

# A Falcon's Guide to Wellness: Falcon Fit

President's Speaker Series Spring 2019  
Vince Vizcarra, M.S.

**Feel that?**



**That's Friday.**

## Today's Topics

Create a SMART fitness goal  
or  
one for each dimension  
of Wellness

## FALCON

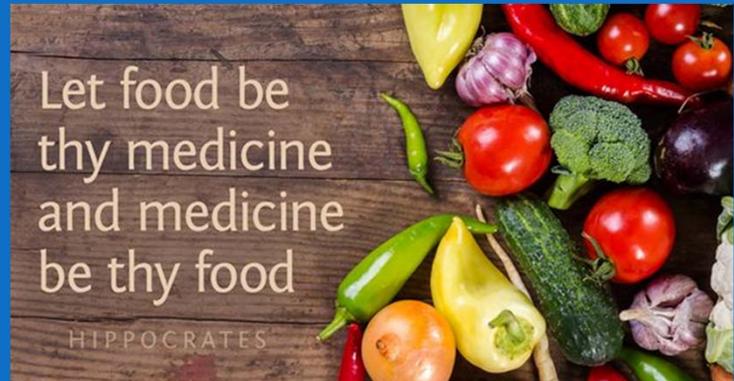
Functional  
Active  
Lean  
Commitment/Community  
Outdoors  
Nutrition



- ❑ Eat Whole Foods
- ❑ Eat minimum protein requirement
- ❑ Eliminate/Minimize processed foods & junk foods

❑ **FOR FAT LOSS:**

- ✓ Increase protein
- ✓ Increase veggies
- ✓ Increase good fats
- ✓ Lower carbs (grains, breads, pasta)



<https://www.fastcompany.com/90323580/prescribing-fruits-and-veggies-would-save-100-billion-in-medical-costs>



- ✓ Avoids EWG's ingredients of concern
- ✓ Full transparency
- ✓ Good manufacturing practices

## ❑ Practice Good Sleep Hygiene

- ✓ Dim house lights
- ✓ Room temperature  $<70^{\circ}$
- ✓ Consistent bed time
- ✓ Avoid alcohol
- ✓ Avoid high intensity exercise 2-3 hours prior



