

## Fitness Presentation

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Date: Monday, July 25<sup>th</sup>, 2011

Place: West Aurora High School

Time: 8:00-8:45pm

Audience: 30 Referees (40-45 year-old males)

Presentation Outline:

1. It all starts with health & fitness
  2. Warm-up routine
  3. Base conditioning exercises
  4. Non-Exercise Strategies for Abdominal Fat Reduction:
    - a. Hydration (proper quantity formula AND proper quality)
    - b. Replacing grain-based CHO w/ veggies (or fruits)
    - c. Sleep
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### It All Starts With Health & Fitness

Whatever your refereeing goals may be, accomplishing them will be easier if you're healthier and in better shape. Getting in better shape can be easy if you consistently follow a good plan. A good plan includes a warm-up, base conditioning exercises, and also addresses nutrition and rest needs.

### Total Body Warm-up Routine (Before games and Base Conditioning Workouts)

1. Toes/Heels (10 each)
2. Heel-to-butt (10 each)
3. Hi-knee pulls (10 each)
4. 1-leg Saloon Door (20 each)
5. Toe touches (10)
6. Torso swings (20)
7. Slap your backs (10)
8. Overhead Arm Swings (10)
9. Shrug & relax (10)
10. Neck Circles (10 each)

## Base Conditioning Exercises (Every Other Day)

1. Wall Sits (hold 60 seconds @ 90 degree knee bend)
2. Centipede (10)
3. Bench Squats (100/day)
4. Mountain Climbers (100/day)
5. Split squats (50 each side/day)
6. Pushups (50/day)
7. Crunches w/ legs at 90 degree knees & hips (100/day)
8. Lower Body Twist w/ legs at 90 degrees knees & hips (100/day)

## Non-Exercise Strategies for Abdominal Fat Reduction

### 1. Hydration

There are 2 key points to remember about your body's hydration needs. Quantity and quality are both important to consider. In terms of quality, filtered water is the best. Filtering by method of reverse osmosis is the gold standard. You can also run tap water through a filter such as a Brita or Pur and get good results. Most bottled waters are filtered too. Un-filtered tap water is what you want to stay away from. Un-filtered tap water is notorious for testing positive for prescription medical drugs, heavy metals, and other contaminants. The rule of thumb for quantity is to drink  $\frac{1}{2}$  your body weight in ounces of water per day. For example, a 200 pound male needs to drink at least 100 ounces of water per day to meet the body's need for proper hydration.

### 2. Carbohydrates

We all need to eat high-quality carbohydrates. The amount of carbohydrate each one of us needs to eat can vary greatly. Most Americans overeat low-quality, grain-based carbohydrates like bread, pasta, bagels, donuts, cookies, and crackers. Overconsumption of low-quality, grain-based carbohydrates is a leading cause of abdominal obesity in males. Most men will maintain much slimmer waistlines by replacing low-quality, grain-based carbohydrates with high-quality vegetables. Eating vegetables instead of grain-based carbs can have a dramatic effect on waist

measurements! Vegetables are far superior to fruits and grain-based carbohydrates in terms of your health & fitness. Best choice of carbs = vegetables. 2<sup>nd</sup> Best choice of carbs = fruits. Least-Best choice of carbs = grains

### 3. Sleep

The quality of your work is totally dependent on the quality of your rest. The harder you work, the harder you must rest. There are several kinds of rest, but the most important kind of rest is sleep. The best time to sleep is between 10:00pm-6:00am. The human body does most of its physical repairs (muscles, bones, joints) from 10:00pm-2:00am. During the hours of 2:00am-6:00am, the human body repairs your brain and immune system. The 10:00pm-6:00am sleep cycle is regulated by the sun, the moon, and the tides. Regardless of when you prefer to sleep, the best time to sleep for the health and performance of your body is 10:00pm-6:00am.