



MOVE YOUR BODY



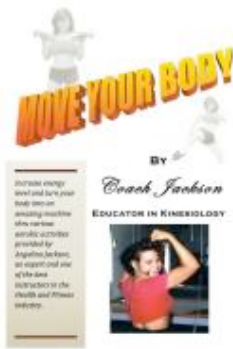
BY

Coach Jackson

EDUCATOR IN KINESIOLOGY

Increase energy level and turn your body into an amazing machine thru various aerobic activities provided by Angelina Jackson, an expert and one of the best instructors in the Health and Fitness Industry.





Move Your Body by Coach Jackson, Educator in Kinesiology features various exercises that are designed to teach individuals how to exercise safely and effectively. Angelina B. Jackson is an expert in Health and Fitness. The unique techniques that are demonstrated are designed to show how proper form can and will prevent injuries. It also contains the following: -Safety Guidelines and Injury Prevention; -Warm-up and Cool-Down Exercises; -Complete Body Shaping Routines; -Cardiorespiratory Endurance and Toning Exercises; -Circuit Training Exercises.

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ISBN 978-1-62646-643-2

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Published by BookLocker.com, Inc., Bradenton, Florida.

Printed in the United States of America.

BookLocker.com, Inc.
2013

First Edition

Chapter 1

Coach Jackson's Training and Teaching Experiences



The Evolution of my Teaching Career

Several years ago, I did personal training and taught group fitness classes at some of the local fitness clubs in the San Antonio area. However, my knowledge in regards to exercise science took some time to develop. I didn't have a college degree early on and was reluctant to give advice when asked. So for that reason, I decided to go back to school to get a bit more education.

Growing up, I was the sickest one in the family. As a youngster, I did not participate in any formal physical activity involving exercise. I was shy and always kept to myself. Several years ago, my husband insisted I write my own book on health and fitness. To date, he and I continue to motivate each other to stay in shape. The entire family and I are very proud of my accomplishment for having multiple college degrees; a Bachelor of Science in Kinesiology and a Master of Arts in Education.

In retrospect, I was pretty young and motivated when I received my Associate of Science degree in Pre-Nursing. And I thought that was it, but soon realized, you can't really do anything with an Associate degree. So, I had to go back to school for my Bachelor's degree, which I accomplished (while employed) within a year and half. I had an impressive resume so I was hired immediately and started teaching college level while working on my Master's degree. Going back to school was an uphill battle I had to tackle. It was a struggle for me because English was my second language. But of all the hardships I endured, the fact of knowing I made my husband and the rest of the family proud, I was on top of the world when I finally received my Master's degree.

The evolution of my teaching career came about by self-motivation. I joined a fitness club, and went on to study Kinesiology in college because I wanted to expand my knowledge in health and fitness so that I could provide help to individuals with health problems.

I am very passionate about helping individuals achieve their goals so they can be successful in life. I am deeply motivated by my husband and the rest of my family. And I want to be with them for a long, long time, at least, until I am one-hundred and some years old.

I have met and trained a number of people who became discouraged when they didn't see an immediate change in their bodies. Many have chosen to exercise on their own excessively before realizing the pitfalls of how overtraining can and oftentimes lead to injuries. It is never too late to exercise correctly and it is the best thing a person can do to his body to increase longevity and enhance the quality of life. I lead by example for those I train on a regular basis and those who seek my help.

On a more personal note, my husband and I, and some member of the family are constantly reminded by people that we look young for



our age and that we have the strength and stamina of young people. To stay that way, we continue to practice an active, healthy lifestyle. However, not everyone consider the importance of exercise.

In the years I have been teaching, I have heard it all. Some drop or quit due to injuries during their training because they failed to follow safety guidelines. The most common mistakes I've seen are, people doing high-intensity exercises wearing old, worn-out shoes and doing all sorts of exercises incorrectly. My strategy is to educate by providing additional exercise knowledge. I have different structured plan for each class that I teach. As I strive for better health and increased longevity, I continue to promote exercise and physical activity for anyone who cares to enhance their quality of life.

