









Awareness & Education Course Catalog

www.explorationwellness.com

A&E Topics [← Back](#)

-  [Wellness](#)
-  [Fitness](#)
-  [Nutrition](#)
-  [Stress Mgt](#)
-  [Behavior Chg](#)
-  [Special Topics](#)

2010 Classes: June, July & August

FT 10x: Fitness (FT) Courses

Learn what fitness means, it's role in staying healthy, where to start, and how to stay on track.

2010 Topics: *Learn to assess your personal level of fitness in class and see what types of activity and caloric intake will keep you on track. Don't have time for the gym? Get fit from anywhere. Use fitness to lose weight and manage the weight loss once you've reached your goal.*

2009 Topics: *class descriptions are at the end of the catalog. 2009 classes will be repeated again in 2011.*

FT105 **June 2010**

Your Personal Fitness Assessment

Why is "fitness" important to health and how do you know if you're "fit"? Is there a difference between recreation, exercise and fitness? Assess your personal fitness level in class and find out if it's really helping you reach your health goals. Refine your goals if necessary and learn how to stay on track toward a healthier you.

FT106 **July 2010**

Fitness from Anywhere; What's New for 2010 (Updated from 2009)

Time always seems to run short, even for running to the gym! Find out how to get fit anywhere without the use of a Fitness Facility. Whether you walk, bike or run in your neighborhood, use calisthenics, balls or bands, you have choices about how to best use your time for Fitness. Learn about benefits of lifestyle activities like raking leaves, mowing the yard, cleaning the garage and more. Come learn about the many avenues to get in shape at home or on the go.

FT107 **Aug 2010**

Fitness for Weight Loss & Management


Need to lose weight, who doesn't? Review how moderate increases in physical activity affect energy expenditure on a short and long term basis. Learn how different exercise modes affect body composition during weight loss. Find out why spot reducing is not a viable method of weight loss.




Awareness & Education Course Catalog

www.explorationwellness.com

A&E Topics [← Back](#)

 [Wellness](#)

 [Fitness](#)

 [Nutrition](#)

 [Stress Mgt](#)

 [Behavior Chg](#)

 [Special Topics](#)

2009 Classes: will run again in 2011

FT 10x: Fitness (FT) Courses

Learn what fitness means, it's role in staying healthy, where to start, and how to stay on track. JSC offers several fitness options for our employees, families and retirees. Courses will cover topics such as the role of fitness in health and weight management, building aerobic power, and fitness for an aging population. JSC also offers free personal fitness assessments for all employees.

The Role of Physical Fitness in Health

FT101
June 2009

Links physical fitness to the majority of modern-day deaths and diseases, explains the components of health-related fitness, the connection between exercise, fitness, weight control and health, the amount of exercise needed, recommended exercise programs, and fitness activities offered here at JSC.

Aerobic Power, the Lead Component in Health Related Fitness

FT102
July 2009

Describes and explains aerobic power, the quantified link between fitness, disease and mortality, methods of measuring and estimating, determinates (age, gender, body composition, exercise habit), the body weight link, program effects, how to improve it.

The Role of Physical Exercise in Weight Control

FT103
Aug 2009

Describes the common health effects of low fitness and obesity, the historic rise in obesity with decreased activity, the failure of dieting, combining diet with exercise, determining the amount of exercise needed for weight control.

Resistance Training for an Aging Population

FT104
Sept 2009

Describes and explains the role of aging in fitness, aerobic vs. muscle fitness, health benefits of resistance training, age-related myths (injuries, hypertrophy, fast twitch effect), contraindications/limitations, guidelines, combining resistance with aerobic training, nutritional considerations.