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Chapter 1 : Leading Personal Care & Services Cover Letter Examples & Resources | MyPerfectCoverLetter

Get this from a library! Personal care services, fitness, and education. [Amy Hackney Blackwell] -- An introduction to such personal care services-, fitness- or education-related jobs as hairstylist, tattoo and piercing specialist or yoga instructor.

Primary Components of Fitness The four primary components also known as the components of health related fitness that are important to improved physical health are as follows: In fitness, we also refer to cardiorespiratory capacity as aerobic capacity. This capacity includes aerobic endurance how long , aerobic strength how hard , and aerobic power how fast. Some of the long-term adaptations of cardiorespiratory training are: This includes muscular endurance i. Some of the long-term adaptations of improving muscular capacity are increased strength, improved muscular endurance, increased basal metabolic rate, improved joint strength, and overall posture. Each joint has a different amount of flexibility. Some of the long-term adaptations of improved flexibility are decreased risk of injury, improved range of motion, improved bodily movements, and improved posture. Some of the long-term adaptations of improving body composition are decreased risk of cardiovascular disease, improved basal metabolic rate, improved bodily function, and improved BMI.

Secondary Components of Fitness The secondary components of fitness also known as the components of performance based fitness are involved in all physical activity and are necessary for daily functioning. Athletes experience different levels of success depending on how well these secondary fitness components are developed. Although the primary components of fitness are thought to be the most important, we should not ignore the secondary components because of their importance in the completion of daily tasks. The secondary components include the following. Speed is also known as velocity rate of motion. Power is also known as explosive strength. Health and Wellness Health is a dynamic process because it is always changing. We all have times of good health, times of sickness, and maybe even times of serious illness. As our lifestyles change, so does our level of health. Those of us who participate in regular physical activity do so partly to improve the current and future level of our health. We strive toward an optimal state of well-being. As our lifestyle improves, our health also improves and we experience less disease and sickness. When most people are asked what it means to be healthy, they normally respond with the four components of fitness mentioned earlier cardiorespiratory ability, muscular ability, flexibility, and body composition. Although these components are a critical part of being healthy, they are not the only contributing factors. Physical health is only one aspect of our overall health. The other components of health Greenberg, , p. Life experiences as well as more formal structures e. It varies from person to person but has the concept of faith at its core. Wellness is the search for enhanced quality of life, personal growth, and potential through positive lifestyle behaviours and attitudes. If we take responsibility for our own health and well-being, we can improve our health on a daily basis. Certain factors influence our state of wellness, including nutrition, physical activity, stress-coping methods, good relationships, and career success. Each day we work toward maximizing our level of health and wellness to live long, full, and healthy lives. The pursuit of health, personal growth, and improved quality of life relies on living a balanced life. To achieve balance, we need to care for our mind, body, and spirit. If any of these three areas is consistently lacking or forgotten about, we will not be at our optimal level of health. We are constantly challenged with balancing each of these three areas throughout life. As fitness professionals, we have a responsibility to guide and motivate others to improve their level of health and wellness. We can promote a holistic approach to health mind, body, and spirit , not just encourage physical activity. As good role models, we should demonstrate positive health behaviours that assist in improving our own health and the health of others. If our focus is strictly on the physical benefits of exercise, we are doing a disservice to our clients and we are not fulfilling our professional obligation.

Benefits of Physical Activity As fitness professionals, we spend a great deal of time inspiring and assisting others in their pursuit of improved health. Education is an important aspect of this. We must promote the benefits of regular activity and help people

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understand why they should be active. Scientists say you should accumulate 60 minutes of physical activity every day to stay healthy or improve health. The recommendations in the Physical Activity Guide are as follows: Time required for improvements depends on effort. The 30 minutes need not be continuous.

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Chapter 2 : A Guide to Good Personal Hygiene - Healthy Living Center - racedaydvl.com

Personal care services, fitness, and education. [Amy Hackney Blackwell] -- Presents information about several careers in the fitness, beauty, and education fields that can be obtained with a high school diploma.

