

Healthy Fitness Gateway Program

Aric Anderson, CSCS

Recovery Fitness Course

<u>Table of Contents</u>	<u>Page(s)</u>
Letter to participant	3
Nutritional Guidelines	4
Sample Meals	5
Workout Intervals	7
Cardio intervals	8
Body weight intervals	8
Dynamic Balance and Stretching	9
Workout 2: Muscle Growth	9
Workout 3: Muscle Growth	10
Workout 1: Strength	10
Yoga Poses	11
Fitness Evolutions	12
Fitness Assessment items	13
Fitness Assessment recording	16
Recommended Apps	18

Dear participant,

Greetings. I am Aric Anderson creator of .
The fitness program was created in 2014 with the believe that health could be gained with improve fitness. There was a need for a program that did not stress intensity as the answer to increased fitness. Healthy fitness gateway is a program made with the help of doctors to target positive physiological changes that promote health.

The workouts in the program are designed to strengthen the body without hurting it. No need to work yourself until you are in pain. Healthy fitness gateway takes a mindful healthy approach to fitness. During the workouts you will try to monitor your breathing so that you are breathing in and expanding your belly, then breath out and contract your belly.

The fitness program to promote health is the foundation of the website. The 28 week fitness program is the start of your fitness journey, but to really make a difference in our health a change in perspective can bring a change in behavior. The website has tools to help us mindfully create healthy change in our lives. The change starts with how we approach our intensity levels during our workout, we continue to incorporate mindfulness into our thinking to focus on relaxing and rejuvenating our bodies, we change your relationship with eating to promote health, and we journal to focus our energy. The website is designed to help introduce tools to be healthy.

Good luck on your fitness journey. May this be a start of a lifetime of adapting to changes.

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3

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Nutritional Guidelines

1. Eat six meals a day consisting of between 200 and 400 calories each. If you average 300 calories a meal that's 1800 calories a day.
2. You are allowed four cheats a week. Missing a meal is a cheat.
3. No carbohydrates (potatoes, noodles, grains, bread) five hours before bed time.
4. For three meals a day eat a serving of protein, serving of fruit or veggie, and an additional serving of fruit or veggie.
5. For the other three meals eat a serving of protein, a serving of fruit or veggie, and a serving of carbohydrate.
6. A serving is about the size of your fist.
7. Double serving of protein is allowed and not considered a cheat.
8. To be considered a protein a food needs to have at least 5 grams (g) of protein per serving.
9. Limit your servings of animal or animal products to 8 servings a week.

Sample Meals

Breakfast examples:

- Toast, peanut butter & a piece of fruit
- Oatmeal with nuts & a piece of fruit
- Eggs, toast & a piece of fruit
- Muffins with nuts and fruits & Plant-based milk with protein
- Plant-based sausage sandwich & fruit

Snack examples:

- Yogurt & two pieces of fruit
- Smoothie (fruit/vegetable with plant-based milk with protein)
- Peanut butter & two piece of fruit
- Mixed nuts & two pieces of fruit
- Veggie lentil and pasta soup.

Lunch examples:

- Pizza
- Sandwich, pieces of veggies
- Soup with veggies and beans and rice
- Lentils potatoes and veggies Stew
- Plant base hotdog & broccoli

Snack examples:

- Peanut butter & crackers and a fruit
- Cheese & pretzels & fruit
- Hummus & tortilla chips & salsa
- Plant-based hamburger with baby carrots
- Bean burrito and sautéed veggies

Dinner examples:

- Baked chicken, broccoli & salad
- Beef stew & salad
- Three bean chili with corn & carrots
- Garden salad with hummus.
- Vegetable curry with lentils

Evening snack examples:

- Yogurt & fruit
- Peanut butter & fruit
- Smoothie made with plant-based Milk with protein frozen eating like ice cream
- Garden salad with oil and vinegar dressing
- Vegetable stir-fry & Cauliflower rice

Lite-workout intervals

Twenty (20) seconds of work then 10 seconds of recovery.
Cycle for 6 sets. Then a 1 minute break. Repeat 3 more times with
breaks between each cycle of the 6 sets, 15 minutes total time.

Interval timer setup
Name: Lite-interval
Type: simple
Warm up: 0:00
Number of sets: 6
First interval: High
High intensity duration: 00:20 sec
Low intensity duration: 00:10 sec
Repeat: yes
Number of Cycles: 4
Rest time: 1:00 Minutes
Cool down: 0:00

Optimal- workout intervals

Twenty (20) seconds of work then 10 seconds of recovery.
Cycle for 8 sets. Then a 2 minute break. Repeat 3 more times with
breaks between each cycle of the 8 sets, 22 minutes total time.

