Physical Activity Plan

healthyhorns
University Health Services
healthyhorns.utexas.edu

Division of Student Affairs
Cardiovascular Exercise Options

### Intensity

#### Activities

- Days Per Week
- Time

#### Low

- You can speak and sing
- Walking
- Swimming recreationally
- Hiking
- Sports: tennis doubles, volleyball
- Walking up stairs
- Biking (below 10 mph)
- Dancing (ballroom, line)
- Light jogging
- Yoga

#### Moderate

- You can have a conversation but cannot sing
- Running/Sprinting
- Lap swimming
- Bicycling (10+ mph)
- Sports: tennis singles, soccer, basketball, lacrosse
- Martial Arts/Boxing
- Interval Training
- Rowing
- Circuit weight training
- Aerobic dancing
- Vigorous calisthenics

#### High

- You can not say more than a few words without gasping for breath
- Strength Exercise Options

### Strength Exercise Options

#### Intensity

#### Activities

- Days Per Week
- Time

#### New

- Bodyweight: Intro yoga, Intro Pilates, Machines: Cables and weight machines
- Weightlifting: 8-12 repetitions

#### Moderate

- Bodyweight: Middle yoga, Middle Pilates, Bootcamp workouts
- Weightlifting: Vary repetitions

#### Advanced

- Bodyweight: Gymnastics movements, Advanced yoga and Pilates, plyometrics, intense circuits
- Weightlifting: Olympic lifts, power exercises

### Weekly Plan

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<td>basketball</td>
<td>run</td>
<td>outdoor activity/yoga</td>
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### Cardiovascular Intensity Level Tips

**How will cardiovascular exercise be helpful?**

- **Physical:**
  - Increases energy and prevents some diseases by lowering heart rate and blood pressure.
  - Improves sleep as well as insulin sensitivity.

- **Mental:**
  - Reduce stress and improves your mood while building confidence.

- **Performance:**
  - Makes your hearts and lungs even more efficient to improve stamina.
  - Presents a fun challenge that many students enjoy.
  - Decreases body fat percentage.

**How much exercise should I be doing?**

- Any amount of exercise is better than none and will provide some benefit.
- You'll see additional benefits with additional activity levels.
- Try to spread the activities out throughout the week rather than just on the weekend.
- See page 1 for activity examples.

- **Low:** Aim for 4-6 days of 20-60 minutes.
- **Moderate:** 150 minutes a week spread over 4-6 days with each of these days having 20-60 minutes.
- Minutes can be done in a continuous session or broken up into sessions lasting at least 10 minutes.
- **High intensity:** 75 minutes per week over 3-4 days having 20-45 minutes per session.
- You can also do a combination of intensity levels and times.

**If I decide to move up intensity levels, how do I know that I am ready?**

- **Low to Moderate:** When you’re used to at least 20 minutes of low intensity 3-5 times a week and feel confident about upping the intensity
  - Try normal activities at a faster pace with a 5-10 minute cool down at the end.
  - Gradually increase the number of days of moderate intensity and put low intensity exercise between the moderate days.
  - You can find new activities in this resource guide.

- **Moderate to High:** When you feel good about doing 30 minutes of medium intensity 3-5 times a week
  - Increase your speed while decreasing the workout duration (this saves you time too).
  - Complete a warm up as well as a cool down at the end. Stretching after will help keep joints healthy.
  - High intensity can cause soreness that decreases over time. Since the recovery time is longer, perform high intensity on alternating days when starting out. Rest days are great for low-moderate intensity. This doesn’t have to be your goal all the time. Other intensities are great too! Find what you enjoy.

**If you can speak and sing**

- Walking
- Swimming
- Hiking
- Sports: tennis doubles, volleyball
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- Dancing (ballroom, line)
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- Yoga

**If you can have a conversation but cannot sing**

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- Rowing
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- Aerobic dancing
- Vigorous calisthenics

**If you can not say more than a few words without gasping for breath**

- Strength Exercise Options

### Simple Daily Life Changes

- Take the stairs instead of the elevators when the class is on the 5th floor or lower.
- Try walking to class instead of taking the bus.
- Every time you pass a water fountain, take a sip. You’d be surprised how much this adds up throughout the day!
- If you drive to school, park a little farther away from the building. It will add a few more steps to and from your car. Your car will also be less at risk for dings!
- Schedule times to be active in your calendar

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How do I warm up?

Before starting a HIIT workout make sure you are comfortable performing the exercises with good form and have built up your aerobic fitness. HIIT workouts can be performed with most exercise types including cycling, running, swimming, and even group exercise classes. RecSports offers HIIT and Circuit Training type workouts in their Tabata and Swork It, or use apps such as 7-Minute Workout and 7-Minute Advanced Workout App for proper repair after a workout. You can always ask a question to the RecSports staff for help with form.

How do I recover?

Proper recovery is important to help you continue to improve performance and prevent injuries from over training. Putting in active rest days in your schedule where you engage in light activity such as going for a walk, light yoga, or stretching allows your body to recover. Stretching the muscles you have been working on you. How do I know when I can bump up the weight?

