



Jewish Community Centre of Greater Vancouver
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FORWARD



Welcome to the JCC Lifestyles Department! Congratulations on taking the first steps to becoming a healthier you. This manual is your resource about exercise and fitness. It will introduce you to cardiovascular training, muscle conditioning and flexibility exercises. You will learn about the many benefits of keeping fit and how to achieve them safely. Since the information covered here is fairly general, make sure you speak to a qualified trainer if you need more specific advice.

Included is a directory of organizations, websites and other useful contacts for further information about health, exercise and sport.

The JCC Lifestyles Staff welcomes you!

~Talitha Motola
Lifestyles Coordinator

~Paolo Macapagal
Manual Author



CONCLUSION

The JCC staff has provided you with the tools to enable you to exercise safely and effectively. Even though there are many benefits to leading a healthy lifestyle, you must be careful with things like technique. If you are unsure about an exercise, please speak with a JCC fitness staff or book a free orientation. Remember, stay active and be safe!



OVER TRAINING

What is it?

Over training is a condition where the body is being overloaded to a point where it can no longer adapt to the demands of your workout. It usually occurs when people train too hard and don't give their body time to recover.

What are the symptoms?

Trouble falling asleep

Loss of appetite

Sudden drop in academic, job or sport performance

Extreme muscle soreness and fatigue



How can I prevent it?

Take rest days! Your body needs time to repair and recover after each workout. Pushing it hard every day is unsafe.



WEIGHT ROOM

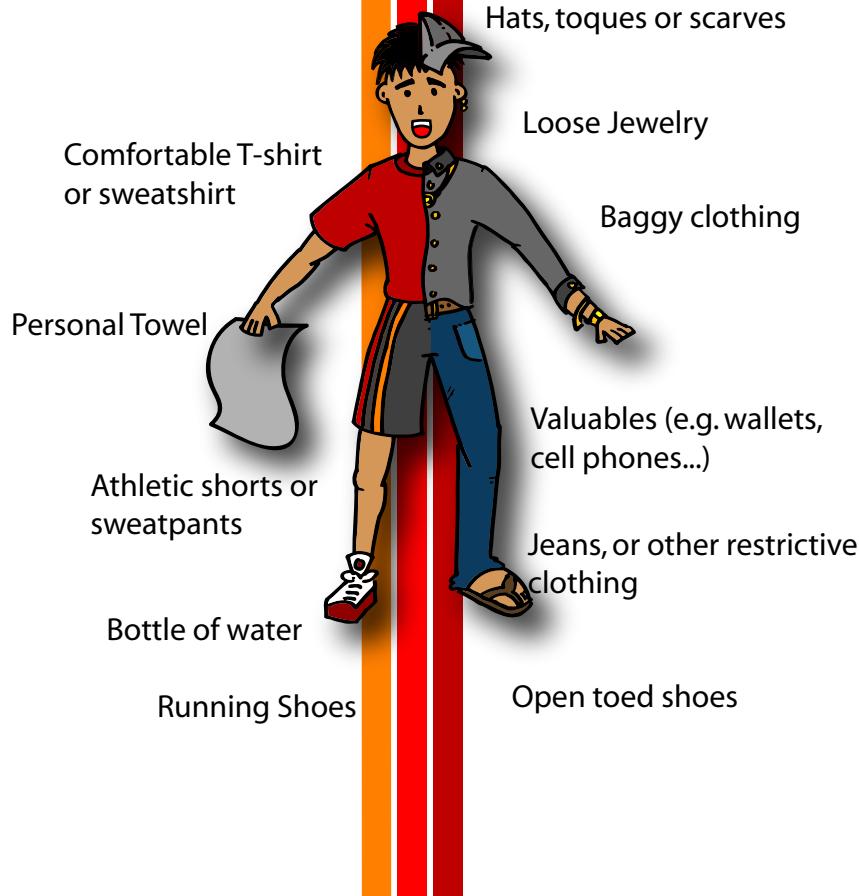
SAFETY AND POLICY

- Exercise within your limits. Lifting too much too soon can lead to injury! Remember to use spotters when needed.
- Always use proper technique; ask if you're unsure.
- Wipe down equipment after use.
- Return all equipment back to its original place.
- Dress appropriately. No sandals, loose clothing, jewelry or perfume/cologne.
- There is a 30min time limit on all cardio machines. Record your name and time on the sign up sheet before hand.
- The JCC is not responsible for lost or stolen items left unattended.
- Other than water, no food or drink is allowed.
- Keep cell phone use and volume to an absolute minimum.