Chapter 2

The Importance of Warm-Up and Cool- Down

In my years of teaching, doing physical activities on my own and having participated in group fitness classes, I have witnessed a number of people injured themselves due to improper training. Oftentimes, injuries occurred because the instructor failed to stop and remind members who walked in late to warm-up and stretch adequately before joining the cardio segment of the activity. Additionally, I feel awkward when an instructor perform risky movements and expect the whole class to follow them. Furthermore, proper stretching exercises during the warm up segment of the activity are supposed to be done standing up not sitting or lying down, to keep the heart rate up or body's core temperature.

I once witnessed an instructor, teaching her large class, performed the hamstring stretch standing up. Her face was almost touching the front of her lower leg, which is considered contraindicated because (it was done during the warm up) the head is supposed to be above the heart when doing these types of stretches. Additionally, the instructor sat on the floor with her legs and feet spread apart and brought her head down to her leg. Such a move is not recommended during the warm up segment.

On another occasion, one instructor did not stretch her group at all. She immediately started her class doing cardio segment without stretching the entire class. She was clueless about the different segment of the workout as to when to implement the stretches during class. Some stretches are only safe to perform after the cool-down and during the relaxation phase of the workout.

When I attend someone else's class, and I get there late, I make it a point to warm-up and stretch to make my muscles pliable to minimize the risk of injury. Following safety guidelines is the best strategy for minimizing injury when participating in any type of fitness activity.

The following definitions were provided to help you understand the importance of health and wellness.

Physical activity is defined as bodily movement produced by skeletal muscles. It requires energy expenditures and produces a wide array of health benefits. Examples of physical activities are gardening, climbing of stairs instead of taking the elevators, dancing and washing

a vehicle or car by hand. **Exercise** is a type of physical activity that requires “planned, structured, choreographed routines and repetitive bodily movement to improve one or more component of physical fitness. **Physical Fitness** is defined as the ability to meet the ordinary as well as the unusual demands of daily life safely and effectively without being overly fatigued and still have energy left for leisure and recreational activities. Physical activity and exercise improves health and quality of life. Being physically fit is having the ability to meet the demands of daily life safely and effectively without being overly fatigued and have continuous energy throughout the day to do recreational activities.

Exercise adherence refers to the strength of an individual's commitment to performing physical exercise. People with strong exercise adherence are more likely to continue physical activity despite opportunities and pressures to withdraw. However, many recreational exercisers quit within 6 to 8 weeks of starting because some are not motivated enough and others are just not strong-willed to continue on. Adherence improves significantly because some exercisers know how to take control of their own fitness and in addition, they have a good family support system. Far fewer spouses who exercise together drop out compared with married people who exercise on their own. Exercise adherence is also higher among those who set themselves achievable but challenging goals; some people prefer to join an exercise program that is supervised or monitored by a coach or trainer; and whose exercise is not intensive to start with, but progresses gradually.

I recommend to everyone, to always start the workout with an 8-10 minutes warm-up to increase the body's core temperature and make the muscles pliable, to reduce chances of injury. Always finish the training session with a cool-down to lower the heart rate and to allow the body's temperature to decrease and return to a resting or near-resting state.

The length of your warm up depends on the workout you are going to do. It also depends on the weather and where you are at. In some places where it is cold, you may have to add a few more minutes

to your warm up to increase the body's temperature to reduce the risk of injury especially if you are going to engage in a strenuous activity.

Begin the warm-up gradually and remember to stretch the muscles after the body temperature has increased to reduce muscle pull or strain. Never stretch a cold muscle. I recommend that you adequately warm up (jog in place, knee lifts, etc.) prior to stretching. Additionally, during the warm-up, perform the stretches standing up, not sitting down or lying down because you want to keep the heart rate up. Sitting or lying down will lower your heart rate, which is not good if you are about to do some vigorous cardio workout.

For those who are novice or just starting out, check with your physician and make sure that you warm-up prior to engaging in an exercise program. Oftentimes, individuals who participate in physical activity without wearing the proper clothing for the activity and does not warm-up adequately, end up with muscle cramps. In addition, these individuals will later experience soreness due to overtraining, exercising at too high of intensity for their level of fitness and not stretching properly before and after the workout.

