



# Refresh Your Fitness Routine



## CHALLENGE

Change the way you exercise to stay active

## Requirements to complete this HEALTH CHALLENGE™

1. Read “Refresh Your Fitness Routine”
2. Create a plan to refresh your fitness routine & be active daily.
3. Keep a record of your completed health challenge in case your organization requires documentation.



Remember the movie *Groundhog Day*?

Every day TV weatherman Phil Connors (played by Bill Murray) does the exact same things. He walks the same route to work. He greets the same people. He talks about small-town weather. Every day is the same, and it’s driving him crazy.

### Does your exercise routine feel a little like that?

You do the same exercises at the gym from week to week. You always walk the same pace and route. You do the same workout class every week. You’re active, but it’s always the same old thing. Or maybe you don’t exercise at all. Either way, you’re getting the same results.

Connors relives the exact same day hundreds of times in *Groundhog Day*. And he’s unhappy until he figures out how to change his behavior to break the cycle. He wakes up from the never-ending Groundhog Day, with a plan to live life a little differently.

Are you losing interest in exercise? Are you frustrated that you’re not getting the results you want from being active?<sup>1</sup> Are you finally ready to make a change?

If you want to get fit and feel better it’s time to break the Groundhog-Day cycle. Here’s how: Take the month-long health challenge to Refresh Your Fitness Routine.

### Quiz: Fitness Routine Reboot

Should you change your fitness routine? Take the quiz to find out.



- |    | T                        | F                        |  |
|----|--------------------------|--------------------------|--|
| 1. | <input type="checkbox"/> | <input type="checkbox"/> | After a new workout, it’s common to experience muscle soreness 24 to 72 hours later.   |
| 2. | <input type="checkbox"/> | <input type="checkbox"/> | It takes your body 2 to 3 weeks to adjust to a new exercise routine.   |
| 3. | <input type="checkbox"/> | <input type="checkbox"/> | Health experts say you should change your fitness routine every week to keep making progress.  |
| 4. | <input type="checkbox"/> | <input type="checkbox"/> | For best results, your exercise routine should match your goals (e.g. lose weight, build muscle, improve balance, increase endurance).         |
| 5. | <input type="checkbox"/> | <input type="checkbox"/> | Making small changes to your exercise routine (frequency, intensity, time, and type) is the best way to improve your health and fitness level. |

How did you do? Check your answers. When you exercise, you’re training your body and your brain. Health experts recommend changing your workout routine every 4 to 6 weeks for best results.<sup>2</sup> Making small changes to your activity level and exercise routine is the best way to keep improving your health and fitness levels.

Answers: 1.True, 2.True, 3.False, 4.False, 5.True.

## Feeling Stuck? The Fitness-Routine Fix

If you don’t want your fitness routine to feel like you’re living your own Groundhog Day, you need to change things up.

Why? Your body is always on the lookout for homeostasis (ho-me-oh-stay-sis) ... the easiest way to support your brain, heart, lungs, muscles, and other systems. It’s a balancing act to keep things equal.

Stick with the status quo (same fitness routine week after week), and your body learns a new normal. It adapts. And that’s good. But you can’t keep doing the same things expecting different results...just ask Connors.

6 signs it’s time to switch up your workout  
<https://tinyurl.com/yyamlmxd>



## 4 Ways to Change Your Routine & Get FITT

So how do you get from where you are to where you want to be? Change your routine. Think FITT to get fit and stay fit:<sup>3</sup>

### 1. Exercise more often (Frequency)

How many days per week do you exercise?

- If you're at zero, now is always a good time to start.
- If you've been at it awhile, can you add another day to your exercise schedule?
- Aim to be active at least 20-30 minutes five days a week.

### 2. Work a little harder (Intensity)

How much effort do you put into your exercise?

- At a minimum, your heart rate should be elevated when you exercise. That's around 80 to 170 beats per minute for most adults, depending on your age.<sup>4</sup>
- You should break a sweat or breathe a little heavier than normal.
- Intensity can also be measured by your effort to lift weights or be flexible. Think "E" for effort.

### 3. Be active a little longer (Time)

How long is your typical workout? Or how many minutes per day are you physically active?

Build a weekly workout plan  
<https://tinyurl.com/53p8hta6>

- If you don't know, start tracking it.
- Write it down or use a digital fitness device or mobile app to help you keep track.
- Aim for at least 30 to 60 minutes of moderate physical activity per day, plus two days of strength training per week.<sup>5</sup>

### 4. Change your exercise routine (Type)

What kind of exercise do you like?

- Pick an activity. Swim, bike, run, jog, dance, lift weights, play a sport, take a fitness class.
- Any form of exercise will help you improve metabolism and strengthen your heart, lungs, muscles, and bones.
- Choose an activity you enjoy, or try something new. Make a small change to your exercise routine. Now is always the best time to start.

### Fit for Life: Small Changes = Big Results

What changes can you make to your fitness routine to lose weight, build muscle, improve balance, or increase endurance?

- Here's a hint. Start small, make simple change, rinse and repeat.<sup>6</sup>

Get fit faster  
<https://tinyurl.com/Safw77cd>

For example:

**DON'T** try to run a marathon, if walking a mile is your max.

**DO** increase your one-mile walk by a quarter-mile, walk faster, or both.

**DON'T** try to bench press 300 pounds, if your max is 100.

**DO** increase weight by 5-10 percent, sets, repetitions, or all three

**DON'T** try an extreme 60-minute fitness bootcamp, if you're not in great shape.

**DO** exercise 5 to 10 minutes longer per week to improve strength and endurance.

**DON'T** try to exercise hard 6 days a week, if one day a week easy is your norm.

**DO** work up to 30 to 60 minutes a day, adding a day at a time then increase effort over time.

If you're tired or bored of exercise or you don't exercise at all, now is a good time to refresh your fitness routine.

### References

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3. Grace, D. (2019). The tortoise factor - Get FITT. *American College of Sports Medicine Health & Fitness Journal*, 23(2): 3-4. From: <https://tinyurl.com/yxpqgyh4>
4. American Heart Association. (2021). Target Heart Rate Charts. From: <https://tinyurl.com/ms65bzcm>
5. Azar, A., et al. (2018). Physical Activity Guidelines for Americans, 2nd edition. U.S. Department of Health and Human Services. From: <https://tinyurl.com/ymky6ebc>
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# Refresh Your Fitness Routine



**CHALLENGE**  
Change the way you exercise to stay active

### Instructions

1. Post this calendar where you will see it daily (bathroom, kitchen, bedroom, or add to your digital calendar).
2. Create a plan to refresh your fitness routine & be active daily.
3. Use the calendar to record your actions and choices to refresh your fitness routine.
4. Review your progress at the end of each day, week, and at the end of the month. Then keep up the practice for a lifetime of best health.

MONTH:							HC = Health Challenge™	ex. min. = exercise minutes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	Weight & weekly summary	
HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____	HC [ ] ex. min. _____		
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\_\_\_\_\_ Number of days this month I chose a new way to be active.

\_\_\_\_\_ Number of days this month I exercised at least 30 minutes

### Other wellness projects completed this month:

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Name \_\_\_\_\_ Date \_\_\_\_\_

