

A Falcon's Guide to Wellness

President's Speaker Series Spring 2019

Vince Vizcarra, M.S.

- Thank you Dr. Fierro and Alfred Rodriguez
- 2018 Fall Series: A Falcon's Guide to Success
 - Growth Mindset

False
Evidence
Appearing
Real



?

*“The path to wisdom is paved with
self-awareness and self-knowledge”*

Me

Take out your cell phone

My Background

- Certified Personal Fitness Trainer
- B.S. Kinesiology: Fitness and Health Promotion
- M.S. Educational Counseling
- Health & Fitness Industry/Physical Therapy

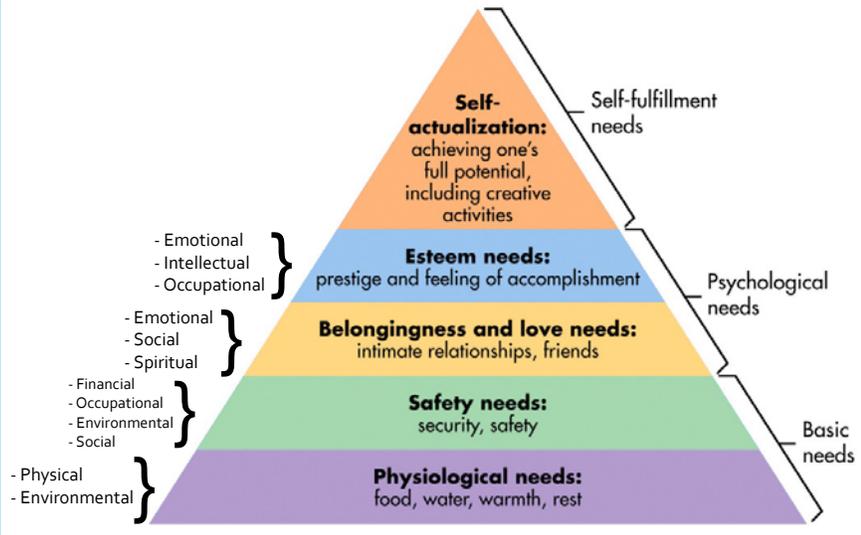
Wellness defined



The Eight Dimensions of Wellness

The Eight Dimensions of Wellness Video Link

Why Wellness?



Abraham Maslow's Hierarchy of Needs

What program is right for me???



vs



• 1991 Spinning

• [Infomercials!!!](#)

Infomercials!!!



Infomercials!!!



Wellness – The Falcon Way



F
A
L
C
O
N

Functional
Active
Lean
Commitment/Community
Outdoors
Nutrition

F

Functional:

- Optimize movement quality
 - move well
 - minimize movement restriction
 - pain-free
 - prevent injuries
- Resistance Training
- Cardio Training
- Corrective exercises
- Muscular flexibility/Proper mobility in joints
- Balance, coordination and agility
- SRT: Sitting-Rising Test

The Sitting Rising Test Video Link



F



1



2



3



4



5

Please stand
up!

Stretch Break

A

Active:

- Human bodies are meant to move
- Increase daily physical activity
- Involvement in sport/activity or formal exercise

A

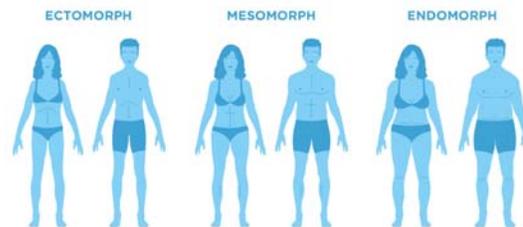


L

Lean:

- Healthy body fat % and body composition.
- Relative to your health and fitness goals.

Body Types: What is the Difference Between a Mesomorph, Endomorph and an Ectomorph?



L

Healthy body fat ranges for adults

Body fat ranges for women

Age	0%	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%
20 - 39											
40 - 59											
60 - 79											

Body fat ranges for men

Age	0%	5%	10%	15%	20%	25%	30%	35%	40%	45%	50%
20 - 39											
40 - 59											
60 - 79											

Underfat
Healthy
Overfat
Obese




C

Commitment/Community:

- Committed to self-improvement and healthier lifestyle.





- What is your motivation?



