

# Contents

Preface ix

## **Introduction to the Active Life . . . . . 1**

The Active Life . . . . .	2	Physical Activity	
Healthy Behaviors . . . . .	4	Recommendations . . . . .	10
The Road Less Traveled . . . . .	7	Activity Index . . . . .	10
Benefits of Physical Activity and Fitness . . . . .	9	Summary . . . . .	12

### part I

## **Physical Activity, Fitness, and Health . . . . . 13**

### **1 Activity and Fitness: Health Benefits . . . . . 15**

Activity Reduces the Risk of Coronary Artery Disease . . . . .	17	Activity Increases Longevity . . . . .	31
Activity Reduces the Risk of Chronic Diseases . . . . .	28	Summary . . . . .	31

### **2 Mental and Cognitive Health: A Sound Mind in a Sound Body . . . . . 33**

Activity Reduces Anxiety and Depression . . . . .	34	Activity Improves Cognitive Health . . . . .	43
Activity Minimizes Stress . . . . .	40	Activity as a Positive Addiction . . . . .	47
		Summary . . . . .	48

### **3 Personal Health: It's Your Responsibility . . . . . 49**

Functions of Health Screening and Early Detection . . . . .	50	Pre-Exercise Medical Examination . . . . .	58
Annual Medical Examination . . . . .	54	Evaluating the Risks of Activity . . . . .	64
Cholesterol Screening . . . . .	55	Individual Health Risk Analysis . . . . .	68
		Summary . . . . .	68

### part II

## **Turning Your Life Around . . . . . 69**

### **4 Psychology of Activity: Learning to Play . . . . . 71**

Motivation . . . . .	72	Setting Your Preference to Exertion . . . . .	82
Adherence . . . . .	77	Summary . . . . .	84
Goal Setting . . . . .	81		

<b>5</b>	<b><i>Behavior Change: Gaining Control</i></b> . . . . . <b>85</b>	
	Activity in Modern Society . . . . . 86	Positive Behavior Maintenance . . . 98
	Barriers to Physical Activity . . . . . 87	Relapse Solutions . . . . . 102
	Environment and Behavior . . . . . 93	Visualization Strategies . . . . . 102
	Stages of Behavioral Change . . . 94	Summary . . . . . 104
	Behavior Modification Strategies 96	
<b>6</b>	<b><i>Meaningful Activity: Lifetime Vitality</i></b> . . . . . <b>105</b>	
	Meaningful Physical Activity . . . 106	Health Habits for Longevity . . . 116
	Incorporating Purposeful Activity into Daily Living . . . . 108	Attributes for Longevity . . . . . 119
	Environment and Purposeful Activity . . . . . 112	Age and Performance . . . . . 121
	Aging and Activity . . . . . 113	Summary . . . . . 123
<b>part III    <i>Understanding Fitness</i> . . . . . <b>125</b></b>		
<b>7</b>	<b><i>Physiology of Fitness: Muscles, Oxygen, and Energy</i></b> . . . . . <b>127</b>	
	Muscle Contractions . . . . . 129	Supply and Support Systems . . 135
	Energy Sources . . . . . 130	Genetic Responses to Exercise . 139
	Energy for Contractions . . . . . 132	Summary . . . . . 141
<b>8</b>	<b><i>Aerobic Fitness: Stamina and Efficiency</i></b> . . . . . <b>143</b>	
	Aerobic Exercise . . . . . 144	Aerobic Training and the Skeletal System. . . . . 158
	Aerobic Fitness . . . . . 147	Training Supply and Support . . . 159
	Aerobic Training Effects . . . . . 155	Specificity of Training . . . . . 163
	Aerobic Training and Muscle Function . . . . . 156	Aerobic Fitness Field Tests . . . . 164
	Aerobic Training and Body Composition . . . . . 158	Summary . . . . . 165
<b>9</b>	<b><i>Muscular Fitness: Strength and Endurance</i></b> . . . . . <b>167</b>	
	Muscular Strength . . . . . 169	Endurance Training Effects . . . . 179
	Muscular Endurance . . . . . 171	Methods of Training . . . . . 180
	Flexibility . . . . . 172	Muscle Soreness . . . . . 182
	Speed . . . . . 173	Force–Velocity Relationship . . . 183
	Power . . . . . 174	Preload and Elastic Recoil . . . . 184
	Agility and Skill . . . . . 174	Core Training . . . . . 185
	Balance . . . . . 175	Muscular Fitness Field Tests . . . 186
	Benefits of Muscular Fitness . . . 176	Summary . . . . . 188
	Strength Training Effects . . . . . 176	

