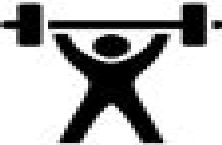


Workout Type	Intensity	Duration	Frequency	Body Movements
HIIT	High	Low	Usually 3-4x / week	 • Compound • Repetitive • Dynamic
CROSS TRAINING	High	Low	5-6x / week	• Compound • Complex • Variable • Dynamic 
STRETCHING	Low	High	3-7x / week	 • Isolated • Simple • Usually Static
WALKING PROGRAM	Low	High	3-7x / week	• Repetitive • Simple • Dynamic 
STEADY STATE CARDIO	High	High	3-5x / week	 • Repetitive • Simple • Dynamic
HOME/REHAB EXCERCISES	Low	Low	3-7x / week	• Repetitive • Isolated • Simple 
RECREATIONAL SPORTS	High	High	1-3x / week	 • Compound • Complex • Variable • Dynamic
WEIGHTLIFTING	High	Low	3-5x / week	• Variable • Dynamic 

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The Lifestyle Fitness Program Debi Silber,2008 How Fit is Your Lifestyle To lose weight you may hire a Registered Dietitian to design a healthy eating program To get in shape you may hire a Certified Personal Trainer to design a fitness program True fitness however is fitness from the inside out That means that not only do you look better but ALL aspects of your life are fit healthy and whole What about your emotions Your stress level Your relationships Your spiritual needs Unfortunately when it comes to these aspects of health and wellness we may either overlook them or merely look for tips and suggestions While advice in these categories can be extremely valuable it s not enough if we want to look feel and live our best

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