READY TO WORKOUT?

YES!

NO!



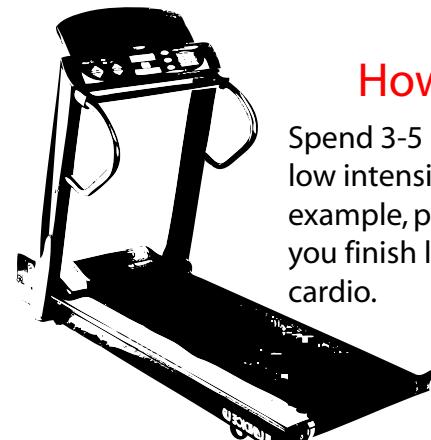
THE COOL DOWN

Why do it?

- Gradually returns heart rate, blood flow and breathing rate back to resting levels.
- Reduces your chance of feeling sore the next day.
- Flushes waste products away after working out.

When should I cool down?

Always cool down at the **end** of any physical activity.



How do I cool down?

Spend 3-5 minutes exercising at a low intensity (RPE at 3-4). For example, pedal for 5 minutes after you finish lifting weights or doing cardio.

- 3. Perform each stretch at least 1-3 times.** The first set helps to reduce muscle tension. Do a second and third set to improve your flexibility.
- 4. Choose 6-8 stretches.** Be sure to stretch all your major muscles, concentrating on muscles that were just worked.



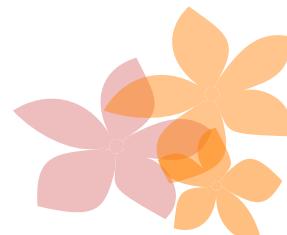
about flexibility training

How often should I stretch?

You can improve your flexibility by stretching **2-5 times per week**. A good time to stretch is after each weight training or cardio workout.

What's wrong with stretching before a workout?

As with weight and cardio training, it's important to **warm up** a muscle before stretching it. A stiff muscle that is stretched is likely to be pulled. Stretch **after your workout**, when the muscles are already warm.



WHY EXERCISE?

Resistance Training

Increases muscular endurance, strength, power and size



Builds bone density

Improves stability, coordination and balance

Increases your metabolism

Helps prevent certain diseases and cancers

Cardio Training

Helps maintain a healthy body weight

Reduces the risk of heart disease and diabetes

Develops strong and efficient heart and lungs

Increases stamina

Improves blood flow to all areas of the body

Decreases blood pressure

Improves blood cholesterol levels

Increases body's ability to transport and use oxygen

Flexibility Training

Increases your range of motion



Helps maintain good posture

Decreases chances of muscular injury and soreness

Other Benefits

Decreases stress

Improves sport performance

It's a great way to meet people

Increases your longevity

Its fun!

THE WARM UP

Why do it?

Prepares your body for your workout by increasing breathing rate, heart rate, body temperature and blood flow.

Lubricates your joints for easier movement

Reduces your chances of injury.



When should I warm up?

Always warm up **before** ANY physical activity!

How do I warm up?

Spend **5-10mins** exercising at a **LOW INTENSITY**, at an RPE of 3-4 (see page 10).

For example, to warm up before you run on a treadmill, walk for 5mins.

FLEXIBILITY TRAINING



Flexibility training involves stretching a muscle beyond its normal resting length. The more flexible you become the easier it is to move your joints. This is especially important in sport, maintaining proper range of motion and reducing soreness after a workout.



How do I start?

