

FIRE FITFACTS

FROM THE PHOENIX FIRE DEPARTMENT
AND THE AMERICAN COUNCIL ON EXERCISE

Principles of Fitness Training ~ Individual Response

Individual Response



Why do individuals respond differently to the same fitness training?

- ✓ Heredity
- ✓ Maturity
- ✓ Nutrition
- ✓ Rest and Sleep
- ✓ Level of Fitness
- ✓ Environmental Influences
- ✓ Motivation

Y Heredity

Everyone is not created the same. Just as we don't all look the same on the outside, we also don't look the same on the inside. Our physique, muscle fiber make-up, heart and lung size, fat deposition and other factors may be inherited.

Y Maturity

As a teenager gets older their body responds better to training. Before puberty the necessary hormones for growth are not present and therefore training intensity should be kept low.

Y Nutrition

Without proper nutrition, the best training program will fail. Having adequate protein, vitamins, minerals and energy is critical.

Y Rest and Sleep

It is during sleep and rest that the body grows and adapts to training. Teenagers need at least 8 hours of sleep every night.

Y Level of Fitness

The greatest gains are achieved by beginners. The more fit you are the harder it is to keep improving.

Y Environmental Influences

Heat, cold, altitude and air pollution all affect your bodies ability to respond to exercise. So does psychological factors such as stress, change, and peer pressure.

Y Motivation

Motivated people work harder and therefore gain more benefits from their training. Internal motivation is the key to consistent life long fitness.