUST ABIDE BY THE DRESS CODE AND GENERAL CONDUCT POLICY.**



REC FITNESS DRESS CODE

- **CLEAN, ATHLETIC, CLOSED TOE SHOES ARE REQUIRED AT ALL TIMES.**
 - **NO SANDALS, FLIP FLOPS, OR CROCS**
- **SHIRTS THAT FULLY COVER CHEST, BACK, SIDES, AND ABDOMEN ARE REQUIRED AT ALL TIMES.**
 - **CUT OFF SHIRTS CANNOT BE CUT ALL THE WAY DOWN THE SIDES.**
 - **CROP TOPS ARE NOT ALLOWED.**
- **ATHLETIC SHORTS OR PANTS MUST BE WORN WHILE EXERCISING (NO JEANS).**
- **ANY CLOTHING WITH OFFENSIVE WORDS OR LANGUAGE WILL NOT BE ALLOWED.**

IMPORTANCE OF PHYSICAL ACTIVITY AND EXERCISE



- **PHYSICAL ACTIVITY:** ANY VOLUNTARY BODILY MOVEMENT PRODUCED BY SKELETAL MUSCLES THAT REQUIRES ENERGY EXPENDITURE
 - **EXAMPLES:** PLAYING, WALKING OR BIKING TO SCHOOL, HOUSE CHORES
- **EXERCISE:** STRUCTURED ACTIVITY THAT ENHANCES OR MAINTAINS PHYSICAL FITNESS OR OVERALL HEALTH
 - **SPECIFIC PLANNED WORKOUT DAYS, FITNESS CLASSES, SPORTS PERFORMANCE CLASSES, GOING ON A RUN OR SWIM**
- **BENEFITS:**
 - **MORE ENERGY**
 - **STRONGER HEART**
 - **BETTER ENDURANCE**
 - **STRONGER MUSCLES**
 - **STRONGER BONES**
 - [HTTPS://YOUTU.BE/CBRmIfW867G](https://youtu.be/cBRmIfW867G)
- **YOUTH RECOMMENDATIONS:**
 - **60** MINUTES OF MODERATE TO VIGOROUS PHYSICAL ACTIVITY DAILY
 - **MUSCLE AND BONE STRENGTHENING ACTIVITIES 3X A WEEK**



TYPES OF EXERCISE

- CARDIORESPIRATORY EXERCISE
 - IMPROVE HEART AND LUNG FUNCTION
 - HAVE MORE ENDURANCE AND STAMINA
- RESISTANCE TRAINING
 - BUILDING STRONGER MUSCLES AND BONES!
 - PROTECTS YOU AGAINST INJURY
- FLEXIBILITY
 - TYPES:
 - STATIC
 - DYNAMIC

WHAT YOUR WORKOUT SESSION SHOULD LOOK LIKE



- WARM-UP: 5-15 MINUTES
 - JUMP ROPE, BIKE, STAIR CLIMBER, TREADMILL, ELLIPTICAL
 - DYNAMIC MOVEMENTS
- FOCUS: CARDIORESPIRATORY OR RESISTANCE TRAINING
- COOL-DOWN: 5-10 MINUTES
 - WALKING TO BRING HEART RATE DOWN
 - STRETCHING

IMPORTANCE OF YOUR OVERALL HEALTH



- **NUTRITION**

TRY TO HAVE **MORE:**

- **FRUITS**
- **VEGETABLES**
- **WHOLE GRAINS**
- **LEAN PROTEIN**
- **FAMILY DINNERS**

Try to have **LESS:**

- **SUGARY DRINKS**
- **SUGARY FOODS**
- **PROCESSED, PACKAGED FOODS**
- **FAST FOOD**
- **RESTAURANT MEALS**

- **SLEEP**

- **9-11 HOURS (AGE 13)**
- **8-10 HOURS (AGE 14-15)**

TIME TO MOVE!



- **RESISTANCE TRAINING IS AWESOME FOR YOUTH AS LONG AS IT IS DONE SAFELY.**
- **LET'S GET STARTED WITH A WARM-UP AS A GROUP!**