

Become Your Own Personal Trainer

Presented by:

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Our Speaker



Megan Stuteville

Health Coach &
Certified Personal Trainer

ABOUT ME

Megan is a graduate of Otterbein University with a Bachelor of Science in Exercise Science and Health Promotion and received a Master of Science in Exercise Science from the George Washington University Milken Institute School of Public Health.

Megan is certified in personal training and group fitness instruction through the American College of Sports Medicine. She has a strong background in exercise physiology, biometric testing, and personal training.

Megan has worked across the industry as a university health sciences lecturer, a corporate wellness consultant, a personal trainer, and a clinical exercise physiologist. Whether it be with clients, students, or clinical patients Megan values her role in helping others implement evidence based, lifelong healthy habits.

Learning Objectives

01

How to set yourself up for success

02

Learn how to structure a basic workout plan

03

Understand exercise guidelines

04

Utilize proper form

What is Exercise?

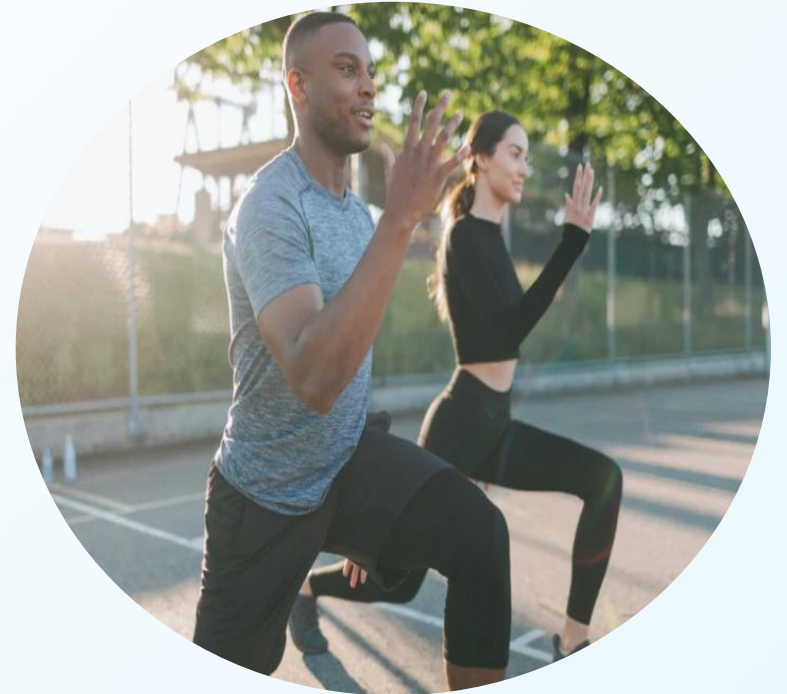
- **Activity requiring physical effort, carried out to sustain or improve health and fitness**



**Begin an exercise regimen only after medical clearance and with supervision of a certified personal trainer*

Benefits of Exercise

- **General Adaptation Syndrome**
 - Exercise stresses on the human body to cause a physiological change or reaction
- **Cardiovascular Health**
- **Mental Health**
- **Anti aging, bone, hormone regulation**



Realistic = Key to Success

- **Lifestyle Changes**
- **Realistic Goals**
- **Activities you enjoy**
- **Reframe**



How Much and How Often?

- **The American College of Sports Medicine recommends at least 150 minutes of moderate activity per week.**
- Minimum of 2x per week full body resistance training. (every major muscle group)

**150 minutes in the minimum to decrease risk of heart disease and other chronic conditions. For those looking to lose weight or see aerobic benefits 300 minutes are recommended.*



AMERICAN COLLEGE
of SPORTS MEDICINE
LEADING THE WAY

Cardiovascular Training

- 30+ Minutes HR elevated daily
 - Moderate or Vigorous exercise
- Rest
 - 1 day per week



Strength Training

- Sets are 3-5
 - Rest is 30sec to 3 min
 - Less rest = more endurance/Cardiovascular
 - More rest = Less endurance/cardiovascular
- Repetitions (reps)
 - 8-12 reps recommended
 - Weight should feel heavy around 80% of the way completed. If your form is suffering before you hit total reps, the weight is too heavy. No ego lifting!
- Change is the key
 - Variety prevents plateaus
 - Load or volume
 - Movement type



