

Wellness Topic

Lifetime Fitness Goals

Developing personal fitness goals during your teen years is essential to maintaining good health throughout your life. Personal fitness for a lifetime is an achievable goal.

As you get older, however, you will need to adjust your personal fitness program to meet your changing needs. For example, you may have to adjust your FITT for selected activities to enable you to recover more completely between workouts. Done regularly, leisure-time activities can improve some aspects of health-related or skill-related fitness.

- Leisure-time activities provide many benefits, including:
 - Reduced stress levels
 - Opportunity for social interactions
 - Opportunity to burn calories
 - Increased self-esteem
- Factors to consider when choosing activities:
 - Cost
 - Your personality and attitude
 - Availability of equipment and facilities
 - Your social needs
 - Environmental hazards

Community connections are also important to continuing a lifetime plan of physical fitness. Knowing what is around you and involving yourself in activities that you enjoy are important for success. Here are a few things to keep in mind within the community:

- Careers in Health and Fitness
 - Personal trainers, aerobic-dance instructors, fitness specialists, health and physical education teachers
- Choosing Fitness Products
 - Be wary of the latest fads
- Health and Fitness Facilities
 - Commercial fitness centers
 - Corporate fitness centers
 - Sports medicine clinic centers
 - Cost and convenience
 - Equipment and facilities
 - Programs and staff