- 1. Choose the right stretch for the right muscle.** Like strength training, only the muscles that are stretched will become more flexible. Ask a trainer if you're unsure what stretch to do.
- 2. Hold the stretch while maintaining proper form.** You want to hold a stretch up to a point of tension, not pain (RPE of 4) for 15-30 seconds. Stretch slowly and in a controlled manner. DO NOT bounce, or forcefully stretch, this can lead to injury. Concentrate on deep breathing.

How do I measure my Heart Rate?

Use the heart rate monitor on the machine itself, or you can take your **pulse**. You want to take your heart rate frequently while you exercise to make sure you are staying at your THR range. Ask the staff for help if you're unsure about how to take your pulse.

How often should I do cardio?

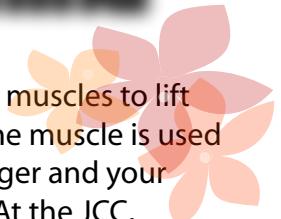
As far as cardio training goes, **3-5 times per week** is sufficient. Ideally however, you should be active throughout the day. It isn't as hard as it sounds; walk to school, use the stairs more, or take your dog out for walks. Every minute of physical activity counts!

I've been exercising for weeks, why haven't I lost fat from my _____?

Many people think that if they exercise in one specific area that they will lose fat there first. This "**spot-reduction**" myth is **untrue**. When you burn calories, you burn energy from all areas of your body. If your goal is to reach a healthy body weight, ensure that you are following a balanced diet and exercising regularly.



WEIGHT TRAINING



Weight training involves using your muscles to lift weights. As you work harder than the muscle is used to (Overload), the fibers become larger and your strength and endurance improves. At the JCC, machines, cables and free weights are available for weight training.



How do I start?

- 1. Choose the right exercise for the right muscle.** Only muscles that are worked get stronger. For example, if you're targeting the legs, choose the seated leg press. Ask for help if you're unsure of what exercises to do.
- 2. Adjust the equipment.** To reduce your chance of injury and to maximize muscle usage, adjust the equipment so it fits you.

- 3. Do a warm up set before lifting.** Lift one light set to prepare your muscles.



- 4. Choose the right amount of weight to lift.** Usually, this is the amount you can lift 12-15 times (reps) before you fatigue. Lift 3 groups (sets) of this amount. Know your limits!
- 5. Use proper technique.** Do your reps in a controlled manner. Never hold your breath; make sure you exhale during exertion. Pay attention to your form and correct any mistakes immediately.
- 6. Choose 6-8 exercises.** A workout routine should involve the whole body. Choose exercises that target the major muscle groups (arms, legs, back, chest, abs and shoulders). During your orientation, your trainer will help you choose these exercises and the appropriate amount of weight to lift for each.

- 4. Adjust the Incline or Speed.** You want to be exercising at a steady pace or an RPE of about 6-8. Increasing your speed or adding an incline make your workout harder. As you become more fit, you can increase the speed or incline even more.
- 5. Cool Down.** After exercising continuously, cool down for 3-5 mins. See page 16 for more details about the cool down.

COMMON QUESTIONS

about cardiovascular training

How do I find out my Target Heart Rate (THR) Range?

Exercising at your THR range is a good way to ensure that you are getting benefits from your training. A good range is **65%-80% of your maximal heart rate**. Your max heart rate is the fastest your heart can beat and is found by **subtracting your age from 220**. For example, a 20 year old would have a max heart rate of 200 beats per minute (220-20). He would need to train at 130 (200 x 65%) to 160 (200 x 80%) beats per minute.

My THR

220 - _____ (age) = _____ (max heart rate)

_____ (max heart rate) x 0.65 = _____ (THR 65%)
_____ (max heart rate) x 0.80= _____ (THR 80%)

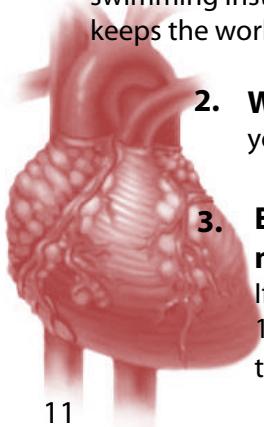
CARDIOVASCULAR TRAINING

Cardiovascular training (aka cardio or aerobic activity) improves your body's ability to take in oxygen and supply it to your muscles. Your heart and lungs become stronger, blood is better circulated and your muscles use oxygen more efficiently. Exercises that are longer in duration and require a lot of oxygen are considered aerobic exercises. At the JCC, cardio machines include the treadmill, elliptical, rower, arm ergometer and bikes. Playing sports or joining group fitness classes are good ways to improve your aerobic fitness as well.



