

## TOTAL BODY MAKEOVER CHALLENGE



The Total Body Makeover Challenge is a 10-week healthy living challenge based on the principles you learn in MVS 240: Introduction to Fitness and Health.

### ***Getting Started***

Determine 2 (or more goals) you would like to achieve. Record these goals on the sheet provided (below). These goals should be attainable within the 10-week time-frame. Be realistic. Exercise goals might involve running a certain distance in a certain time; or completing a certain amount (time) of exercise each session. Nutrition related goals might involve increasing or decreasing certain foods in your diet; changing eating behaviors, etc. Body goals might include a reduction in size of your abdomen or increasing the size of your biceps, etc.

### ***Exercise/Physical Activity***

The Body Makeover Challenge must include two types of exercise; aerobic and resistance training.

You should begin exercising regularly (at least 4-days per week). If you are walking, jogging, or running your goal is to cover a *minimum* of 45 minutes per session, non-stop. Record distance and time covered each session. If you swim, your goal is to cover 1-mile non-stop. If you are a competitive (or former competitive swimmer) your goal is to cover 1.5 miles non-stop. Record the time and distance for each session.

Do resistance training 3 to 4-days per week. You need to record the number of sessions, days per week of exercise, weight lifted (or intensity of activity) and other aspects of your workouts.

### ***Nutrition***

Participate in a nutrition-monitoring program. If you want to lose weight your caloric intake should be determined according to standard procedures (see text, lab 9.2; page 295.) Records all food consumption every 2-3 weeks

## ***Body Composition***

Maintain records of body mass, and other body composition variables (abdominal, buttocks, and relaxed and flexed upper arm girth) every 2 weeks.

## ***Photos***

As part of this assignment you need to take two “before” (front and back pose) and two “after” (front and back pose) photos. Digital photos are acceptable; they will need to be printed so you may want to use the highest resolution your camera uses.

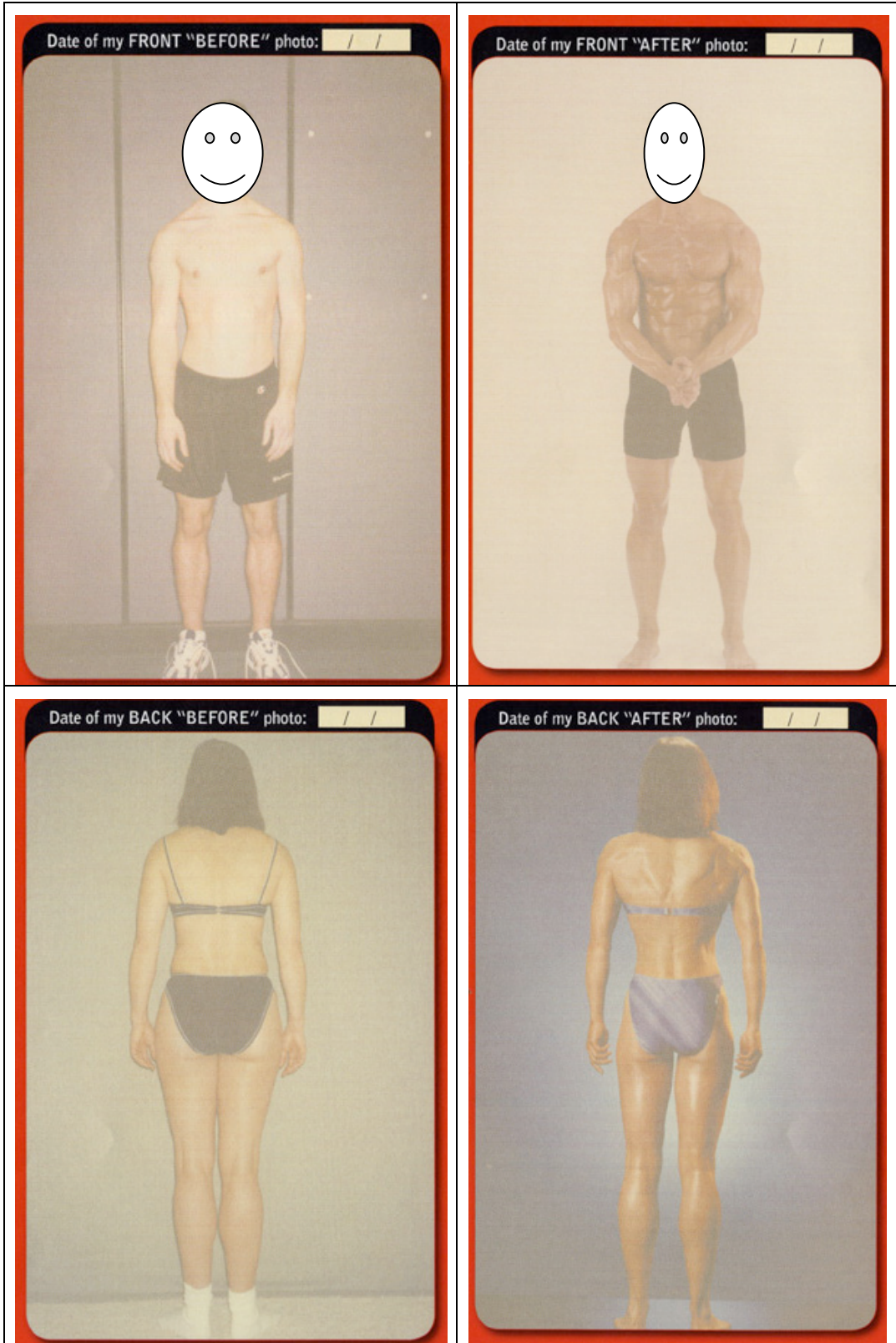
Photos are an important part of this assignment as they help you stay motivated and see changes that are occurring.

