

The Secrets to a Great Fitness Routine

Unlock hidden gems from a
leading Australasian professional
sports mentor

📌 **Prof Grant Schofield**



PREKURE™



Professor Grant Schofield, PREKURE's Chief Science Officer and world-renowned academic, cuts through the misinformation about fitness and helps you understand how to build the perfect routine. It's easy to get sucked into thinking that the only way to get fit is by going to the gym 7 times a week, this just isn't true. Read on as he shares his top tips for how to set up a fitness routine to optimise your health and support longevity for yourself, your family or your clients.

At PREKURE we believe in keeping at the cutting edge of evidence-based science to live a happier, healthier life. These fitness gems are a collection of tips and tricks to help you make the most of your fitness routine to optimise your health and promote longevity so that you can die young, as old as possible. This collection of tips is an example of just some of the types of resources we will arm you with in our Health Coaching Certificate.



The benefits of exercise

What if your doctor could write a prescription for one medication that would reduce your blood pressure and cholesterol, improve your sleep and mood, relieve stress and depression, improve the health of your bones and heart, reduce the risk of cancer and diabetes, alleviate back pain, and help to keep your weight down? Sounds too good to be true? In fact clinical trials of this medicine have shown it to have all of the above effects and the results have been published in the world's premier medical journal over the past 20 years. Is this medicine in a pill or liquid form, and how often should you take it? Are there any harmful side effects you should know about?

Well you may have guessed by now – we are not talking about a drug. We are talking about exercise. Medically speaking the majority of the major diseases globally are treatable through lifestyle change, namely exercise [1]. Regular physical activity can reduce the risk of developing a new chronic condition, reduce the risk of progression of the condition they already have, and improve their quality of life and physical function. The benefits of physical activity can be achieved in a variety of ways. Even if you already meet the guidelines of >150 min/week, then additional benefits can be achieved by doing more and gaining more above the substantial benefits you already enjoy.

The 7 components of fitness

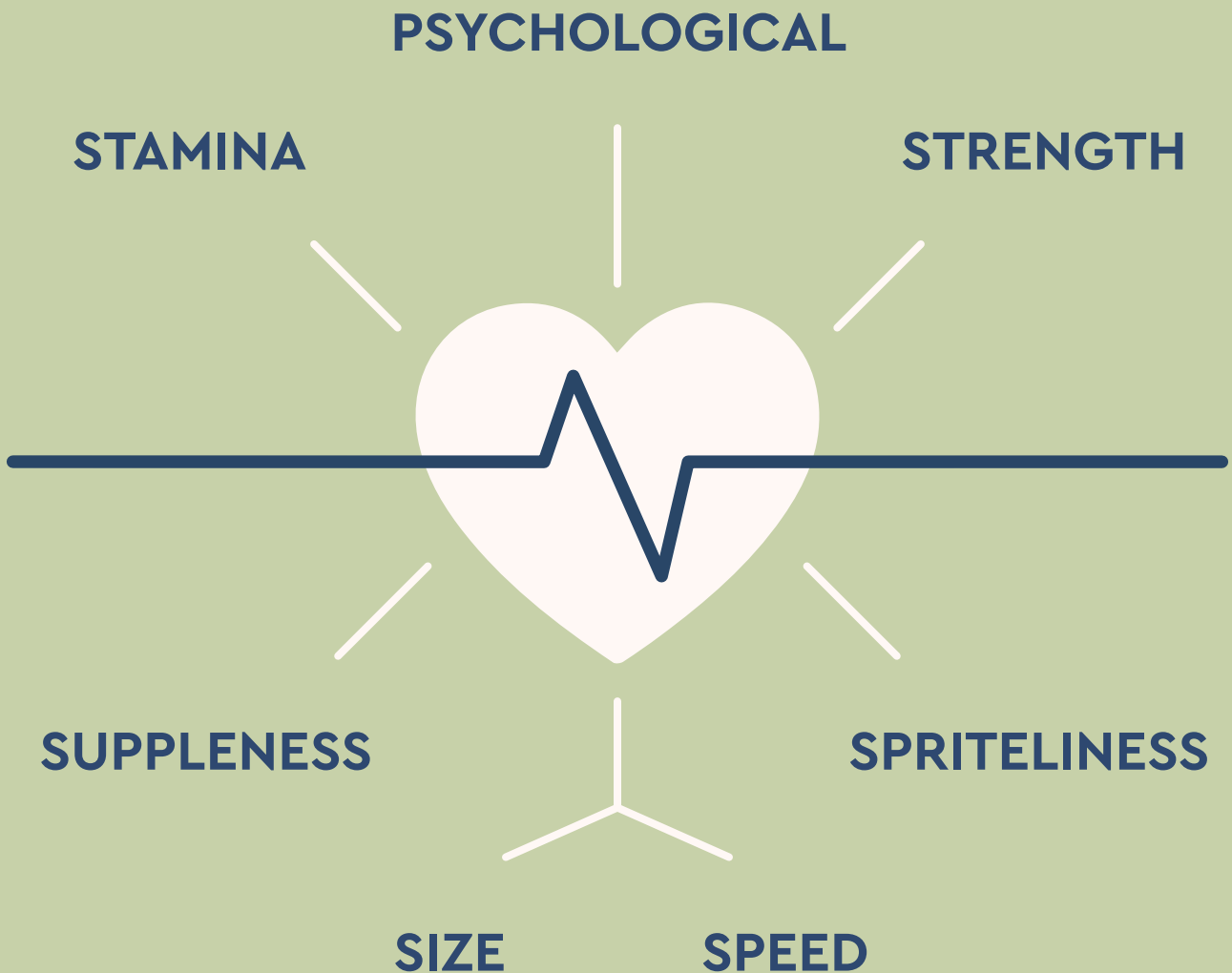
When talking about exercise, fitness and physical activity sometimes these terms are used interchangeably but they mean different things. Let's start with physical activity, which refers to any bodily movement produced by skeletal muscles that results in energy expenditure. This could mean a stroll on the beach with your dog, surfing while holidaying somewhere warm, walking and biking as you see new sites with friends in a new city or gardening on a Sunday afternoon. Physical activity is not necessarily planned or structured but does result in you expending more energy than you would sitting on the couch.

