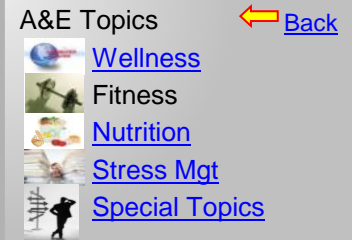




# Awareness & Education Course Catalog

[www.explorationwellness.com](http://www.explorationwellness.com)



## Fitness (FT) Courses

*Learn what fitness means, it's role in staying healthy, where to start, and how to stay on track. JSC also offers free personal fitness assessments for all employees.*

**FT101**  
[June 2011](#)

### **The Role of Physical Fitness in Health**

*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.*

**FT102**  
[June 2011](#)

### **Aerobic Power, the Lead Component in Health Related Fitness**

*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.*

**FT103**  
[July 2011](#)

### **The Role of Physical Exercise in Weight Control**

*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.*

**FT104**  
[July 2011](#)

### **Resistance Training for an Aging Population**

*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.*

**FT105**  
[Aug 2011](#)

### **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**  
[Aug 2011](#)

### **Fitness from Anywhere; What's New This Year**

*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.*