How much should I be doing?

Exercises that work multiple muscles and joints at once are the most efficient way to build strength and have the best performance gains pretty quickly as you get stronger after a few weeks of just a couple sessions per week. HIIT is spurts of exercise alternated with rest. An example is all out sprinting for 30 seconds, then walking for 60 seconds, repeating this 4 to 5 times. HIIT workouts can be performed with most exercise types including cycling, running, swimming, and even group exercise classes. RecSports offers HIIT and Circuit Training type workouts in their Tabata and Swork It, or use apps such as 7-Minute Workout and 7-Minute Advanced Workout App for proper repair after a workout. You can always ask a question to the RecSports staff for help with form.

What if I am strapped for time?

Time at the UT Austin gyms so if you're pressed for time, try visiting on different hours. For example, 7 AM to 10 AM or 1 PM to 4 PM is less busy than 5 PM to 8 PM. 5 PM to 8 PM is the busiest time at the UT Austin gyms so if you're pressed for time, try visiting on different hours. For example, 7 AM to 10 AM or 1 PM to 4 PM is less busy than 5 PM to 8 PM.

How do I perform one more repetition than the top end for every set?

When you are able to perform one more repetition than the top end for every set, it is recommended to start with 8-12 repetitions of an exercise for 1-3 sets for the major muscle groups to familiarize yourself with the movements. How can I learn proper form?

Familiarizing yourself with the movements is the key to learning proper form. How much should I be doing?

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What do I get out of doing strength training? Will it make me bulky?

Yes! Using weights for strength training is common. More energy, a positive mood, achieving a new skill, and stronger muscles and bones can be expected. Exercises can build strength and there are tweaks to movement quickly (ex. squat jumps). Depending on what your goals are, you can change and alter your strength training to get those results.

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Connect physical activity to Make it Meaningful

- Intrinsic and immediate benefits: During exercise, you experience a personal sense of accomplishment and the physical sensations of a changing body. 
- Extrinsic benefits: Over a longer period, you’ll notice that your looks and health improve. 
- Long-term benefits: By making physical activity a habit, you’ll benefit from a longer lifespan, lower risk of heart disease, and a healthier immune system.

Redesigning your activity focus.

- Personalize your schedule: Make sure to schedule your exercise when you’re most motivated. If you tend to feel energized in the morning, make it a priority to schedule your workout for that time of day. 
- Find ways to make your exercise routine feel enjoyable: Engage in activities that you look forward to doing, such as dancing, yoga, or team sports. 
- Reward yourself: After completing your exercise, give yourself a reward that you enjoy, such as a healthy snack or a relaxing bath.

Make it Meaningful

- Add a fun element: If you enjoy doing something, you’re more likely to continue doing it. Incorporate fun elements into your workouts, such as music, friends, or a change of scenery.
- Make it a priority: If you value physical activity, make sure to schedule it into your day. Even if you have a busy schedule, make time for exercise and make it a priority.
- Find ways to make it enjoyable: Engage in activities that you look forward to doing, such as dancing, yoga, or team sports.
- Reward yourself: After completing your exercise, give yourself a reward that you enjoy, such as a healthy snack or a relaxing bath.

Campus Resources

- University Health Services: Located in the Student Union, the University Health Services provides comprehensive health services, including physical activity counseling.
- Recreation Centers: The largest recreation center on campus, the Aquatic Complex, is home to an indoor natatorium, an outdoor lap pool, and a water park.
- Campus Recreation: Offers a variety of fitness programs and activities, including intramural sports, personal training, and fitness assessments.
- Grazing Guide: A helpful tool for finding healthy food options on campus.

Nutrition Tips

- Pre-workout snack: A small snack before exercise can provide energy for your workout.
- Workout nutrition: Eating a balanced meal before exercise can help optimize your performance.
- Post-workout recovery: Eating a protein-rich meal after exercise can help repair and rebuild muscle tissue.

Exercise, nutrition, and lifestyle interventions can improve physical activity behavior and decrease the risk of chronic diseases.
Recreational Sports Center: This building is just south of DKR Stadium across the street from San Jacinto Residence Hall. It has a weight/cardio room, racquetball courts, basketball courts, cycling room, and personal training studio. Accompanying these amenities are table tennis tables and a multi-purpose room upstairs. This building tends to be less crowded than Gregory Gym.

Caven Clark Field: Located right behind Jester East and San Jacinto. This large turf field is surrounded by a jogging track, a hill/stairs for running, and several basketball courts. This is a great place to come out and run, play some sports with friends, or even to watch the pickup games going on from the small bleachers on the side.

Whitaker Fields: This is a giant complex of natural and turf fields in which you can play most any sport you would like. Bring other students with you on a weeknight, weekday, or even at some point on the weekend and you can play whatever you are feeling at the time, and can even find pickup games to join in on!

Bellmont Gym: Inside the football stadium is a multi-leveled facility that includes a weight/cardio room, a martial arts room, a dance studio, and four multi-purpose rooms.

