

**Contents of the President's Council on Physical Fitness and Sports  
and Supplemental Activities Section**

**Appendix 1  
Specific Activity for Your Workout from the President's Council  
on Physical Fitness and Sports**

*Stay Active and Be Fit!*

U.S. Department of Health and Human Services,  
President's Council on Physical Fitness and Sports

<b>Introduction</b> . . . . .	<b>109</b>
<i>A Typical Workout</i>	
<b>Physical Activity for People with Special Needs</b> . . . . .	<b>110</b>
<i>Making Your Workout Fit Your Special Needs</i>	
<b>Basic Aerobic Workout (Endurance)</b> . . . . .	<b>113</b>
<i>The Basic Aerobic Workout</i>	
<b>Flexibility &amp; Stretching</b> . . . . .	<b>117</b>
<i>The Basic Flexibility Workout</i>	
<b>Strength Training</b> . . . . .	<b>123</b>
<i>The Basic Strength-Training Workout</i>	
<b>Tools for Basic Training</b> . . . . .	<b>132</b>
<b>Modifying Your Workout</b> . . . . .	<b>134</b>
<b>Avoiding Injury</b> . . . . .	<b>138</b>
<i>Get Fit, Not Injured</i>	

**Appendix 2  
Additional Stretching, Strength Training and Endurance Activity  
President's Challenge: Physical Activity**

*Get Fit and Be Active! How to Be More Active and get  
in Shape to Meet the President's Challenge.*

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## Before You Get Started on the Exercises

First, read the chapter which best describes your condition. For example read chapter 8 if you are over 65. Even though only one or two of these chapters may apply to you, you will learn a lot about the value of physical activity by reading all of the chapters. Each chapter explains, in medically correct but easy to understand language, why physical activity is good for you. These chapters also help you understand what type of physical activity will be appropriate for your condition.

After you have read the chapters of this guide, please refer to the final two sections in this guide. These sections describe specific activities for your workout from the President's Council on Physical Fitness and Sports. You will also get tips on how to get in shape for the President's Award.

### Tips to Remember

- You should always begin your workout with a warm up, then do some stretching, followed by brief strength training, and finish with an endurance type of activity (such as walking or jogging). You should then have a cool down period followed by more stretching. If you are middle-aged or older, balance training is helpful (see page 89 for examples of balance exercises).
- You must start your workout gradually, particularly if you are out of shape.
- A typical workout should follow these steps:

1. Warm-up	4. Endurance activity
2. Stretch	5. Cool down period
3. Strength training (flexibility)	6. Stretch again
- Certain types of activity may be dangerous if you have problems such as heart disease, osteoporosis, diabetes, or if you are pregnant. Always check with your doctor before beginning a new physical activity program.
- Compulsive physical over activity is not healthy. Check with your doctor about the type and amount of physical activity that is right for your body type.

Remember, physical activity is for everyone. No excuses!