To avoid injuries, I strongly recommend that you warm-up first (see basic warm-up exercises).

Basic Warm-Up Exercises for Resistance or Weight Training:

- Walk for 10 min on Treadmill
- Perform slow-sustained stretching for upper body and lower body for 8-10 minutes.
- Use one machine for each upper and lower body. And for the first set do very light resistance or no resistance at all.
- Increase intensity/resistance gradually and perform all exercises with smooth, controlled movement.

You should be warmed up pretty good once all the above exercises are performed, which reduces the chances of getting injured when engaging in physical activity. The following is an explanation of

the importance of incorporating warm-up and a cool-down in a workout.

What is a Warm-Up?

A warm-up is essential in every exercise session because it increases blood circulation to the muscles, which in turn reduces the risk of injuries such as muscle tears and muscles tightening. The warm-up should last for 8-10 minutes and needs to be performed prior to engaging in a strenuous activity.

What is the purpose of a Cool-Down in a workout?

A cool-down is just as important as the warm-up. It is performed immediately after a vigorous activity to lower the heart rate and help blood return to the vital organs such as the heart. It prevents the risk of dizziness or fainting due to blood pooling in the lower extremities. The cool-down should last about 5-10 minutes and is followed by flexibility (relaxation) segment. To reduce soreness and increase range of motion, always finish the workout with flexibility exercises.

What is flexibility and why is it important in a workout?

Flexibility is the ability to move a joint or group of joints in a complete range of motion. Although flexibility varies from person to person, it can be improved with regular and proper stretching. Flexibility is essential in a workout and it is important that a person stretch during warm up and at the end of each training to increase flexibility and reduce soreness.

As a student, I took several classes both on and off-campus because I wanted to improve my flexibility and learn more about Yoga and Pilates.

So, for those who care to enhance their range of motion and want to start an exercise program, try the following flexibility exercises for the hamstring, back and hip area to reduce soreness and risk for injuries.

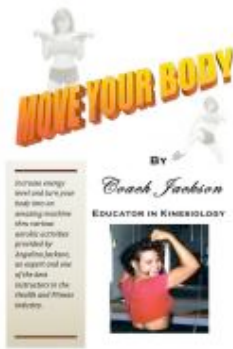
Flexibility Exercises:

- 1) **Hamstring and back stretches**– start by sitting down, bring legs together out in front of you fully extended. Elongate the entire back, inhale as you bring arms over the head, and slowly bend forward; lead with the chest and forehead towards the lower leg, while reaching for the toes. Do not round the back, but keep the knees soft. Remember to go at your own flexibility while performing each stretches.
- 2) **Back and Hip stretches**– Sitting tall, bend the right knee with right foot flat on the floor. Place right hand flat on the floor behind you, relax and extend left arm and place over the right knee. Slowly turn and look over the right shoulder. Breathing through the nose, inhale and exhale. Hold the pose for one minute, release and switch sides.
- 3) **Final Relaxation**-Lie down on your back and gently turn each foot to the sides. Place arms by your side on the floor with palms facing the ceiling. Relax and allow the entire body to go limp. Inhale, then exhale. Remain in this position for 3-5 minutes.

The benefits of flexibility and the various modes of stretching

Having good joint mobility, being able to move efficiently and having a good posture are just a few of the many benefits of flexibility. The benefits of flexibility makes movements such as bending, turning the body, lifting objects and just the task of putting your socks on that much easier. There are three types or modes of stretching: 1) Dynamic stretching, which are jerky and bouncy movements that may cause muscle soreness to some people. 2) Slow-sustained stretching is the most common and frequently used in flexibility and exercise programs. In fact, I use it in all my workouts and especially when I teach. It's very safe and effective! 3) Last, but not the least, is called

Proprioceptive Neuromuscular Facilitation (PNF) stretching. This type of stretching is performed with a partner, where isometric contraction is held for about 5 seconds by the person being stretched. The person, who is not in a supine position, applies the degree of stretch slowly until it is felt by the partner, who is pushing or contracting the muscle being stretched. Switch sides and repeat the process.



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