C

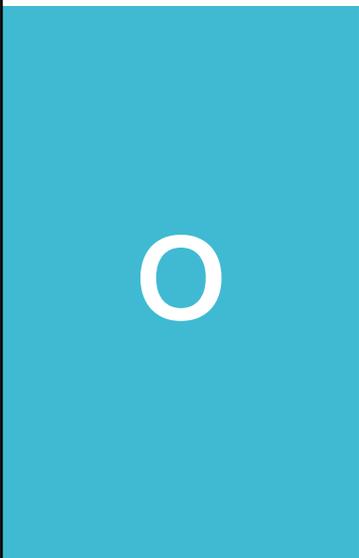
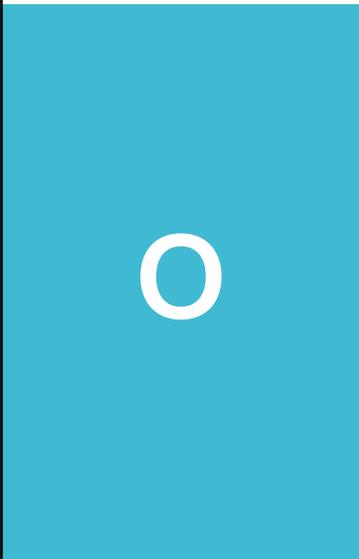
- Create a community of supportive and like-minded people
 - encourage
 - motivate
 - accountable
- You will be more successful



O

Outdoors:

- Go outside
- Get sun and fresh air
- BENEFITS: sunlight, fresh air, environment trees, grass



N

Nutrition:

- Eat foods that are nutrient-dense to improve your health, improve performance and speed recovery.
- Healthy ratio of macronutrients
 - Fat
 - Protein
 - Carbohydrates
- Limit/Avoid processed foods
- Notice vegetables don't have labels

N



The Real Food Pyramid

What should I
do?

• **Exercise routine should include:**

- Resistance training 2-3x per week
- Functional/Corrective Component
- Cardio 1-3x per week
- Vary intensity
- Activity you enjoy

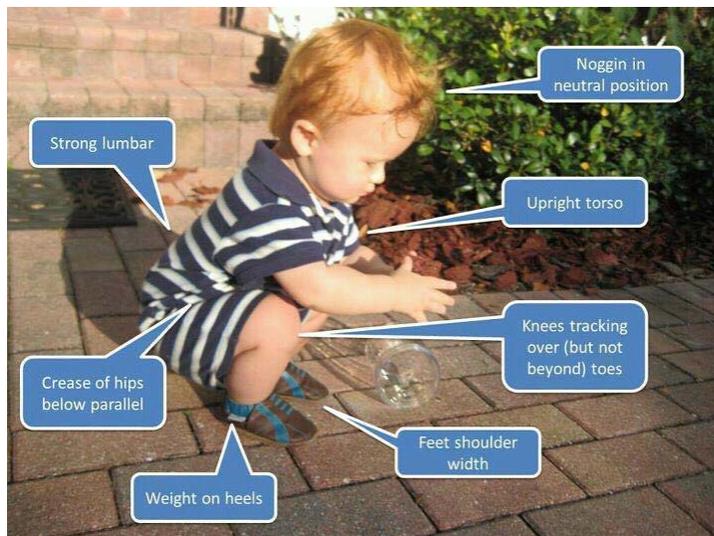
Always
Cognizant
To
Importance
Of
Now

The Take-Away

- FALCON
- Resistance training 2-3x per week
- Functional/Corrective
- Cardio 1-3x per week
- Vary intensity
- Activity you enjoy
- What is your motivator?
 - Family
 - Feel good
- Take ACTION and start NOW!

21 Day Be Better Challenge

21/21 Squat Challenge



Are you up for
it?

The Rules of the 21/21 Squat Challenge (CAUTION: L/S, Hip, Knee, Ankle)

1. No REST days during the 21 days.
2. Relaxed spine – no need to try to remain erect or with neutral spine. It's a RESTING position.
3. Width between the feet – around shoulder width apart but should be individualized and experimented with – aim for maximal depth and relaxation.
4. How much feet should be turned out or should they be facing forward? Don't let anyone sell you the idea of ONE perfect position – this should be individualized and experimented with – aim for maximal depth and relaxation.
5. Knee pain? Hip pain? Stand up and move around. Resume the squat and work in small short bursts of squatting throughout the day.
6. Footwear? Best – barefoot. Second best – minimal footwear.
7. Keep your heels on the floor if possible. If impossible, try a small heel support until you gain the proper mobility to squat flat foot on the ground.
8. True sign of good squatting? When you get tired from STANDING – you squat and not vice versa! True story!
9. How deep should you squat? There is only one answer – DEEPER.

Prerequisite
&
Modification



Choose your level

LEVEL 1: 21 Days total

- 3x /day - 21 seconds total max each time (add time to tolerance)
 - Upon waking
 - Lunch Time
 - Before Bed

LEVEL 2: 21 Days total (add time to your tolerance)

- 1st Day: 1 minute (total)
- 2nd Day: 2 minutes (total)
- 3rd Day: 3 minutes (total)
- And so on.....

LEVEL 3: 21 Days total

- 21 minutes per day total (You determine how to break it down)

Alternative challenges

21 Days Total

- Wake up 30 minutes earlier
- 30 minute walk
- Stretch for 30 minutes

Book
Recommendations