## Stress Management



## Personal Finance Management



**S M A R T**



**SPECIFIC**



**MEASURABLE**



**ACHIEVABLE**



**RELEVANT**



**TIME-BASED**

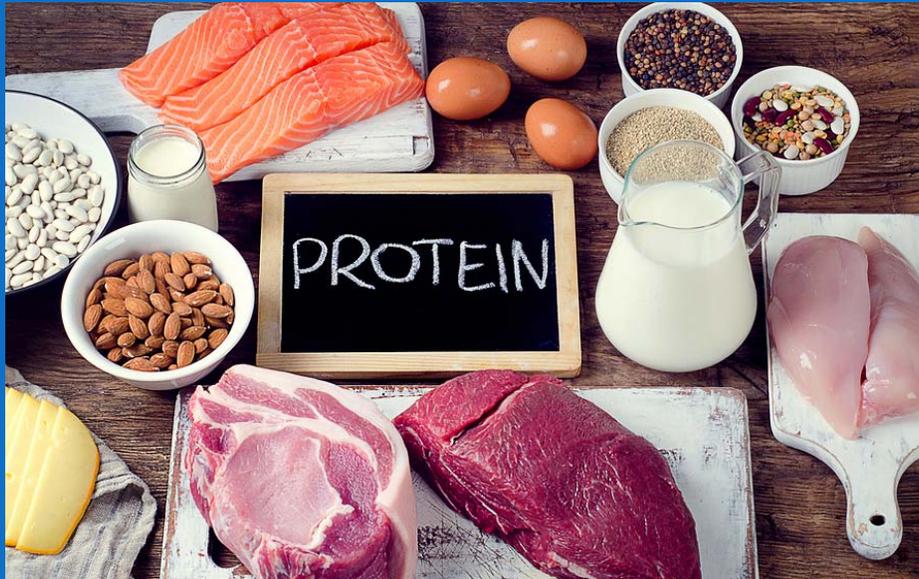
# Failing Forward



## Self-Assessment



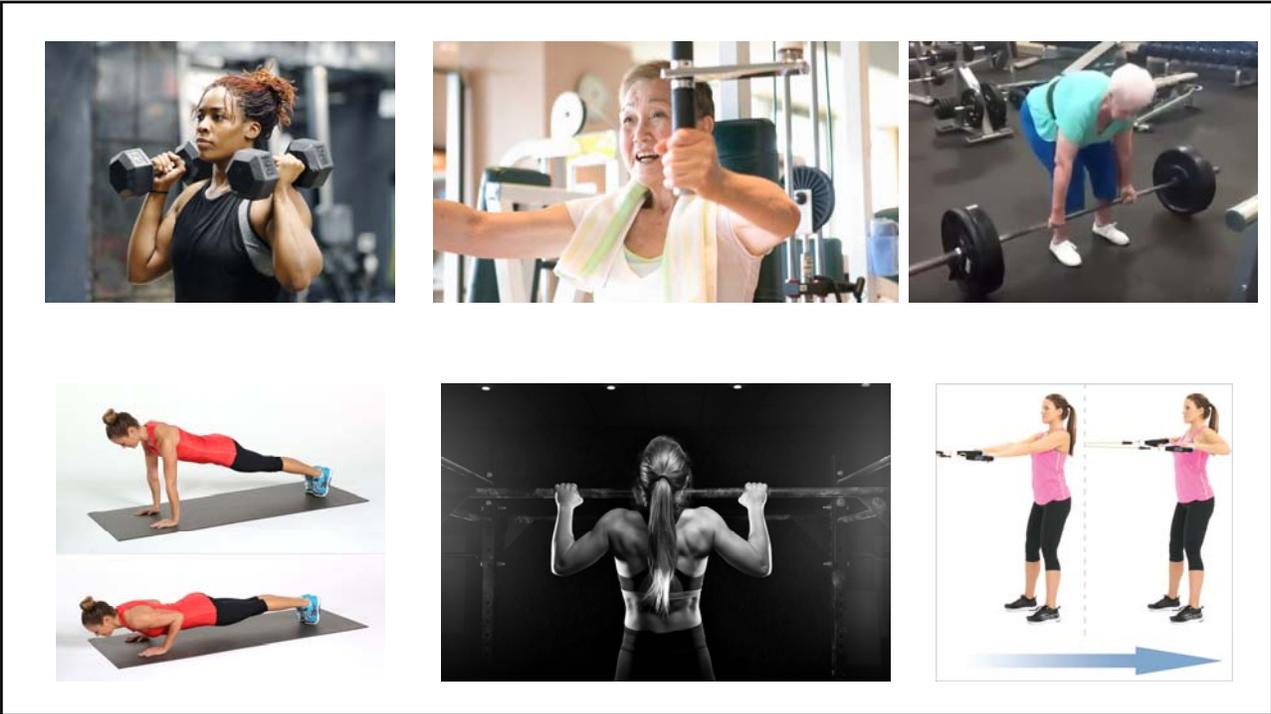
Take photo of progress  
How do you feel?  
Are you still having cravings?



## Calculating Protein Requirement

❖ Recommendation is  
.7 to 1.0 gram of protein per pound  
of bodyweight

- Example:  $.7 \times 165 \text{ lbs.} = 115.5$  grams of protein per day
- Breakfast: 2 eggs, 1 slice bacon = 15 grams of protein
- Lunch: 6 oz steak = 42 grams of protein
- Dinner: 6 oz chicken = 50 grams of protein
- 107 grams



## Calculate 1 Rep Max for beginners

Warmup (rest 3-4 minutes in-between sets)

- 10 reps with only the bar
- 8 reps with a light weight
- 6 reps with a moderately heavy weight
- 5 reps with a heavier weight
- 5 reps with a heavy weight
- 5 reps with an increased heavier weight
- (assuming form is okay)

Number of Repetitions Performed	Percent of 1-Repetition Maximum	Multiply Weight Lifted By:
1	100	1.00
2	95	1.05
3	93	1.08
4	90	1.11
5	87	1.15
6	85	1.18
7	83	1.20
8	80	1.25
9	77	1.30
10	75	1.33
11	70	1.43
12	67	1.49
15	65	1.54

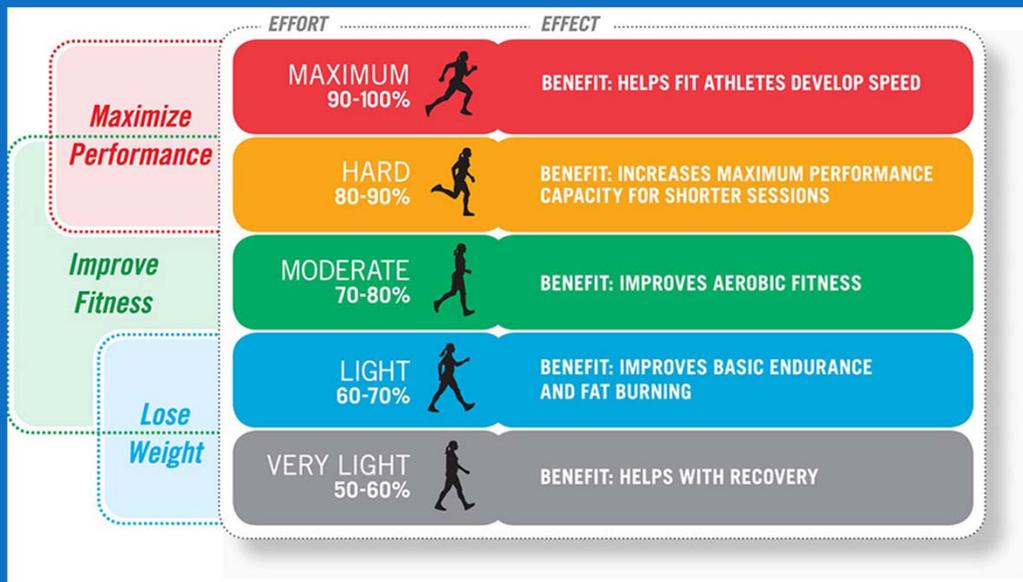
You'll then take your final 5-rep weight and multiply it by the "1.15" used in the chart above.  
(5-rep weight X 1.15 = estimated 1-RM)

