Fitness Plan

Student’s Name

Institution
I do morning exercises every day. The duration of exercises is 20 minutes. My morning activity starts at 7 a.m., but it is not the same every day.

For example, on Monday I do warming-up, crunches, push-up and stretching. It gives me vivacity and good mood.

On Tuesday I, usually, replace previous exercises by warming-up and 10 minutes with jumping the skipping-rope.

On Wednesday I may take 20-minutes run in the local park.

Total duration of morning activity is 2 hours and twenty minutes.
2. Afternoon Exercises

In addition to morning exercises, I do afternoon exercises 6 times a week. On Monday my training starts at 6 p.m. and includes different cardio and strength exercises, elements of aerobics and stretching. The duration is about 1 hour. On Tuesday I have 2 hours of intensive strength and cardio exercises, which begin at 7 p.m. and include some exercises from aerobics and martial arts.

Wednesday schedule follows the same training program as Monday’s, and Thursday repeats Tuesday exercises. On Friday I spend only 20 minutes doing morning exercises. On Saturday I have the same training as on Tuesday and Thursday. On Sunday I do stretching, which lasts, in average, 1 hour.

Total duration is 9 hours. The number of steps is, approximately, 14,000, which means that the level of activity is high.
I am completely satisfied with the types of my activity, thought, it is worth paying some more time to morning exercises. For example, I would be happy to have morning exercises with duration about 40 minutes. I would like to increase the duration of running and walking in fresh air, which may contribute to my physical condition.

It would be useful for me to start learning some exotic martial arts and dancing styles. Swimming and water aerobics would diversify my habitual exercises.
According to “Shape Up America!” website ("Shape Up & Drop 10" article), I should not train every day, as muscles need, at least, 24 hours between training sessions in order to rest and recover from hard exercises. Muscles may get tired and loose tonus, so I need to balance my activity and have enough rest.
1. I should to reduce my afternoon activity or find another way to allow my muscles rest within short time limits.

As my morning exercises are not very tiring, I would increase their duration to 40 minutes, reduce the duration of strength exercises and spend more time walking or running.

Thus, my morning exercises would be less tiring and more effective. The duration would be about 30-40 minutes.
2. It is worth following the recommendations of fitness instructors and reduce the intensity or duration of training sessions.

Nevertheless, I would prefer another way of reducing the exercises, which have become my hobbies.

Therefore, I would drink protein cocktails or eat food, rich in proteins after every afternoon training. I wish, I did not have to change my fitness plan, as it really fits my interests. Sport nutrition and enough night rest would help me gain my aim.
Fortunately, I do not need any additional equipment or help in order to follow my fitness plan. Besides, my afternoon exercises are done among little groups and experienced trainer.

However, it would be interesting to do morning exercises with friends or other people. For example, it would have been much more interesting to run or walk with some close to me people.

I would diversify the location of my morning exercises. There are many different parks and pictorial places that are worth visiting.

In order to increase the effectiveness of exercises, I should have a diary of food, I eat per day. Balanced nutrition is necessary for active people and it is very useful for people’s health.