**YOUR PHOTOS WILL NOT BE SHOWN OR SHARED WITH ANYONE; THEY WILL BE RETURNED AT THE END OF THE SEMESTER AFTER THE ASSIGNMENT IS GRADED.**

## ***Photo Tips***

- Wear the same type of clothing in the "before" and "after" photos
- Male: Form-fitting shorts are preferred
- Female: 2-piece bathing suit is preferred
- Remember that if you are covering up parts of your body it will be difficult to show your progress
- Do not cover your legs with long shorts or "cut" them out of the photo
- Try to get the highest quality photos you can. Good, clear, high quality photos are essential. If you do use a digital camera the photos must be at the highest resolution possible. A good 35mm is also a great choice. Do not use disposable cameras or Polaroid's as these types of cameras do not always reflect what you physically achieved during your challenge. ONLY 3x5 or 4x6 photos can be used.
- Make sure you take photos in good lighting (taking them outside in either the morning or the late evening when the sun is low).
- Take your photos against a plain background.
- Stand with your arms at your sides in the photos—no posing please (one front photo and one back photo).
- Include your whole body, from head to toe.
- Try to fill the photograph with yourself. If you stand too far away it may be hard to see your great results.

Here are two Sample photos of what they should look like.



## ***Data Recording/Presenting***

Maintain detailed records of exercise, nutrition and body compositional aspects of your program throughout 10 weeks. Produce graphs, tables and summary information about yourself. You will have to decide how to present this information. (If you need help, see the professor.)

## ***Your Write-Up***

Write a paper about your experience with this challenge. The paper could take the form of a research article (maybe in the third person) or it could simply be answers to the questions below. The paper must be a minimum of 8 pages in length.

Make detailed graphs, charts, tables of your activities. You should include exercise, nutrition and body composition data, at the least. In your paper deal with the following questions:

- Exercise - What changes, if any were noted in sleep patterns? Did exercise have any effect on your physical endurance? If so, explain. Did you exercise more than originally planned? Why. Why not? Did you reach your goals? Why. Why not? Describe the quantity and quality of the program.
- Nutrition - Provide a brief history of the your food habits? Were eating patterns changed during the experiment? If so, explain. What was the most difficult aspect of changing eating patterns? Describe the three most important nutritional principles learned during this experiment.
- Body Composition - Report the body composition changes that took place over the course of the challenge? Were goals attained? If no, why? Which variable, exercise or diet do you feel has the greatest effect on body composition changes. Explain.
- Other - Write a one-page essay about your feelings as you progressed the challenge. You are also asked to record the changes that occur in your body and in other aspects of your

# MVS 241

## Total Body Makeover Assignment

NAME \_\_\_\_\_

### GOALS

**1. Exercise:**

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**2. Nutrition:**

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**3. Body Composition:**

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**Other:**

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