

EMORY
DECATUR
HOSPITAL

Wellness Center

THRIVING THROUGH MOVEMENT

TRAINING FOR THE SPORT OF LIFE

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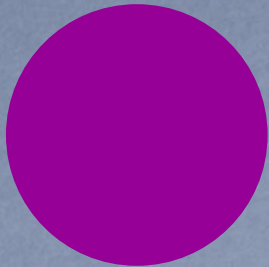
Every day, thousands of fitness fanatics hit the gym to keep in shape. In 2023, the market size of the gym, health and fitness club industry in the United States was estimated at around 30.8 billion dollars.

In 2019, there were approximately 64.2 million health club members in the United States, almost double the 32.8 million health club members recorded in 2000.

Statista.com - December 2023



DISEASES AFFECTED BY PHYSICAL ACTIVITY



Metabolic Disease

About 38 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but more and more children, teens, and young adults are also developing it.



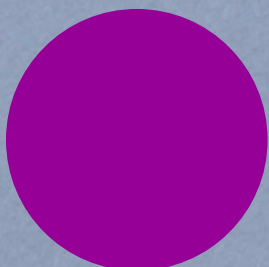
Cardiovascular Disease

One person dies every 33 seconds in the United States from cardiovascular disease. About 695,000 people in the United States died from heart disease in 2021 — that's 1 in every five deaths.



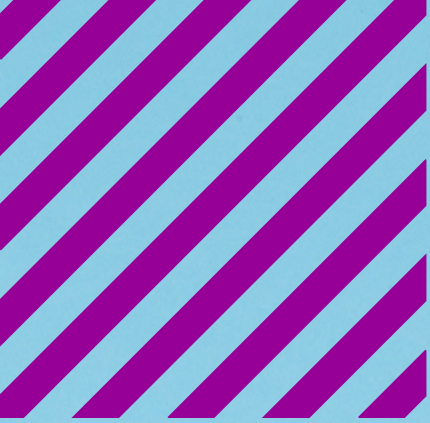
Cancer

It is estimated that three percent of all U.S. cancer cases annually — approximately 46,000 cases — could be prevented if inactive adults were to meet the physical activity guidelines of five hours per week.



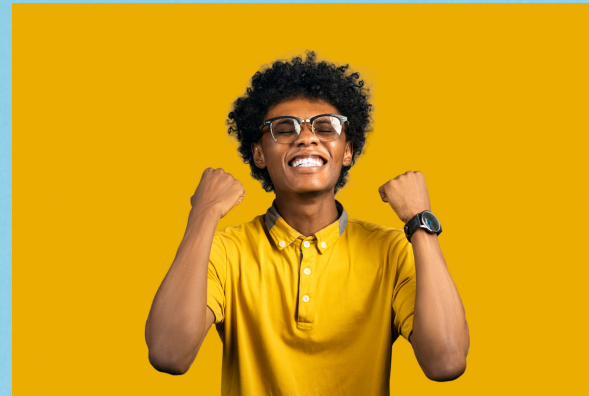
Neurodegenerative Disease

Endurance exercise delays brain aging, preserves memory and cognition, and improves symptoms of neurodegenerative pathologies like Amyotrophic Lateral Sclerosis, Alzheimer's disease, Parkinson's disease, Huntington's disease, and various ataxias.



How this process works

What typically happens with this plan.



Started excited

You have purchased the workout clothes, grabbed all the info you found online, and go to the gym everyday for an hour.



Working hard

You work hard for a month, the scale isn't changing and you don't know why what you're doing isn't working.



Give up

One study found that up to 73 percent of people who set fitness resolutions end up quitting before hitting their targets.

- *Healthline.com Jan 3, 2020*





WHAT WENT WRONG?



Imagine heading into the gym without a workout plan is like a road trip with no destination in mind and no map. You might drive around aimlessly, take wrong turns, and ultimately find yourself lost. A well-designed workout plan is your roadmap to fitness success, helping you navigate the twists and turns, stay focused on your goals, and arrive at your destination.



WHAT DO YOU WANT? (NO REALLY... WHAT DO YOU WANT?)

What do you want to do for the rest of your life?

*Who is your
person?*

BIGGEST CHALLENGE

What do you think is going to make it hard to achieve your goal? This might not be the first time you've tried, what derailed you last time? Is it going to be an issue again? What do you think will cause you to fail?

BIGGEST STRENGTH

What is your goal achieving super power? What is your secret weapon to see you through the tough points? What comes easy for you?

BE SPECIFIC

Be really, I mean really specific here. What are you looking for? Do you want to run 3 miles without being winded? Pick up something off the floor easily? Move without pain? What would make you happy as you age?

HOW DO I KNOW WHEN I'VE MADE PROGRESS?

How are you going to measure your progress? Is it stepping on a scale? measuring your body fat percentage? Will it be how long you run before you are breathing heavy? Any goal worth working for will be measurable in some way.