Next we have exercise which refers to physical activity that is planned, structured, repetitive, and designed to improve or maintain physical fitness, physical performance, or health. This could include going to the gym, heading out for a run after work or a boxing class. These activities are planned and intentional, when we engage in them we know their purpose and are working towards improving our health. Finally we have fitness which refers to performance and testing how fit we are. We can do this with tests like VO2 max, maximum strength, sprinting speed. Fitness has seven distinct components. Let's take a closer look at the seven components of fitness.

Continue on next page



The 7 Components of Fitness



1 Stamina (endurance, cardio fitness)

Endurance: we can work within all of these components of fitness, but the one humans were designed for is endurance. Think back to our hunter-gatherer ancestors who spent many days stalking animals in the pursuit of their next meal. The human body is built to go for long periods of time at a low aerobic threshold.

2 Psychological

The psychological set of skills required to do the activity. In many competitive sports athletes require a level of grit and determination to achieve the results they are chasing. Regardless of your level of performance, to achieve your goals will require psychological skills – from elite athlete to weekend warrior everyone faces challenges in their pursuit of fitness that they must overcome.

3 Size

In some sports/activities people need large muscle mass to be able to perform well.

4 Strength

The ability to move heavy things, or repeat under resistance for a longer period of time. As we age this is vital for longevity and independence. Resistance training in some way shape or form should be a part of every person's exercise routine.

5 Suppleness (flexibility)

The ability to move through a range of motions is crucial for some activities, such as swimming. This is what makes swimming a great lifelong activity, it helps to keep joints mobile and ensure our range of motions remains intact as we age. Another great tool for enhancing range of motion and maintaining suppleness is yoga.

6 Speed

The peak velocity you can reach is a key part of being fit. How quickly can you perform activities? Test your speed out in the pool or on your next bike or run.

7 Spriteliness (agility & balance)

Especially as we get older, our ability to balance and move around with some agility is a core component of fitness. It is a key aspect to prevent injuries from falls as we age, this is why you will find many fitness routines designed for older individuals place a great deal of emphasis on this component, it will help us play with our grandkids and be functional independent humans as we age. Different sports have different requirements for agility (e.g. football, tennis) and balance (e.g. gymnastics). While we can think of the sport-specific requirements for agility and balance, they are skills we all need during our daily life.



That seems like a lot right? How do we put it all into practice to create a routine that works and trains all of the seven components of fitness? Great question, we have some guiding principles to help you do this!