Interval timer setup
Name: Optimal-interval
Type: simple
Warm up: 0:00
Number of sets: 8
First interval: High
High intensity duration: 00:20 sec
Low intensity duration: 00:10 sec
Repeat: yes
Number of Cycles: 4
Rest time: 2:00 Minutes
Cool down: 0:00

Cardio intervals

Move faster during the work time than recovery time. Move even slower during breaks (marching in-place, walking, running, bike, stair master, row machine).

Body weight intervals

Lite-interval - Select four pairs of body weight exercises. Alternate between the pair for the 6 sets, repeating each exercise three times. Switch through the pairs for each cycle.

Optimal-interval - Select four pairs of body weight exercises. Alternate between the pair for the 8 sets, repeating each exercise four times. Switch through the pairs for each cycle.

Example: Jump rope/Air squats
High knee elbow crosses/ Inchworm
Kneeling to kneeling Right leg / Left leg
Push-ups/ Toe touch to bridge

Dynamic balance and stretching

Perform 3 – 12 movements of an exercise then move on to the next exercise. Perform 1 – 3 cycles.

Arm swing

Inch worm

Reverse lunge twist

Heel to toe walk good morning stretch

Walking over and under

Dumbbell Workout 2: muscle growth

Finish every set of an exercise before moving onto the next. Do three sets of eight repetitions.

A. Front squat

B. Dead lift

C. Alternating lunge

D. Push up

E. Bent over row

F. Bicep curl

G. Bent over triceps extension

H. Seated calf raises

Dumbbell Workout 3: muscle growth

Finish every set of an exercise before moving onto the next. Do three sets of eight repetitions.

- A. Front squat
- B. Romanian dead lift
- C. Single leg dead lift
- D. Front shoulder raises
- E. Lateral shoulder raises
- F. Upright row
- G. Ball leg curl
- H. Standing calf raises

Dumbbell Workout 1: strength

Do 4 - 12 repetitions of an exercise then move to the next exercise. Do five cycles.

- A. Overhead chop
- B. Swinging chop side to side
- C. Diagonal woodchopper right
- D. Diagonal woodchopper left
- E. Side bends
- F. Overhead chop

Yoga Poses

Lying

corpse
plow
bridge
leg pull
knee to chest
bent knee twist
straight leg twist
inverted pigeon

Base

mountain
forward fold
half forward fold
forward fold
down dog
plank
lying prone
Up dog
down dog
cat
cow
extended child pose
hero
prayer
chair
11

Seated

toe touch
single leg TT
knee hug/twist
shoulder stretch
twisted sage
pigeon
cross leg child's pose

Warrior Triangle

warrior 3
warrior 1
warrior 2
side angle
triangle
revolved triangle
pyramid
standing split
pigeon

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Fitness evolutions

Always take one day a week off from exercise.

Evolutions can be done for 1 to 6 weeks.

Website shows each evolution for four weeks.

Month 1	4 sessions 2 sessions	Optimal-intervals cardio Dynamic balance and stretching
Month 2	4 sessions 6 sessions	Lite-interval body weight Optimal-intervals cardio
Month 3	2 sessions 2 sessions 6 sessions	Dumbbell workout 1 Lite-interval body weight Optimal-intervals cardio
Month 4	Every morning 2 sessions 2 sessions 6 sessions	Yoga Base and Lying Dumbbell workout 1 Lite-interval body weight Optimal-intervals cardio
Month 5	Every morning 2 sessions 2 sessions 2 sessions 6 sessions	Yoga Base and Lying Dumbbell workout 1 Dumbbell workout 2 Optimal-intervals body weight Optimal-intervals cardio
Month 6	Every morning 2 sessions 2 sessions 6 sessions Every night	Yoga Base and Warrior Triangle Dumbbell workout 1 Dumbbell workout 2 Optimal-intervals cardio or body weight Yoga Seated and Lying
Month 7	Every morning 1 session 1 session 2 sessions 6 sessions Every night	Yoga Base Warrior Triangle Dumbbell workout 2 Dumbbell workout 3 Dumbbell workout 1 Optimal-intervals cardio or body weight Yoga Seated and Lying

12

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Healthy Fitness Gateway Program

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Fitness assessment items

Height

- Used to calculate BMI.
- Recorded feet and inches, will be converted to meters.

