

Benefits of Exercise:

1. Lowers your blood sugars
2. Lowers your blood pressure
3. Lowers your cholesterol
4. Lowers your resting heart rate
5. Reduces your stress level
6. Reduces your body fat
7. Increases tone and muscle mass
8. Increases your metabolic rate
9. Increases your flexibility
10. Adds "Quality" years to your life

Body Mass Index: Your BMI is a calculated range. The calculations are not accurate for very muscular/athletic people, pregnant women or kids. The five ranges are:

Severely underweight (BMI less than 16)
Underweight (BMI 16-18)
Healthy (BMI 19-24)
Overweight (BMI 25-29)
Obese (BMI 30+)

To find your BMI: Multiply your weight in pounds by 703; divide that result by your height in inches squared.

For example: $703 \times 170 = 119510$ (weight of 170 times 703)

$(5'6'' = 66 \text{ inches})$

$66 \times 66 = 4356$ (height in inches squared)

119510 divided by 4356 equals **27.43**

This person has a BMI of 27, this is considered "overweight".

Muscles- Know the following muscles and organs and which fitness station assists in targeting the area.

Muscle	Body part	Station
Pects	Chest	Bench Press
Abs	Stomach	Sit up station
Biceps	front of arm	dumb bell curls
Triceps	back of arm	Tricep pull down
Quads	Front of thigh	Leg extension
Hamstrings	Back of thigh	Squats
Deltoids	Shoulder	Military press
Lats	Back	Lat Pull down
Traps	Upper back/neck	Shrugs
Heart	Inside chest	Bike, elliptical, treadmill
Gastrocnemius	Calf	Leg press
Gluteals	Buttock	Leg curls