Sign up now Fitness program: By Mayo Clinic Staff Starting a fitness program may be one of the best things you can do for your health. Physical activity can reduce your risk of chronic disease, improve your balance and coordination, help you lose weight and even improve your sleep habits and self-esteem. You can start a fitness program in only five steps. Assess your fitness level You probably have some idea of how fit you are. But assessing and recording baseline fitness scores can give you benchmarks against which to measure your progress. To assess your aerobic and muscular fitness, flexibility, and body composition, consider recording: Your pulse rate before and immediately after walking 1 mile 1. As you design your fitness program, keep these points in mind: Consider your fitness goals. Are you starting a fitness program to help lose weight? Or do you have another motivation, such as preparing for a marathon? Having clear goals can help you gauge your progress and stay motivated. Create a balanced routine. The Department of Health and Human Services recommends getting at least minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week, or a combination of moderate and vigorous activity. For example, try to get about 30 minutes of aerobic exercise on most days of the week. Also aim to incorporate strength training of all the major muscle groups into a fitness routine at least two days a week. Start low and progress slowly. If you have an injury or a medical condition, consult your doctor or an exercise therapist for help designing a fitness program that gradually improves your range of motion, strength and endurance. Build activity into your daily routine. Finding time to exercise can be a challenge. To make it easier, schedule time to exercise as you would any other appointment. Plan to watch your favorite show while walking on the treadmill, read while riding a stationary bike, or take a break to go on a walk at work. Plan to include different activities. Different activities cross-training can keep exercise boredom at bay. Cross-training using low-impact forms of activity, such as biking or water exercise, also reduces your chances of injuring or overusing one specific muscle or joint. Plan to alternate among activities that emphasize different parts of your body, such as walking, swimming and strength training. Allow time for recovery. Many people start exercising with frenzied zeal working out too long or too intensely and give up when their muscles and joints become sore or injured. Plan time between sessions for your body to rest and recover. Put it on paper. A written plan may encourage you to stay on track. Be sure to pick shoes designed for the activity you have in mind. For example, running shoes are lighter in weight than cross-training shoes, which are more supportive. You may want to try out certain types of equipment at a fitness center before investing in your own equipment. You might consider using fitness apps for smart devices or other activity tracking devices, such as ones that can track your distance, track calories burned or monitor your heart rate. As you begin your fitness program, keep these tips in mind: Start slowly and build up gradually. Give yourself plenty of time to warm up and cool down with easy walking or gentle stretching. Then speed up to a pace you can continue for five to 10 minutes without getting overly tired. As your stamina improves, gradually increase the amount of time you exercise. Work your way up to 30 to 60 minutes of exercise most days of the week. Break things up if you have to. Shorter but more-frequent sessions have aerobic benefits, too. Exercising in minute sessions three times a day may fit into your schedule better than a single minute session. Maybe your workout routine includes various activities, such as walking, bicycling or rowing. Take a weekend hike with your family or spend an evening ballroom dancing. Find activities you enjoy to add to your fitness routine. Listen to your body. If you feel pain, shortness of breath, dizziness or nausea, take a break. You may be pushing yourself too hard. Monitor your progress Retake your personal fitness assessment six weeks after you start your program and then again every few months. You may notice that you need to increase the amount of time you exercise in order to continue improving. If you lose motivation, set new goals or try a new activity. Exercising with a friend or taking a class at a fitness center

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may help, too. Starting an exercise program is an important decision. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime.

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Chapter 3 : Impactful Professional Personal Care & Services Resume Examples & Resources | MyPerfect

personal care services fitness and education librarydoc65 PDF may not make exciting reading, but personal care services fitness and education librarydoc65 is packed with valuable instructions, information and warnings.

You might also like these other newsletters: Please enter a valid email address Sign up Oops! Please enter a valid email address Oops! Please select a newsletter We respect your privacy. Good personal hygiene is essential to promoting good health. Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits. People who have poor hygiene “disheveled hair and clothes, body odor, bad breath, missing teeth, and the like” often are seen as unhealthy and may face discrimination. Healthy Habits Include Good Grooming If you want to minimize your risk of infection and also enhance your overall health, follow these basic personal hygiene habits: Wash your body and your hair often. Otherwise, it will cake up and can cause illnesses. Keeping your finger and toenails trimmed and in good shape will prevent problems such as hang nails and infected nail beds. Ideally, you should brush your teeth after every meal. At the very least, brush your teeth twice a day and floss daily. Brushing minimizes the accumulation of bacteria in your mouth, which can cause tooth decay and gum disease, Novey says. Flossing, too, helps maintain strong, healthy gums. Unhealthy gums also can cause your teeth to loosen, which makes it difficult to chew and to eat properly, he adds. To maintain a healthy smile, visit the dentist at six-month intervals for checkups and cleanings. Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after handling garbage, goes a long way toward preventing the spread of bacteria and viruses. Get plenty of rest “8 to 10 hours a night” so that you are refreshed and are ready to take on the day every morning. Talking about the importance of proper personal hygiene for preventing illnesses and providing personal hygiene items may help some people. Be candid but sensitive and understanding in your discussions, Novey says. Despite your best efforts, your friend or loved one may need professional help. Good Habits Help Keep You Healthy For most people, good hygiene is so much a part of their daily routines that they think little about it. They bathe, they brush their teeth, visit the dentist and doctor for regular checkups, and wash their hands when preparing or eating food and handling unsanitary items. To keep those you care about healthy and safe, help them learn, and be sure that they are practicing, good personal hygiene.

Chapter 4 : The importance of health, fitness, and wellness

Personal care aides are expected to account for about 6 out of 10 of these new jobs. Personal care aides, which are included in the same profile as home health aides, assist clients with daily living activities and demand for their services are expected to grow as the elderly population increases.

Chapter 5 : Physical Activity | Healthy People

Create a winning Personal Care & Services resume in minutes with this overview of Personal Care & Services duties and responsibilities, education requirements, and more.

Chapter 6 : All Programs and Services

Job Responsibilities & Duties. According to the Bureau of Labor Statistics, personal care occupations are found in industries like individual and family services, amusement and recreation, child day care, home health care, beauty salons, and fitness.

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Chapter 7 : Educational and Community-Based Programs | Healthy People

No education or training is needed to become a personal care aide, just a dedication to your duties and meeting the demands of each client. Certification is offered, but not mandatory.

Chapter 8 : Personal Care Worker Resume Samples | JobHero

Fitness trainers and instructors lead, instruct, and motivate individuals or groups in exercise activities, including cardiovascular exercises (exercises for the heart and blood circulation), strength training, and stretching. They work with people of all ages and skill levels. Employment of fitness.

Chapter 9 : Fitness program: 5 steps to get started - Mayo Clinic

Back to Top. Understanding Educational and Community-Based Programs. Health and quality of life rely on many community systems and factors, not simply on a well-functioning health and medical care system.