## part IV

**Improving Fitness** ..... 189

- 10 Aerobic Fitness Training: Steps for Success** ..... 191
- |                                   |     |   |     |
|-----------------------------------|-----|---|-----|
| Fitness Prescription . . . . .    | 192 | Sample Aerobic Fitness Programs . . . . . | 212 |
| Training Tips . . . . .           | 204 | Summary . . . . .                         | 215 |
| Aerobic Fitness Options . . . . . | 206 |   |     |
| Exercise Risks . . . . .          | 207 |   |     |
- 11 Muscular Fitness Training: Lifetime Mobility** ..... 223
- |   |     |   |     |
|---|-----|---|-----|
| Muscular Strength Fitness Prescription . . . . .  | 224 | Sample Muscular Fitness Prescriptions . . . . . | 232 |
| Muscular Endurance Fitness Prescription . . . . . | 230 | Summary . . . . .                               | 267 |

## part V

**Activity and Weight Control** ..... 269

- 12 Energy and Nutrition: Fueling the Active Life** ..... 271
- |                              |     |  |     |
|------------------------------|-----|--|-----|
| Nutrients . . . . .          | 272 | Calculating Caloric Intake . . . . .     | 295 |
| Dietary Guidelines . . . . . | 283 | Estimating Caloric Expenditure . . . . . | 296 |
| Energy Intake . . . . .      | 288 | Diet and Performance . . . . .           | 301 |
| Energy Expenditure . . . . . | 292 | Summary . . . . .                        | 303 |
- 13 Weight Control: More Than Calories** ..... 305
- |  |     |                                    |     |
|--|-----|------------------------------------|-----|
| Overweight and Obesity . . . . .                   | 306 | Adopting a Healthy Diet . . . . .  | 336 |
| Measuring Body Fat . . . . .                       | 315 | Weight-Control Fallacies . . . . . | 344 |
| Ideal Body Weight . . . . .                        | 318 | Sensible Weight Gain . . . . .     | 345 |
| Activity and Weight Control . . . . .              | 320 | Summary . . . . .                  | 346 |
| Exercise Prescription for Weight Control . . . . . | 330 |                                    |     |

## part VI

**Performance**

349

<b>14</b>	<b>Improving Performance: Work and Sport</b> . . . . .	<b>351</b>
	Training Principles . . . . .	352
	Training Fallacies . . . . .	354
	Designing Your Training Program	356
	Periodizing Your Training Program . . . . .	358
	Psychology of Performance . . . . .	369
	Overtraining . . . . .	372
	Cross-Training . . . . .	373
	Fitness and Work . . . . .	376
	Summary . . . . .	377
<b>15</b>	<b>Environment: Acclimate, Then Perform</b> . . . . .	<b>379</b>
	Regulating Temperature . . . . .	380
	Exercising in the Heat . . . . .	382
	Exercising in the Cold . . . . .	388
	Exercising at Altitude . . . . .	391
	Avoiding the Effects of Air Pollution . . . . .	394
	Summary . . . . .	395

Appendix 397

Glossary 403

References 417

Index 435

About the Authors 445

**Muscular Fitness: Strength and Endurance** . . . . . 167

Muscular Strength . . . . .	169	Endurance Training Effects . . . . .	179
Muscular Endurance . . . . .	171	Methods of Training . . . . .	180
Flexibility . . . . .	172	Muscle Soreness . . . . .	181
Speed . . . . .	173	Force-Velocity Relationship . . . . .	183
Power . . . . .	174	Preload and Elastic Recoil . . . . .	184
Agility and Skill . . . . .	174	Core Training . . . . .	185
Balance . . . . .	175	Muscular Fitness Field Tests . . . . .	186
Benefits of Muscular Fitness . . . . .	176	Summary . . . . .	188
Strength Training Effects . . . . .	176		