Example: Bar Squat  
135 lbs x 1.15 = 155.25 lbs

Bar Squat 1 RM = 155.25 lbs  
Hypertrophy  
60%-75% = 93.15 to 116.44 lbs

4 X 4 MATRIX	FREQUENCY	INTENSITY	VOLUME	REST
POWER	1-2X PER WEEK	30-40% of 1 REP MAX 85-95% of 1 REP MAX	1-4 REPS 1-2 SETS	4-6 MINUTES
STRENGTH	3-4X PER WEEK	75-85% of 1 REP MAX	4-8 REPS 3-4 SETS	2-3 MINUTES
HYPERTROPHY	4-6X PER WEEK	60-75% of 1 REP MAX	8-12 REPS 4-6 SETS	30-90 SECONDS
ENDURANCE	5-7X PER WEEK	< 60% of 1 REP MAX	12-15 REPS 5-7 SETS	< 30 SECONDS

## Heart Rate Training Zones



## Calculating Maximum Heart Rate & Training Zone

- Resting Heart Rate (RHR)
  - Count pulse first thing in the morning before getting out of bed
- Maximum Heart Rate (MHR) =  $220 - \text{your age}$
- Heart Rate Reserve (HRR) =  $\text{MHR} - \text{RHR}$
- Multiply by percentage (Training Zone)
- Add RHR

Example: 40 years old

RHR = 65

MHR:  $220 - 40 = 180$  bpm

HRR:  $180(\text{MHR}) - 65(\text{RHR}) = 115$  bpm

Wants to train in Moderate Zone 70% - 80%

$115(\text{HRR}) \times .70\% = 80.5$  bpm

$80.5 + 65(\text{RHR}) = 145.5$  bpm

&

$115(\text{HRR}) \times .80\% = 92$  bpm

$92 + 65(\text{RHR}) = 157$  bpm

Keep Heart Rate between 145.5 to 157 bpm to train for aerobic fitness

## Flexibility & Mobility

### General:

- ✓ Yoga
- ✓ Large muscle groups



### Specific:

- ✓ Foam Roller
- ✓ Prehab Exercises



- ✓ Don't compare yourself to others
- ✓ Do what you enjoy
- ✓ Do what is specific to your goal

# GET FIT

## Cerritos College



HPEDA Fitness Lab and Group Fitness

Cerritos College Student Health Services						
April 2019						
Student Health Free Wellness Classes/Service Calendar				Paola – Zumba Instructor/ Laurie Angress – Meditation Instructor / Pamela Gerber – Yoga Instructor/ Hazel Ng – Registered Dietitian		
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Zumba 5-6 Location- CE-4 Dietitian Service-10:00 – 1:00	2	3 Zumba 5-6 Location- CE-4	4 Mindfulness & Meditation 1-2pm Yoga 5-6pm Location: Yoga/Palates Room at the Gym	5	6
7	8 Zumba 5-6 Location- CE-4 Dietitian Service-10:00 – 4:00	9	10 Zumba 5-6 Location CE-4	11 Mindfulness & Meditation 1-2pm Yoga 5-6pm Location: Yoga/Palates Room at the Gym	12	13
14	15 Zumba 5-6 Location- CE-4	16	17 Zumba 5-6 Location CE-4	18 Mindfulness & Meditation 1-2pm Yoga 5-6pm Location: Yoga/Palates Room at the Gym	19	20
21	22 Zumba 5-6 Location- CE-4 Dietitian Service-10:00 – 4:00	23	24 Zumba 5-6 Location CE-4	25 Mindfulness & Meditation 1-2pm Yoga 5-6pm Location: Yoga/Palates Room at the Gym	26	27
28	29 Zumba 5-6 Location- CE-4 Dietitian Service-10:00 – 4:00	30	31 Zumba 5-6 Location CE-4			

*“Your life does not get better by chance, it gets better by change.” –Jim Rohn*

**QUESTIONS?**