Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

TO: **Administration & Facility Risk Managers**

FROM: Ron Null, DHMH Risk Manager

DATE: 05/27/04

RE: ***FIT FACTS***

"The American Council on Exercise (ACE) is the largest nonprofit fitness certification and education provider in the world. Widely recognized as "America's Authority on Fitness," ACE continually sets standards and protects the public against unqualified fitness professionals and unsafe or ineffective fitness products, programs and trends."

Fit Facts are concise, one-page information sheets – 100 in all – each covering a different health or fitness topic. Each sheet contains valuable how-to information – from advice on the best type of exercise for weight loss to pointers on choosing a personal trainer.

Fit Facts are perfect for posting on your bulletin board; many professionals have found them a popular item for handing out to clients.

Fit Facts are free. ***May is National Employee Fitness Month***. Share these free resources with your Employee Risk & Safety Committees, training staff, and employees.

DIRECTIONS:

1. Review the list for Titles of interest.
2. Click on **"Printable PDF."** Adobe Reader is used to open the files. Review, print as desired. Use the "back button" (top left corner) to return to this list, **or**,
3. Go to www.acefitness.org/, click on "Get Fit," scroll down & click on "Fit Facts" for free downloads using Adobe Acrobat. Bookmark as desired.
4. Save this document in your directory for future reference.

Cardiovascular Exercise

Monitoring Exercise Intensity Using Heart Rate	Printable PDF
Step-Bench Training for Fitness and Fun	Printable PDF
Ready to Run?	Printable PDF
Kick Your Way to Fitness	Printable PDF
Cross Training For Fun and Fitness	Printable PDF
Slide Into Fitness	Printable PDF
Jumping Rope: Not Just For Kids Anymore	Printable PDF
Get Into the Swim of Things	Printable PDF
Monitoring Exercise Intensity Using Perceived Exertion	Printable PDF
A Walk a Day	Printable PDF
Interval Training	Printable PDF
Step Reebok Guidelines	Printable PDF
Spin It	Printable PDF

Choosing Fitness Trainers and Instructors

How To Choose The Right Personal Trainer	Printable PDF
How to Choose an Online Personal Trainer	Printable PDF
Reap The Rewards of Personal Training	Printable PDF
How to Choose a Health Club	Printable PDF
How To Choose The Right Group Fitness Instructor	Printable PDF
How to Choose an Exercise Video	Printable PDF
How to Design Your Own Home Gym	Printable PDF

Flexibility

Flexible Benefits	Printable PDF

General Exercise

Warm Up to Work Out	Printable PDF
Don't Deprive Yourself of the Rewards of Exercise	Printable PDF
Three Things Every Exercise Program Should Have	Printable PDF
If You Don't Use It, Will You Lose It?	Printable PDF
I Need More Energy!	Printable PDF
Making Time For Exercise Is Easy	Printable PDF
Battling Boredom	Printable PDF
Can Exercise Reduce Your Risk of Catching a Cold?	Printable PDF
Exercising In The Cold	Printable PDF
Exercise Can Help Control Stress	Printable PDF
The Best Time to Exercise	Printable PDF
Too Much of a Good Thing	Printable PDF
Don't Be a Sore Loser	Printable PDF
Before You Start an Exercise Program	Printable PDF
Studies Show Exercise Can Improve Your Sex Life	Printable PDF
The Right Exercise Program For You Starts Here	Printable PDF
Everything in Moderation	Printable PDF
Periodized Training - And Why It's Important	Printable PDF
Is Yoga for You?	Printable PDF
Yoga at a Glance	Printable PDF

Miscellaneous

Healthy Resolutions For The Whole Year	Printable PDF
Travel Fitness: A Plan of Action to Keep You Active	Printable PDF
What You Need to Know to Purchase a Treadmill	Printable PDF
Sneaker Savvy	Printable PDF
Pump Fiction	Printable PDF
How to Avoid Deep Vein Thrombosis on Long Plane Flights	Printable PDF

Exercising with Health Challenges

Exercising With Heart Disease	Printable PDF
Exercise and Pregnancy	Printable PDF
Prevent Osteoporosis Now	Printable PDF
Exercise And Type II Diabetes	Printable PDF
Exercise And Type I Diabetes	Printable PDF
Protecting Your Back At Work	Printable PDF
Exercise And Arthritis	Printable PDF
Exercise and Asthma	Printable PDF
Active Seniors Enjoy Life More	Printable PDF
Managing Cholesterol with Exercise	Printable PDF
Exercising With a Health Challenge	Printable PDF
Understanding Sciatica	Printable PDF
Exercise and Hypertension	Printable PDF
Work Out Chronic Fatigue	Printable PDF
Exercise for Individuals with Eye Impairments	Printable PDF
Post-Partum Health	Printable PDF
Exercise And Menopause	Printable PDF
Exercise and Fibromyalgia	Printable PDF
Starting a Stroke Recovery Fitness Program	Printable PDF
AIDS and Exercise	Printable PDF

Strength/Resistance Training

Strength Training 101	Printable PDF
How Women Build Muscle	Printable PDF
Steering Clear Of Strength Plateaus	Printable PDF
Resistance Tubing Workout	Printable PDF
Plyometrics: Controlled Impact/Maximum Power	Printable PDF
Pilates Primer	Printable PDF
Free Weights vs. Strength-Training Equipment	Printable PDF

Strengthen Your Abdominals with Stability Balls — Printable PDF

Supplements

Test Your Supplement Savvy — Printable PDF
Supplements: Too Much of a Good Thing? — Printable PDF
The Truth About Steroids — Printable PDF
Creatine Creates a Sensation — Printable PDF

Weight

Putting on the Pounds — Printable PDF
Successful Weight Control — Printable PDF
So, You Want To Spot Reduce? Here's How — Printable PDF
America Needs An Attitude Adjustment — Printable PDF
Weight Loss Plateaus and Pitfalls — Printable PDF
Calorie Burners: Activities That Turn Up the Heat — Printable PDF

Youth

The Top Ten Fun Fitness Summer Activities for Kids — Printable PDF
Teens, Fitness and You — Printable PDF
Kids In Motion — Printable PDF
Parents, Eat Your Words! — Printable PDF
Children and Running — Printable PDF

Sports/Outdoor Activities

Take Your Workout Off The Beaten Path — Printable PDF
Beat The Heat Before It Beats You — Printable PDF
Summer Skin — Printable PDF
After the Marathon — Printable PDF
Training to Run Your First 5k — Printable PDF
Diggin' in the Dirt — Printable PDF

Smooth Skating	Printable PDF
Gearing Up For Golf	Printable PDF
Bike + Mountains = Excitement And Challenge	Printable PDF
Get Ready To Hit The Slopes	Printable PDF

Nutrition

Eating Healthy is Good For You	Printable PDF
Healthy Hydration	Printable PDF
Portion Wise	Printable PDF
Eat Well to Stay Motivated and Energized	Printable PDF
Vegetarianism and Athletes	Printable PDF