

Cindy Ackley – Used with permission
Exercise & You 05-270-06
IEP Fitness Assessment and Goals

After listening to class lectures, participating in baseline assessments and reading the *ASCM Fitness Book*, I know there are positive things I can do to improve my health and overall lifestyle. Living with rheumatoid arthritis and osteoporosis has affected what I can and can't do, and I'm afraid I stopped thinking I could have a healthy fitness plan. Because of that, I didn't exercise like I should have. Now I know it's possible to create an exercise plan that works for me and will improve my overall health and fitness. I have put together three goals in my quest for a healthier lifestyle.

My first goal is to increase my overall flexibility through a series of stretching exercises. Lacking flexibility increases my chances for both pain and injury, something I have to be ever vigilant about. Increasing my flexibility will be beneficial in my daily life and help me complete tasks that are sometimes difficult for me.

My second goal is to tone the upper area of my arms. I will do this using small, light, hand-held weights, eventually graduating to heavier weights as I am ready. As I have grown older, my arms have lost their elasticity and become flabby. Because of that, I am self-conscious wearing sleeveless clothing. Toning my arms will not only make me feel better about myself, it will also strengthen my arm muscles.

My last goal is to improve my walking time and ultimately my heart rate. I will accomplish this by walking three days per week. Walking is a good exercise for me because it doesn't put an excessive amount of strain on my joints and I enjoy it. As an added benefit, walking will also help build my energy level.

CURRENT BASELINE ASSESSMENT

Fitness Component	Test	Date	Scores
Aerobic Fitness	1 Mile Walk	9/5/06	Time: 14:41 HR: 200 bpm
Muscular Fitness	Push-ups Ab Crunches	9/3/06	Number: 0 Number: 14
Flexibility Fitness	Sit and Reach	9/3/06	Inches: 13
Body Composition	Body Mass Index	9/12/06	BMI: 24.6