Continue on next page



Guiding principles to design your fitness routine

- **Do at least 2.5 hours of moderate or 1.5 hours of vigorous physical activity every week.** What does moderate to vigorous activity mean? Well, your heart should be pumping – it's not a stroll. If you have a fitness tracker you want to aim for a heart rate upwards of 140 beats per minute. This covers off both your stamina and sprint components of fitness.
 - **For extra health benefits,** aim for 5 hours of moderate or 2.5 hours of vigorous physical activity weekly.
 - **Do some muscle-strengthening activities at least 2 times/week.** If you are new to strength training you should consider working with a professional to design a program for where you are at. This covers off your strength component of fitness.
 - **Make sure you take the time to warm up and activate your muscles** before exercise and take some time to stretch and cool down afterwards. Before exercise you want to do dynamic stretches to get the blood flowing to the muscles – this is a great time to include some agility and balance exercises. Afterwards you want to do longer slower stretches holding them for about 10–30 seconds. This covers off your agility, balance and suppleness components of fitness.
 - **Build a routine and stick to it —** even on the days you don't want to go. Showing up and getting the work done will help to build your grit and improve your psychological prowess.
- Remember, when designing a fitness program or routine (whether that be for yourself, a friend or family member or a client) that on top of these components that you should look to include there are several guiding principles to ensure you get the most out of your training.
- **Progress, not perfection.** Training stresses the body and it adjusts by rebuilding itself – stronger, faster and more flexible. In order to do that we need to be progressive and keep pushing the limits.
 - **Adapt to improve.** Exercise is stressful and this stress forces physiological adaptation which is why we improve in fitness tests. When you train regularly your heart and lungs become more efficient, your muscles get bigger and you get stronger. You can only progress if you rest enough to be able to adapt to that change. So give yourself a break sometimes and let the body recover.
 - **Rest.** Cycle in and out of effort, hard and easy training, stress and recovery. It allows that adaptation to happen over days, weeks, months and even years. Rest is one of the most

crucial parts of an exercise program – without it the body can be placed under unnecessary stress and you will see progress slow or even stop.

- **Use it or lose it.** If you don't progress forward, the body adapts to that and you'll get less fit.

- **Do what works for YOU.** Perhaps you don't particularly like getting up early in the morning to exercise, but you could bike to and from work. Or, it might be easier to fit in a lunchtime walk or class, than doing a session at night. We can debate till we are blue in the face about the optimal time to exercise but at the end of the day, some exercise is better than no exercise at all.

The PREKURE Fitness Guidelines

At PREKURE we believe that building a great fitness routine requires a little bit of everything but ideally, easy aerobic exercise should form the base of your efforts. Check out our fitness guidelines below.

- **Move often.** Organise your life to include lots of moving and less sitting.
- **Everyday easy.** Exercise in an easy (aerobic) way everyday and whenever you can. Do as much as you can fit into your lifestyle, but keep it really easy.
- **Go hard, not long.** Exercise in a very hard (anaerobic) way a couple of times a week, go hard but for not that long.
- **Lift heavy.** Lift heavy things (strength training) and use your body weight as resistance a couple of times a week.

- **Prioritise rest.** If you are tired from exercise, have a rest. Recovering from the stress of exercise is how your body rebuilds and gets fitter.
- **Have fun!** To keep being fit and active, you should find something you enjoy and can do with others. That way you will keep doing it.

[Click here for the full PREKURE Fitness Guide resource.](#)



Prevention is Cure. Lifestyle is Medicine.

PREKURE is a health education & training provider championing a Lifestyle Medicine Movement. Our society spends billions on sickness and very little on health. It's time we changed our 'medicine'. We see a new world of medicine as preventative, customer-centric and future-focussed. One where people thrive, not just survive.

Are you with us?

The current health system is failing sufferers of chronic disease – we need passionate people to help solve the problem. By studying with us you can help yourself and others to make the critical lifestyle changes required to dramatically improve health and wellbeing.

Do you want to develop an in-depth understanding of the latest science-based fitness knowledge to promote longevity?

Update your knowledge and stay abreast of the latest trends and research in exercise and health with our PK103 Fitness as Medicine short course. You'll discover the latest techniques for longevity and optimal health, and gain a valuable understanding of the science of fitness. Keeping fit is a critical part of helping your clients and/or patients be the best they can be. This course is designed to give Health Coaches, personal trainers, caregivers, and wellness specialists the latest knowledge, and the tools they need, to educate and advise people at any age and life stage about individualised exercise approaches.

Together we can change medicine for good. Learn more at prekure.com



[This course gave me the confidence to] start again with confidence to exercise regularly and consciously to improve my health and wellbeing. I love the motivation it has reignited for a 50-odd-year-old who was once a very keen runner and is carrying injuries and some physical ailments. I now see exercise as an achievable medicine together with nutrition and mental health..loving the course thanks!

— Michelle, PK103 Student





PK103 *The Secrets to a Great Fitness Routine*

Prevention is Cure | Lifestyle is Medicine

© 2023 PREKURE | www.prekure.com | info@prekure.com