SMALL GOAL

What one percent change do I need to accomplish each week to make my large goal a reality?

LARGE GOAL

What is my realistic goal for 90 days? This is a large short-term goal. If it is losing weight, don't plan on more than 2 pounds per week. Keep it slow let your body adjust and keep it attainable,

WHY?

Why do you want to obtain your goal? Why is this important to you? Did your doctor tell you to change a habit? Were you out of breath the last time you tried to do something strenuous?



WHY IS THIS TIME DIFFERENT?

If you are like most people, this isn't your first go around. You've tried in the past and haven't been able to mentally see an end result. You couldn't picture what your success looks like.
Why is this time different?



DAILY GOALS

What do you need to do daily to meet your goal?

- 1.
- 2.
- 3.
- 4.

REWARDS

What non -food reward will you give yourself when you meet your daily goals?

- 1.
- 2.
- 3.
- 4.

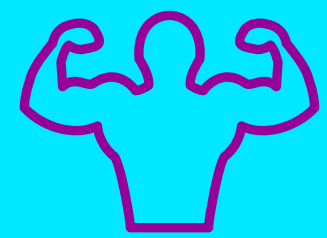
**WHAT IS
THE #1
REASON
PEOPLE
EXERCISE?**



WHAT DO YOU WANT?

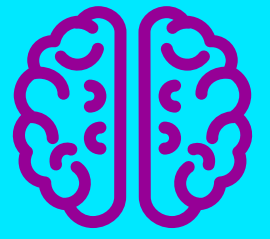
Knowing very specifically what you want will guide you through developing a plan. Be brave, think bold, and name ten things you want to do in 5, 10, or 15 years.

WHAT SYSTEM DO WE NEED TO PUT IN PLACE TO GET YOU THERE?



What do you want to do in your marginal decade?

Dance	Carry my groceries inside from the car	Drive
Walk through the Atlanta Airport	Walk up Steps	Be intimate
Get up off the floor using one hand	Get up out of a chair	Go grocery shopping
Walk through the Mall with my Grandkids	Pick up my grandchild from the floor	Garden
Walk three miles	Move with minimal or no pain	
Go Hiking	Pull myself up out of a pool	Balance on one foot for 30 seconds
Play Golf	Play Pickleball	Be Mentally Present
Shower by myself	Lift a 30# suitcase overhead	Walk my dogs
Walk on unstable surfaces		
Be strong enough to help my partner up from the floor	Carry 1/4 of my bodyweight in each hand for a minute	



HOW MUCH TIME ARE YOU WILLING TO COMMIT?

How much time on a
weekly basis do you plan
on committing to your
health?

50% of time - Strength /
Mobility

50% of time - Cardio



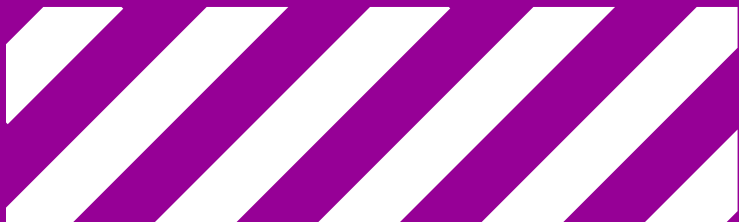
WHAT DOES THAT ACTUALLY LOOK LIKE?

Weekly Break Down

I'm willing to commit 5 hours a week to being healthier.
2.5 hours for Strength / Mobility activities
2.5 hours for Cardiovascular activities



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Strength training	Zone 2 Cardio	Strength Training	VO2 Max interval training	Strength Training	Take a walk outside and enjoy some sunshine.	Zone 2 Cardio
Strong and Fit Class 1 hour	(walking fast enough, my heart rate increases) 30 minutes	3-5 machines that I will do 3-5 sets at a weight that is challenging but doable. 30 minutes	20 minutes Mobility Movements 15 minutes	3-5 machines that I will do 3-5 sets at a weight that is challenging but doable. 30 minutes	Active Recovery 1 hour	30 minutes Mobility Movements 15 minutes



HARD HABITS TO BREAK

You're not stuck. You are just committed to certain patterns of behavior because they helped you in the past. Now, those behaviors have become more harmful than helpful. The reason why you can't move forward is you keep applying an old formula to a new level in your life. Change the formula to get a different result.

-Emily Maroutian





START SMALL

What is one small thing you can do today that will start you on your road trip? It might be as simple as walking 5 minutes around your house, but it is a start.

STACK THAT HABIT

What habit do you already have that you can attach to your new habit?

SOMETHING IS GOING TO GO WRONG

What is your emergency plan? Who is your “break glass in case of emergency” person?



LET US HELP YOU

Fitness Assessment

Group Fitness Classes

Personal Training

Massage Therapy

Monthly Challenges

