Balanced Fitness Program Tests Heart, Blood, Nutrition

Follow this and additional works at: https://ecommons.udayton.edu/news_rls

Recommended Citation
https://ecommons.udayton.edu/news_rls/6314
BALANCED FITNESS PROGRAM
TESTS HEART, BLOOD, NUTRITION

DAYTON, Ohio, June 6, 1977 -- The department of health and physical education at the University of Dayton is offering an individualized progressive 10-week aerobic fitness program for the Dayton community starting June 13. The program, which is based on physiological principles, is designed to improve the functional capacity of the heart and skeletal muscular system. A pre- and post-graded, electrocardiogram and blood pressure monitored exercise test on a bicycle ergometer and other evaluations will be conducted including an ideal body weight determination by the body composition method. Personal nutritional counseling by a qualified nutritionist and supervised, unsupervised, and follow-up maintenance programs are all provided.

Participants will meet for a one-hour exercise session three days per week for 10 weeks. The conditioning program will consist of a warm-up period, an exercise period consisting of walking and/or jogging, and cool-down period. Exercise will be individually prescribed depending on the results of the exercise evaluation, previous physical activity, and training response.

A trained exercise physiologist will administer the program, prescribe the exercise and supervise the exercise session. Guidelines for exercise prescription will follow those outlined by the American College of Sports Medicine.

Early registration is advised as the number of participants must be limited. For further information, contact Dr. Robert Boyce at the department of health and physical education at UD or call 229-4225.

-30-