

# SAFE Method to a Complete Fitness Program *By Phillip Bazzini*

<b>S</b>	Strength Training	<b>A</b>	Aerobic and Anaerobic Training
<b>F</b>	Flexibility Development	<b>E</b>	Exercise

## **Strength Training**

### Benefits

- helps improve bone density
- helps improve athletic performance
- improves functional capacity for everyday activities (chores, lifting groceries, moving furniture)
- can improve muscle appearance and tone
- can help reduce muscle and joint injuries
- helps speed metabolism and assist in weight control and weight loss

### Examples

- Upper Body: Pushups, pull-ups, bench pressing, rows, arm curls
- Lower Body: Squats, lunges, steps ups, leg curls
- Core: any Swiss or medicine ball exercise, crunches, back extensions, planks

*Trainer Tip: The squat is one of the best overall strength exercises and should be apart of just about every program*

## **Aerobic and Anaerobic Training (Cardiovascular)**

### Benefits

- reduces blood pressure
- burns major calories and greatly assists in weight loss
- improves lung function
- improves heart and circulatory function
- improves lipid profile (cholesterol)
- reduces total body fat
- improves glucose tolerance (important for diabetics)
- improves longevity
- enhanced feeling of well being

### Aerobic Examples

- any endurance exercise lasting longer than 3 minutes; swimming, walking, jogging, dancing

### Anaerobic Examples

- any high intensity exercise; jump rope, fast running, track drills, interval training

*Trainer Tip: Vary the intensities of your cardio workout for maximum benefit.*

## **Flexibility Development (stretching)**

Benefits- can be relaxing, should improve or at least restore joint range of motion

(It has not been proven that stretching reduces muscle or joint injury)

*Trainer Tip: When sitting for prolonged periods, I recommend the cat/camel stretch.*