Weight

- Used to calculate BMI.
- Record in pounds, will be converted to kilograms.

Waist circumference

- Used to calculate waist to hip ratio.
- Using a string or belt, wrap it around your waist (1 inch above navel) and mark.
- Measure the distance with a measuring tape in centimeters.

Hip circumference

- Used to calculate waist to hip ratio
- Using a string or belt, wrap it around your hips (largest part of buttocks) and mark.
- Measure the distance with a measuring tape in centimeters.

Resting Pulse Rate

- Used to measure heart function.
- Sit comfortably in a quiet place. Find your heartbeat and count your pulse for 15 seconds.
- Then multiply that number by 4.

Blood Pressure

- Systolic Blood Pressure - Used to measure cardiovascular health.
 - Top number of blood pressure reading.
- Diastolic Blood Pressure - Used to measure cardiovascular health.
 - Bottom number of blood pressure reading.

Self-Health Rating Perception

- Used to measure perception of health.
- For this rating, 1 means you feel your health is poor, and 10 means excellent.

Average number of servings a week of animal or animal products

- Used to see if diet affects outcomes.
- Measured in servings per week.

Average number of days a week you performed a training session for last four weeks

- Used to see if the frequency of workouts affects outcomes.
- Measured in days per week.

Average workout minutes per week for last four weeks

- Used to see if amount of time a week affects outcomes.
- Measured in minutes per week.

Average amount of sweat at the end of the work out for the last four weeks

- Used to see if intensity affects outcomes
- 0- no perspiration
- 1 - almost no perspiration
- 2- lightly sweaty
- 3 - shirt wet or damp
- 4 - shirt wet and floor beneath you is wet from sweat

Shoe tying forward fold

- Used to measure flexibility.
- Stand with feet together knees straight, bend at waist and record where fingers touch.
 - 0- above knees
 - 1- top half of shin
 - 2- bottom half of shin
 - 3- shoes
 - 4- floor

Shoe tying figure four

- Used to measure balance.
- Stand on one foot with opposite ankle on knee and record time in that position.
 - 0- can't get in position
 - 1- holds position for less than five seconds
 - 2- hold position between 5 and 10 seconds
 - 3- holds position between 10 and 20 seconds
 - 4- hold position for more than 20 seconds.

14

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Healthy Fitness Gateway Program

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Number of Pushups in 30 seconds

- Used to measure upper body strength.
- Start by lying on your chest with arms under shoulder, and with your hips off the ground.
- Push up and return to ground.
- You may perform these against the wall, on your knees, on your toes, or on one hand.

Number of Squats in 30 seconds

- Used to measure lower body strength.
- Standing with feet shoulder width apart, lower your hips until comfortable then return to standing.
- To increase difficulty, you may perform on one leg.

Number of knee-high marches in 2 minutes

- Used to measure endurance.
- Stand next to a wall.
- With a piece of masking tape, mark the height halfway between your knee and hip. Count the number of times your right knee reaches or exceeds the height of the mark within two minutes.
- You may take breaks or stop before two minutes are up.

Plank time

- Used to measure core strength.
- Start in plank position and record time that you can keep your ankles, knees, hips, and shoulders aligned.
- You may perform on elbows or hands. Record in seconds.

Fitness Assessment recording sheet part 1								
Name								
week	1	4	8	12	16	20	24	28
Date								
Height								
weight in pounds								
waist circumference in cm								
Hip circumference in cm								
Resting pulse rate								
Blood pressure Systolic								
Blood pressure Diastolic								
Self-health rating perception 0 - poor 10 - great								
Average servings per week of animal products								
Average workout sessions a week								
Average workout minutes a week								

Fitness Assessment recording sheet part 2								
Name								
week	1	4	8	12	16	20	24	28
Date								
Shoe tying forward fold 0- above knees 1- top half of shin 2- bottom half of shin 3- shoes 4- floor								
Shoe tying figure four 0- can't get into position 1- holds position for less than 5 seconds 2- holds between 5 and 10 seconds 3- holds between 10 and 20 seconds 4- holds for more than 20 seconds.								
Number of pushups in 30 seconds								
Number of air squats in 30 seconds								
Number of high-knee marches in 2 minutes								
Plank time in seconds								

Recommended Apps

My fitness pal

Hiit Interval timer (Deltaworks)