Fitness Nutrition Project

Your task for this project is to develop a fitness program (*__exercise and diet__*) for one of the clients below. Design a program to get your client in shape and help them meet their fitness goals. Choose one of the 2 clients below and then follow the instructions at the bottom of the page.

Your 2 clients:

Debbie – Debbie is a 15 year old girl who is about 15 pounds overweight and is tired of feeling unattractive, tired, and out of shape. Debbie eats a lot of junk food and doesn't exercise at all. When she comes home from school she usually eats cookies, chips, and ice cream, then sits on the couch to watch the soap operas.
Debbie works at a fast food restaurant where she gets free French fries and soda. Debbie wants to lose weight, eat healthier, and get in shape.

Billy – Billy is 17 years old and is very athletic. He is very skinny and wants to get bigger. No matter how much Billy eats, he just doesn't seem to gain weight. Billy runs cross country, winter track, and spring track. In his spare time he likes to work out and sometimes play basketball. In the summer, Billy works as a landscaper and does a lot of hard labor. Billy wants to gain muscle weight and eat healthy.

Process:

On Thursday (this should be completed by the end of the day) – This should be typed out in a 12 point font, double-spaced, Microsoft Word document. Type this in paragraph form as if you are describing to your client what you want them to do.

Research the web and use your book and notes to develop a nutrition plan for your client. List your client's goals at the top of your document. Describe how many calories they should eat per day, what percentages and grams of carbs, fats, and proteins they should consume from food on a daily basis. Then describe what types of foods they should be focusing on in their diet and foods that they should avoid or eliminate from their diet. Include any other information about how much water they should drink and any possible supplements that should be a part of their diet. ***This is ALL about diet and needs to be as detailed as possible so that if your "client" were to read it, they would completely understand what to eat every day.***

Suggested resources:
Food and Nutrition Information Center
http://www.nal.usda.gov/fnic/

Nutrition Navigator
http://navigator.tufts.edu/

Nutrition 101
http://nutrition.about.com/od/nutrition101/

Save this document to your server so that you can continue to work on it on Friday during class.

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<u>On Friday</u> - (this should be completed by the end of the day) – This should be typed out in a 12 point font, double-spaced, Microsoft Word document. Type this in paragraph form as if you are describing to your client what you want them to do for exercise.

Research the web and use your book and notes to develop an exercise plan for your client. List your client's goals at the top of your document. Describe how many calories they should try to burn in each bout of exercise. Make sure to include information about **F**requency, **I**ntensity, **T**ime and **T**ypes of exercise that they should perform. This does not need to be specific (i.e. do 15 push-ups, 25 sit-ups, etc.), but should tell them what kinds of exercises to do each day and for how long (i.e. do some form of cardio 5 times a week for at least 30 min.) Make sure your plan has exercises that will have a positive effect on each of the 5 components of fitness. Include any other information about warming up and cooling down, staying hydrated and days of rest so that they can avoid overtraining.

Next, create a 1 week sample exercise plan (like the partner activity we did in class) to give your client an example of what their activities would be for a week. ***This is ALL about exercise and needs to be as detailed as possible so that if your "client" were to read it, they would completely understand what they should do for exercise every day.***

Save your document to your server. Use your name in the file name so that I know it is your project. Open up the "Student Shares" folder under the Computer folder. Drag and drop your file into Brannan's drop box.