



**EASTON FITFEST
2020
VIRTUAL EVENT**



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Hi Everyone, My Name Is John Graham And Welcome To Easton Fitfest 2020 Virtual Event, A Benefit For The Third Street Alliance For Women & Children. Today I Am Going To Discuss With You *Metabolic Fitness*, So Let's Get Started



St. Luke's Fitness & Sports Performance

ALLENTOWN



BETHLEHEM



EASTON



WARREN





St Luke’s Fitness & Sports Performance

St. Luke’s Fitness and Sports Performance strives to be the leader in individual and group fitness, sports performance, health and chronic disease & disability management through exercise throughout the Greater Lehigh Valley Region & beyond.



What Is Your Approach To Fitness Clients

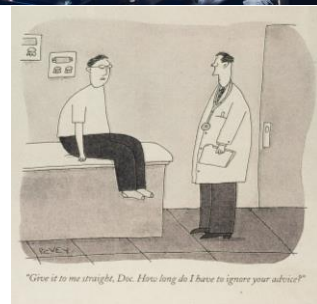
1. When You See An Obese Participant Who’s Clearly Self-Conscious About Being In The Gym, Do You Make Eye Contact, Smile & Say: Hello, How Is Your Workout Going & Can I Help You?
2. When You See A Senior Or Chronic Disease Participant Who Clearly Doesn’t Know How To Use An Exercise Piece, Do You Walk Over & Offer A Supportive Hand?
3. When You See That Inexperienced Participant Who Is Trying To Mimic What They Saw You Teaching Another Participant, Do You Help Them?



Which One Is Your Client



“The doctor of the future will give no medicines, but will interest his patients in the care of the human frame, in diet and in the causes and prevention of disease.”
Thomas Edison





Chronic Disease & Disability

- 1. Approximately 50% Of All U.S. Adults Have At Least One Chronic Disease Or Disability. 25% Have Two Or More.**
- 2. Obesity (BMI>30) Is Now Diagnosed In More Than 1/3 Of Adults & 17% Of Children From 2 – 19 Years Of Age.**
- 3. 12% Of U.S. Adults Are Diagnosed With Diabetes & Another 37% Are Diagnosed With Prediabetes.**



Lifestyles

Table 4.1 Definition of Low-Risk Versus High-Risk Lifestyles

Lifestyle component	Low risk	High risk
Exercise habits	30 min or more, 5 days per week (optimally 4-7 h per week) of aerobic exercise; 2-3 h per week of resistance training; regular flexibility exercise	Sedentary (no regular physical activity or exercise)
Diet quality	Low fat, high fiber, higher fish intake, low meat intake, moderate nut intake, high intake of fruits and vegetables, low-glycemic whole grains and legumes, and low-fat dairy	High fat, low fiber, high in cholesterol, meats, and high-fat dairy, low in fish, low intake of fruits and vegetables, high-glycemic whole grains
Smoking	Nontobacco user	Uses tobacco, 1 pack/day
BMI (body mass index)	18.9-24.9	>30
Alcohol intake (no. of drinks)	1/day in women, 1-2 in men	0 or 3+ per day

References: (60, 124, 173)



Inactivity and Causes

- 1. Only 15-20% of adults above 18 exercise regularly, resulting in greater incidence of chronic disease and increasing costs associated with health care.**
- 2. Inactivity arises from both individual and societal origins.**



Societal Causes of Inactivity

- 1. Technological advances that reduce work**
- 2. Shift in occupational duties to require less physical exertion**
- 3. Change in community development to urban sprawl instead of smaller, self-contained communities**

(continued)



Societal Causes of Inactivity (continued)

- 4. Increase in percentage of population over the age of 65; these individuals are usually less active
- 5. Reduced outdoor play in public schools



Individual Causes of Inactivity

- 1. Perceived lack of time or convenience
- 2. Lack of motivation or interest
- 3. Lack of personal management skills or support systems
- 4. Perceived lack of suitable resources
- 5. Limitations from physical disability or chronic disease



Program For Success

- 1. Establish Starting Point
 - A. Medical & Exercise History
 - B. Assessment
 - C. Establish Achievable Progressive Goals (Short-Term & Long-Term)
- 2. Define Progressions
 - A. Ensure Client Follows Progressions
- 3. Outcomes Driven
 - A. Measure Outcomes Consistently
 - B. Accomplish Each Goal Established Before Progressing
 - C. Never Lose Focus On Long-Term Objective



Screening - Health Questionnaire

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HEALTH & EXERCISE QUESTIONNAIRE