How do I start?

1. **Choose an aerobic activity.** Choose an activity that you enjoy! If you don't like the treadmill, try biking, or swimming instead. Make sure to try different activities, it keeps the work out fun!
2. **Warm up.** Warm up for 5-10mins before you exercise
3. **Exercise continuously for 15mins or more at your target heart rate range.** If you're new to training, try exercising for 10min. As you become more fit, add 5 min to your workout each week.



COMMON QUESTIONS

about weight training

Why am I sore after I work out?

It's normal to feel sore after working out, especially if you're new at it. The stiffness and tension you feel is a good kind of soreness; it tells you that your body has done some work. However, if this soreness becomes **painful**, making it difficult to perform your daily activities, then it becomes a bad kind of soreness. Weight training no more than **2-3 times per week** and staying within your limits will keep the pain away. It's important to take rest days to give your muscles time to rebuild and grow.



I can lift more weight now, but why don't I see any changes?

You will **NOT** see results overnight. Building muscle is a long process. Even before you gain muscle mass, your **nervous system** is the first to benefit from resistance training. On average it takes **6-8 weeks** before observable changes happen. Don't get discouraged!

Doing 12-15 reps is really easy now, what's the next step?

Once 12-15 reps becomes easier, and you can complete 2-3 reps more, it means that your muscles are getting stronger. It's a good time to **increase the weight** you're lifting until 12 reps becomes moderately difficult again.

I don't want to look bulky should I still lift weights?

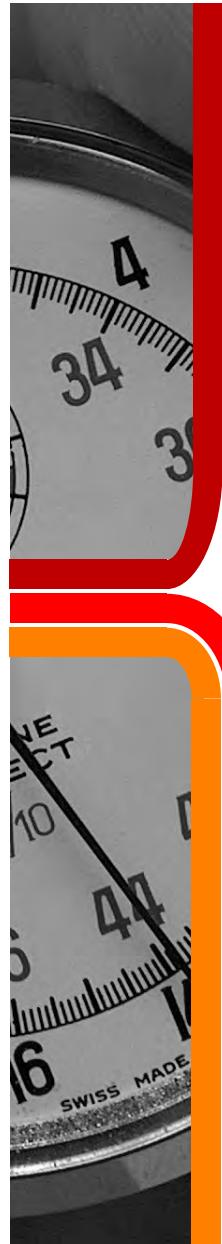
Yes! Weight training has more benefits than just gaining muscle size. Females don't have as much testosterone as males, therefore, they don't bulk up as much as men.

Will weight training stunt my growth?

As long as you lift safely and don't overtrain, weight training **will not** slow your growth. Weight training actually helps build stronger bones.

Oh no! I stopped training, am I going to lose the muscle I built?

Unfortunately, if you **don't use it you lose it!** This is called detraining. Contrary to popular belief, this loss of muscle does not turn into fat. Detraining is a slow process; plus, it only takes **one workout per week** to maintain your training gains.



How hard should I exercise? **RPE SCALE**

The Rate of Perceived Exertion (RPE) scale is a great way to measure how hard your workout feels. Adjust the intensity of your workout so you are in the correct range of exertion.

- | | |
|----|---|
| 10 | All out maximal exertion. Dangerous level for novices. |
| 9 | Moderate to maximal effort. Safe range for intermediate trainers. |
| 8 | |
| 7 | Moderate effort. Safe range for working out with weights or doing cardio. |
| 6 | |
| 5 | light to moderate effort. Good range for flexibility training. |
| 4 | |
| 3 | Light Effort. Good warm up and cool down range. |
| 2 | |
| 1 | Little or no effort at all. |