Programs

Te Xercise / Cycling Classes: With nearly 20 classes each day (Monday-Friday) and some classes on the weekend, Te Xercise classes offer a full range of options for various fitness levels. Classes include Yoga, Pilates, dancing and Zumba, kickboxing, kettlebells, circuit training, and interval training as well as Group Cycling. Classes are offered daily at different times to fit with anyone's schedule! The first week of the semester and first Thursday of each month, students can try out Te Xercise classes without purchasing a pass.

Outdoor Recreation Program: The RecSports Outdoor Recreation Program provides excellent recreational and educational opportunities for outdoor enthusiasts from adventure and service learning trips to an outdoor center with rental equipment, and a climbing wall.

Intramural Sports: RecSports offers many different sports for all experience levels. Any student can sign up for a team! Grab some friends and you can play: Basketball, Flag football, Outdoor/Indoor soccer, Softball, Ultimate, Volleyball, and Water Volleyball. The RecSports website has all the sports, schedules, and events.

Personal Training and Small Group Training: RecSports offers a variety of personal training options including individual, buddy, small group (3-5 members), KIN training sessions led by Kinesiology student trainers.

Swimming: Individual and group swimming lessons and classes are available for all different levels from beginners to advanced.

Fitness Institute of Texas (FIT): Conducts fitness assessments as well as exercise and nutrition programs.

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Lady Bird Lake Trail
10 miles of trails border Lady Bird Lake in downtown Austin. It is a great area for runners, walkers, and cyclists.

Zilker Park
Just south of downtown, this park's large fields are perfect for a pick-up game of soccer, ultimate, or to settle down for relaxation. There are also sand volleyball courts.

Barton Creek Greenbelt
This popular area in Austin is 7.9 miles long, it begins at Zilker Park and has limestone cliffs, beautiful scenery, and swimming areas. A treasure for biking, hiking, swimming, climbing, and more.

Barton Springs
One of the best places to be on a hot day. Spring fed, the water temperature averages 70 degrees throughout the year and the grassy areas are shaded.

Krause Springs
Located in Spicewood, this is one of the most stunning swimming holes in Texas. You can visit the springs, camp out, or tour the garden.

Kayaking, Stand-Up Paddle Boarding
ATX Exercise Bucket List
University Health Services • healthyhorns.utexas.edu
<table>
<thead>
<tr>
<th>Week 4</th>
<th>Week 3</th>
<th>Week 2</th>
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### Mount Bonnell

The highest point in Austin at 775 feet. The trail starts at the stairs leading up to Covert Park at the top. From there you can enjoy panoramic views of the city and the surrounding hills.

### Deep Eddy Pool

The oldest swimming pool in Texas, Deep Eddy has a large lap pool and a recreational pool surrounded by grassy relaxation areas. It is also right next to hike and bike trails.

### Inner Space Cavern

Located in Georgetown, these caverns offer fun guided tours with natural artwork.

### Pease Park

Part of the Shoal Creek Greenbelt just west of campus, Pease Park is an excellent place to explore the running trails, play volleyball, or catch a pickup game on the field.

### McKinney Falls State Park

This state park in southeast Austin offers camping, geocaching, picnicking, and bouldering. With nine miles of trails, you can also hike or mountain bike. At Onion Creek, there is swimming and fishing.

### Races

There are 5k’s regularly in the Austin area to check out for some new running routes, some variety, and even new friends.

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### Physical Activity Plan 2016-2017

- University Health Services
- healthyhorns.utexas.edu
### Tips for Staying Active

<table>
<thead>
<tr>
<th>Tip</th>
<th>Actions</th>
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</table>
| Get more physical activity done while on campus and in Austin | - Walking, biking, or skating to and from classes  
- Take the stairs instead of the elevator  
- Get off the bus one stop early  
- Weightlifting or resistance exercises  
- Cardiovascular exercises like walking, hiking, running, swimming, biking, or dancing  
- Follow these safety tips |
| Get more physical activity with friends | - Meet up for a walk or run throughout Austin or on campus  
- Playing sports, whether it is an informal pickup game or an intramural sport  
- Become involved with a physically active student organization  
- Sign-up for an exercise class together like TeXercise, Yoga, or Kickboxing |
| Break up long bouts of sitting (hour or more) | - Take a couple minutes to go for a walk  
- Stretch, or just stand up for a few minutes. |
| Build your physical activity bucket list | Some of UT students’ favorite places and ideas for an active bucket list  
- Viewing Austin from Mount Bonnell or the 360 Bridge Area  
- Running or walking on the Greenbelt and Hike and Bike Trails  
- Kayaking or stand up paddle boarding on Lady Bird Lake  
- Participating in an outdoor adventure  
- Learn a new sport, activity, or skill |

### Sample PED Classes for Course Credit

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<th>Beginners</th>
<th>Intermediate</th>
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### Acknowledgements

Thank you to our partners who provided assistance in helping us put this guide together including University Health Services student assistants, Dr. Mackert’s Moody College of Communication Department of Advertising and Public Relations class, Dr. Stanforth’s College of Education Department of Kinesiology and Health Education class, and Dell Children’s Medical Center of Central Texas.