NAME: _____

ADDRESS: (Last) (First) (Middle) _____

CITY: _____ STATE: _____ ZIP: _____

PHONE: _____

QUESTIONS TO BE ANSWERED

1. YES/NO Have you been seen by a physician for a cardiovascular disease or disability (Myocardial Infarction, Coronary Artery Disease, Heart Failure, Angina, Aortic Aneurysm, Hypertension, Stroke, Heart Disease, Congestive Heart Failure, Cardiac Catheterization, Transcatheter Aortic Valve Replacement, etc.)? If so, specify: _____

2. YES/NO Have you been seen by a physician for a pulmonary disease or disability (COPD, Emphysema, Pulmonary Fibrosis, Chronic Respiratory Failure, Asthma, Cystic Fibrosis, etc.)? If so, specify: _____

3. YES/NO Have you been seen by a physician for a metabolic disease (Diabetes, Blood Sugar, Metabolic Disease, Diabetes, Obesity, etc.)? If so, specify: _____

4. YES/NO Have you been seen by a physician for any type of orthopedic disease or disability (Sprain, Strain, Fracture, Dislocation, Osteoarthritis, Rheumatoid Arthritis, etc.)? If so, specify: _____

5. YES/NO Have you been seen by a physician for an orthopedic disease or disability (Arthritis, Lower Back Pain, Osteoporosis, Osteomyelitis, Joint Pain, etc.)? If so, specify: _____

6. YES/NO Have you been seen by a physician for a neurological disease or disability (Stroke, Seizure, Multiple Sclerosis, Parkinson's Disease, etc.)? If so, specify: _____

7. YES/NO Have you been seen by a physician for a cognitive, psychological or sensory disease or disability (Alzheimer's Disease, Dementia, Memory Loss, Depression, Anxiety, etc.)? If so, specify: _____

8. YES/NO Have you ever had any surgical procedures? If so, specify: _____

9. YES/NO Do you currently have or have you ever experienced an orthopedic injury? If so, specify: _____

10. YES/NO Are you currently taking any medications? If so, please list: _____

11. YES/NO Do you have a family history of diabetes or heart disease? _____

12. YES/NO Do you often feel tired or have signs of extreme exhaustion? _____

13. YES/NO Do you experience extreme exhaustion after mild activities, such as walking up a flight of stairs? _____

14. YES/NO Are you a smoker? _____

YOUR FITNESS HISTORY & GOALS

Are you a regular exerciser? Yes/No _____ If yes, what type of exerciser?

How frequently? _____ times per week? If no, how often do you exercise or have long walks? _____

What are your goals for your exercise program? _____

What kind of goals do you want to reach? _____

How much time is available weekly for you to devote to reaching your fitness goals? _____

DATE: _____ SIGNATURE OF APPLICANT: _____

DATE: _____ SIGNATURE OF INSTRUCTOR: _____



Metabolic Fitness

1. Metabolic Training combines higher intensity, multiple muscle group strength and metabolic intervals with cardiovascular training to produce maximum gains in muscle development, strength, and cardiovascular improvement.
2. Hybrid of Anaerobic Strength Training & Aerobic Cardiovascular Training.
3. Strength Training Segments involves the use of a series of strength-based exercises with little rest between. Metabolic Training should maximize muscle stimulation.
4. Cardiovascular Training incorporates a series of sustained Bodyweight Exercises performed for a minimum of 30 Seconds with short rest periods between.



What Is Included In Metabolic Training:

1. Metabolic Training Uses Large Muscle Groups through the use of Structural & Compound Exercises.
2. Metabolic Training Involves Higher Intensity Exercise that incorporates vigorous exercise with short rest intervals.
3. Repetitions should be performed at a faster tempo while maintaining proper form.
4. Resistances should be lifted in such a manner that the concentric phase (muscle shortening) is performed explosively while the eccentric phase (muscle lengthening) is performed somewhat slower with proper form being stressed at both ends of the movement.



Metabolic Training Benefits:

1. Increased Caloric Burn During Exercise
45 - 60 Minute Session can be as burn as many as 600 – 750 Calories.
2. Increased Caloric Burn Post-Exercise
Increased metabolic rate post exercise between 10% - 25% for up to 48 Hours.
3. Increased Muscle Development
By utilizing Higher Volume Strength Training (>10 Repetitions/Exercise) with brief rest periods maximal muscle development can occur.
4. Improved Cardiovascular Fitness
Because of the short rest intervals between exercises your heart rate will remain in your target zone and cardiovascular benefit will occur throughout the workout.



Ways To Maintain Variety In Workouts

1. Change The Duration
Increase the Exercise Activity Time will maintaining short rest intervals
2. Change The Exercise
Change the Exercise or provide an alternative version of an exercise.
3. Change The Resistance
Adjust the workload being utilized during the workout.



Metabolic Fitness - Individual

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Metabolic Fitness - Group

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THANK YOU

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