Where to Start

- **Warm-ups**
 - Prepares the body for work
 - Increase blood flow to muscles
 - Mimic movement patterns in workout to follow
 - 3-10 min of movement
 - Dynamic Movements



Warm Up: Dynamic Movements

- Leg swing forward and back
- Leg swing side to side
- Walking Hamstring stretch
- Straight leg kicks
- Walking butt kicks
- Shoulder circumduction
- Shrug circles
- Arm hip circles



How to Finish Strong

- **Cool Down**

- Slowing the heart rate down
 - Prevents Dizziness, Lightheadedness, and Passing out
 - Lengthen the muscles
- 5 Minutes of movement
 - Static Movements
 - Focus on Breathing



Cool Down: Static Movements

- Standing Hamstring on step
- Quadriceps stretch
- Calf stretch on wall
- Butterfly groin stretch
- Seated glute stretch
- Half kneeling hip flexor
- Standing overhead triceps
- Doorway pec stretch
- Shoulder posterior stretch



**hold for 20-30 seconds 2-3 x through*

Proper Form

Core Bracing

Think about pulling your belly button to your spine” - core should be braced during any lift or run! It takes some practice to create the mind muscle connection. Practice bracing while lying and standing before bracing during a lift.

Posture

Posture is key to safe lifting. Be sure to keep you weight distributed evenly across your feet and a neutral spine at all times during exercise.

Breathing

Breathing is essential to a productive workout. Be sure to maintain deep belly breaths throughout, and avoid holding your breath, particularly when strength training.

Speed

Slow and steady wins the race during exercise. Do not rush your reps or use momentum to complete an exercise. Take you time and allow the muscles lengthen and contract slowly through every rep of each movement.

Range of Motion

When performing any exercise, be sure to take the joint through the full range of motion it is capable of. Avoid short, fast reps, as well as overextending at the knees or elbow.

Remember to be sure you are performing certain exercises properly.

Using proper form is not only important to avoid injury, but to achieve the desired result from your workouts. Follow these keys to proper form below to improve your exercise execution!

PeopleOne Health Features

Tools & Trackers

- SparkCoach
- Fitness Game
- Food Tracker
- Interactive SparkPoints
- Goal setting feature

SparkAmerica

- SparkAmerica Fit City Challenge

Community

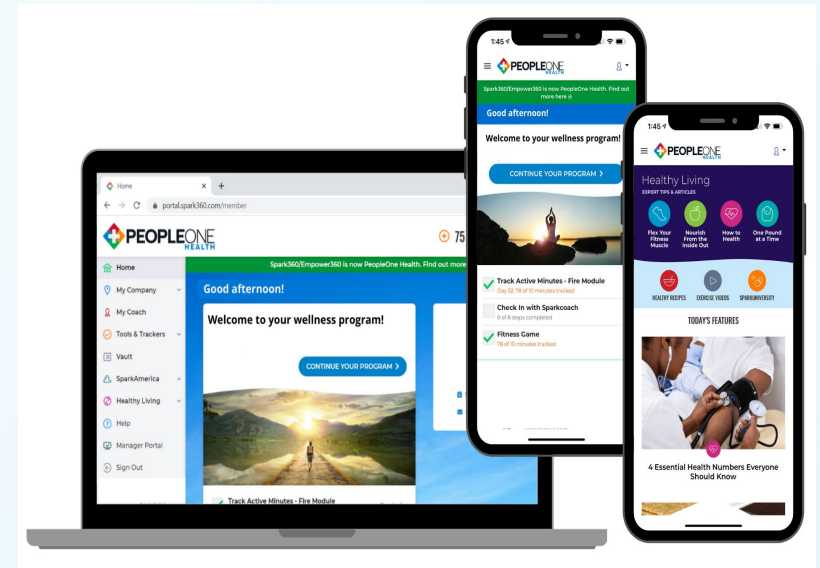
- Build a profile, add and manage friend groups and post to teams
- Uplifting, safe news feed

Healthy Living

- Library of articles and videos
- Healthy recipes
- Mindfulness videos
- Education courses
- Email newsletter

Health Coaching

- 1:1 individualized health coaching
- Support and encouragement
- Goal setting
- User-friendly coach scheduler



Questions?

References

Physical Activity Guidelines Resources. (n.d.). ACSM_CMS.

<https://www.acsm.org/education-resources/trending-topics-resources/physical-activity-guidelines>

Proper Form and Technique. (n.d.). Human Kinetics.

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Thank You!

