



PAF 301 Weight Training Culminating Activity



Exercise and Wellness Prescription

Objective: You have been placed in the role of a personal trainer at a local gym. Below are listed multiple clients who have come to you with different goals, aspirations and needs. Your job is to create a comprehensive exercise, nutrition and overall wellness plan in order to help them achieve their goals.

The program will include:

1. A 10 day workout plan (see handout). Workouts should be specifically tailored to meet the Strength and Cardiovascular training needs of the individual.
2. A 5 day nutrition plan that outlines specific foods and calories consumed. This dietary plan should be divided into meals and should include any supplements that are consumed.
3. A one page written component that includes wellness advice for the individual. Some things to consider are rest/sleep requirements, scheduling tips, balancing work/leisure and fitness. Include some advice on lifestyle hazards such as drugs/alcohol. Lastly, reference some of the benefits of religion/spirituality and how it can benefit the individual.

Case Study #1

Name: Gregorius
Age: 36
Height: 6'2"
Weight: 180 lbs



A former multi sport athlete in high school who has reached middle age and lives a mostly sedentary lifestyle. Gregorius does not consume alcohol or drugs but has a tendency to overindulge in sugary foods and processed meats. A very busy family life and work schedule makes it difficult for him to schedule workouts. He has knowledge and experience with various exercise programs but suffers from a lack of motivation.

Case Study #2

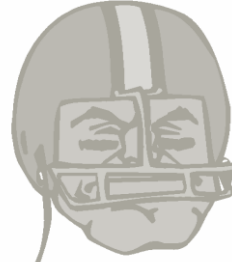
Name: Albert
Age: 21
Height: 5'11"
Weight: 245 lbs



A University student who has little experience with fitness programs/organized sports and lives a sedentary lifestyle. Albert understands the benefits of a healthy lifestyle but is not sure how to exercise properly. He is motivated to begin but feels somewhat intimidated by various types of exercise programs that seem to cater to already active individuals. A student who lives on campus Albert has a meal plan where he tends to choose fast food items such as Pizza and Hamburgers. Albert occasionally consumes small amounts of alcohol and has a 1-2 hour block of time when he could exercise.

Case Study #3

Name: Roberto
Age: 19
Height: 5'10"
Weight: 185 lbs



An elite level Football player who has scholarship aspirations and extensive experience with different workout programs. Roberto needs to gain as much strength and lean muscle as possible in order to excel at the College/University level. He has experimented with different workout programs but is unsure of what will produce the best results. Roberto has a high caloric diet but needs guidance as to what types of foods to eat. He is also contemplating beginning a supplement program.

Case Study #4

Name: Marsha
Age: 26
Height: 5'8"
Weight: 145 lbs



Marsha has a naturally Ectomorphic(slim) body type. She has recently entered the world of work and has slowly started to gain some unwanted weight. She has started to develop bad habits as they relate to diet, sleep and exercise. She has some exercise experience but needs some guidance to get back on track. Her goal is to lose a small amount of weight at a healthy rate and to maintain a healthy lifestyle with a busy work schedule. She has a changing work schedule with about a 45min-1 hour block of time to exercise at various times of the day.

Case Study #5

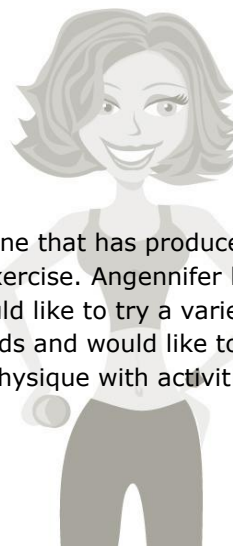
Name: Lucinda
Age: 50
Height: 5'5"
Weight: 195 lbs



Lucinda has been inactive for most of her life. She is a regular smoker and consumes roughly 2-4 alcoholic beverages a day. She has been warned by her doctor if she does not make immediate lifestyle changes she is at risk from suffering heart diseases and/or diabetes. She wants to make dietary changes and begin a program of physical activity. Lucinda does not know where to begin. She needs a flexible program that will increase in difficulty as her fitness improves.

Case Study #6

Name: Angennifer
Age: 30
Height: 5'11"
Weight: 155 lb



A fitness model and competitor has a well established routine that has produced fantastic results. She lives a healthy lifestyle and devotes a large part of the day to exercise. Angennifer has become indifferent to her current program and needs to try something new. She would like to try a variety of activities that work the whole body. She occasionally consumes alcohol on weekends and would like to try some new and healthy foods. She would like to maintain her current weight and physique with activities that keep her interested.