



Exercise Programs for Active, Healthy Living

Physical activity is key to living a healthy lifestyle. Regular exercise can reduce your risk of chronic disease and enhance your quality of life. Fortunately, there is an activity for every fitness level, regardless of age or ability. There is also an activity for every interest level as well. If you are looking for a high-intensity workout, then maybe Tabata is for you. If low-impact exercise is more your speed, then try Pilates or yoga. Better yet, what about a routine that combines high-intensity and low-impact, such as indoor cycling? Bottom line, there's something for everyone! So, check out the resources at [HPW Active Living](#), [Navy Fitness](#), or [Semper Fit](#), and get moving with one of these training programs:

Aerobic and Strength Training Programs

Boot Camp

Boot camp is a group exercise class that combines body-weight and interval training.¹ The high-intensity workout may include sprints, push-ups, lunges, squats, pull-ups, and other body toning exercises.¹ Participants can improve their heart health, strengthen core muscles, increase speed and agility, and burn calories.¹

High Intensity Training

There are a variety of high-intensity, multi-dimensional programs that include similar activities, such as repetitive body weight exercises, resistance and flexibility training, explosive movements, and sprinting.² These workouts are designed for individuals at an advanced fitness level.² The variety of exercises prevents boredom, increases calorie burn, builds muscle, and enhances peak performance.²

Navy Operational Fitness & Fueling System (NOFFS)

NOFFS is a “best in class” physical fitness and nutrition program that allows Sailors to maintain peak performance and mission readiness.³ The program provides Sailors with resources and instructions on how to properly and safely train and fuel for operational success.³ NOFFS also uses evidence-based tools to reduce injuries by using job-related movement exercises.³

Marine Corps Fitness: High Intensity Tactical Training (HITT) Program

HITT is a combat-specific, strength and conditioning program that enables Marines to build resilience and enhance mission readiness.⁴ The program consists of three phases that increase in difficulty at each level.⁴ Individual Marines or complete units can use the training to improve peak performance.⁴



Indoor Cycling

Indoor cycling is a group exercise that involves specially designed stationary bikes.⁵ Trained instructors lead participants through a low-impact, high-intensity interval training session that uses sprints, simulated climbs, and flat roads.⁵ The physical benefits of indoor cycling are numerous including improved heart and lung health, reduced stress, enhanced muscle strength, and increased calorie burn.⁶

Kettlebells

Kettlebells are “cannonball-shaped iron orbs” of varying size and weight.⁷ The equipment is often used in a swinging or lifting motion and can be incorporated into a number of other exercise routines, such as push-ups and lunges.⁷ Studies indicate that these high-intensity workouts efficiently build muscle and enhance aerobic capabilities.⁷

Kickboxing

Kickboxing is a high-intensity workout that combines boxing, martial arts, and aerobics.⁵ The interval training typically involves jabbing and kicking punching bags.^{5,8} This contact exercise improves heart and lung health, burns calories, builds muscle strength, and increases agility.⁵

Suspension Training

Suspension training involves looped straps that are secured to an immovable object that can support the body weight of the exerciser.⁹ After placing either their hands or feet in the loops, the exerciser can use their body weight and gravity to increase the effectiveness of exercises, such as push-ups, lunges, and core exercises to improve strength and stability.⁹

Tabata

Tabata is a short, high-intensity, interval-training routine.¹⁰ The workout includes eight rounds of intense exercise each lasting 20 seconds, followed by 10 seconds of rest.¹⁰ Each Tabata session lasts four minutes, and exercises can consist of cycling, resistance training, or calisthenics.¹⁰ Participants build muscle, improve aerobic training, and burn calories.¹⁰

Flexibility Training Programs

Barre

Barre is a low-impact, ballet-inspired workout that uses a ballet barre for standing and floor exercises.⁸ Routines may also involve mats and hand weights.⁸ Exercises improve core conditioning, flexibility, coordination, stability, and muscle strength.⁸



Foam Roller

Foam rollers are molded cylinders used to enhance stretching routines, increase range of motion, and improve overall performance.¹¹ Similar to massage, pressure is applied to muscles to release tension and stress, which often restrict joint mobility.¹¹ Rollers can be used on a variety of muscles, such as glutes, quadriceps, and calves.¹¹

Pilates

Pilates is a low-impact workout that focuses primarily on building core strength, which is referred to as the “power house.”⁸ The exercise involves controlled body movements that enhance balance and stability, increase flexibility, reduce stress, and improve posture.⁸ The full-body routine can be performed on a mat or with specialized equipment.⁸

Yoga

Yoga is a low-impact exercise that involves the body and mind.¹² There are numerous styles of yoga, but most consist of physical postures, breathing techniques, mediation, and relaxation.¹² Practicing yoga has many health benefits including reduced pain, improved heart health, increased strength and flexibility, decreased depression and anxiety, and enhanced sleep.¹²

Zumba®

Zumba® is a high-energy dance exercise.¹³ The Latin-inspired workout is usually free-flowing and includes a party-like atmosphere as opposed to a strict fitness routine.¹³ The heart healthy moves improve flexibility, increase stamina, and burn calories.¹³

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