

Exercise and Nutrition Program

Elevate Your Health

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Introduction

Welcome to the Creighton “Elevate Your Health” Exercise and Nutrition Program!

This booklet is designed to be a guide to learning more about the tools and steps you can take along your fitness and nutrition journey. All workouts are provided by our nationally certified trainers, and all nutrition tips are provided by our Registered Dietitian. We will also provide supplemental information that you can use along the way to help reach your goals.

If you have further questions regarding fitness and nutrition, our staff will answer all questions via email at recreation@creighton.edu.

We look forward to helping you along your journey!

- The Recreation and Wellness Team

Fitness Assessments

A fitness assessment is comprised of a series of exercises that help evaluate your overall health and physical status. For general health and fitness purposes, the tests are considered the starting point for designing an appropriate exercise program. We have broken up the assessments into three different areas depending on your specific goals:

1. **Cardiorespiratory Assessment**
2. **Muscular Endurance Assessment**
3. **Muscular Strength Assessment**

Before you start the Elevate Your Health program, take some time to complete the following fitness assessments. Complete these assessments at the beginning of your program and at the end of the program, so you can see your progress over time! Keep track of your results below.

| Fitness Assessments | | | | |
|------------------------|-------------|-------------|-----------|-----------|
| Movement | Start Date: | Start Stat: | End Date: | End Stat: |
| 3 Minute Step | | | | |
| 1 Minute Jumping Jacks | | | | |
| 1 Mile Run | | | | |
| 500 Meter Row | | | | |
| | | | | |
| Push-Ups | | | | |
| Squats | | | | |
| | | | | |
| Bench Press | | | | |
| Squat | | | | |
| Row | | | | |

Cardiorespiratory Assessments

3 Minute Step Test

Goal: See how quickly your heart rate recovers after exercise

Setup: Step on and off a 12-inch bench for 3 minutes, keeping a consistent pace

1. Take and remember your pulse
2. Perform 96 steps per minute (up, up, down, down) for 3 minutes
3. Count your pulse for a full minute
4. Enter your pulse

1 Minute Jumping Jacks

Goal: See how many jumping jacks can be completed in 1 minute

Setup: Start with good posture, feet together and hands at your sides, then raise your hands above your head while simultaneously jumping enough to spread your feet wider than shoulder width, then quickly reverse the movement

1. Perform continuous jumping jacks for 1 minute
2. Enter the number of jumping jacks completed

1 Mile Run

Goal: See how long it takes to complete a 1-mile run

Setup: Perform on a track or treadmill with the incline set to 1%

1. Run continuously for 1 mile
2. Enter the time taken to complete the run

500 Meter Row

Goal: See how long it takes to complete a 500 meter row

Setup: Use a row machine and proper posture, pushing out fully with the legs and then pulling with the arms

1. Row 500 meters as swiftly as possible
2. Enter the time taken to complete

Muscular Endurance Assessments

Push-Ups

Goal: See how many push-ups can be completed without compensation

Setup: Start in a proper push-up position (all kinetic chain checkpoints in alignment) and place an object (i.e., tennis ball) under the chest

1. Lower your body to touch the object
2. Raise your body to the starting position
3. Repeat steps 1 and 2 until compensation is required
4. Enter the number of completed push-ups

Squats

Goal: See how many squats can be completed without compensation

Setup: Start in a proper standing position (all kinetic chain checkpoints in alignment)

1. Lower your body until the crease of your hip is in-line with your knee
2. Raise the body to the starting position
3. Repeat steps 1 and 2 until compensation is required
4. Enter the number of completed squats

Muscular Strength Assessments

Bench Press

Goal: See how much resistance can be tolerated for 3 repetitions

Setup: Lie on a bench with feet pointed straight and spine in a neutral position

1. Warm up with a standard resistance for 10 repetitions
2. Rest for 1 minute
3. Add 5%-10% of the initial resistance
4. Perform 3 repetitions
5. Rest for 2 minutes
6. Repeat steps 3-5 until the exercise becomes difficult
7. Enter the final resistance

Squat

Goal: See how much resistance can be tolerated for 3 repetitions

Setup: Stand with feet shoulder width apart, toes pointed straight and low back in a neutral position

1. Warm up with a standard resistance for 10 repetitions
2. Rest for 1 minute
3. Add 10%-20% of the initial resistance
4. Perform 3 repetitions
5. Rest for 2 minutes
6. Repeat steps 3-5 until the exercise becomes difficult
7. Enter the final resistance

Row

Goal: See how much resistance can be tolerated for 3 repetitions

Setup: Use a plate loaded or selectorized seated row machine

1. Warm up with a standard resistance for 10 repetitions
2. Rest for 1 minute
3. Add 5%-10% of the initial resistance
4. Perform 3 repetitions
5. Rest for 2 minutes
6. Repeat steps 3-5 until the exercise becomes difficult
7. Enter the final resistance

Supplemental Workouts

Dance

lesmills.com/ondemand/workouts/dance/les-mills-dance

self.com/story/dance-workout-videos-on-youtube

Walking and Running in Omaha

alltrails.com/us/nebraska/omaha

visitomaha.com/things-to-do/outdoor-recreation/walk-bike-trails/

traillink.com/city/omaha-ne-trails

Cycling

strava.com/local/us/omaha/cycling

urbanplanning.cityofomaha.org/59-long-range/transportation-planning/bicycle-planning

thebikeway.com/articles/local-rides-pg347.htm

Swimming

yourswimlog.com/swimming-workouts

omahamastersswimming.com

teamusa.org/USA-Triathlon/News/Blogs/Multisport-Lab/2012/May/29/simple-swim-workouts

Wellness

hellomagazine.com/healthandbeauty/health-and-fitness/2019010866354/wellness-apps-to-download/

High Intensity

crossfit.com/workout/2010/01

youtube.com/channel/UCBINFWq52ShSgUFEoynfSwg

healthline.com/health/fitness-exercise/at-home-workouts

orangetheory.com/en-us/athome/#open-modal

fitnessblender.com

nike.com/ntc-app

underarmourents.com/healthyathome

Yoga

doyogawithme.com

<https://yogawithadriene.com>

downdogapp.com

self.com/story/best-youtube-yoga-channels

glo.com

Meditation

headspace.com

calm.com

insighttimer.com

aurahealth.io

Sample Workouts

Full Body Workouts

Rowing Workout

1. 500 meter row
2. 50 bodyweight squats
3. 400 meter row
4. 40 sit-ups
5. 300 meter row
6. 30 lunges
7. 200 meter row
8. 20 pushups
9. 100 meter row
10. 10 burpees

Outdoor Workout

1. Run stairs in any fashion
 - a. jumping
 - b. single leg
 - c. skip stairs
2. 3 x 20 incline pushups (off a bench) and 50 jumping jacks
3. 3 x 10 single leg squats (each leg)
4. 3 x 10 ground to overhead (squat something from ground to above head)
5. 3 x 50 sit ups

Challenge Workout

Complete 5 reps of each exercise below, then 10, 15, 20, 25, 20, 15, 10, 5

1. push-ups
2. squat jumps
3. triceps dips
4. sit ups

Full Body Upper-lower body Split

1. 3 x 12 barbell bench press
2. 3 x 12 goblet squat
3. 3 x 12 bent over row
4. 3 x 12 bridges with weight
5. 3 x 10 plank with shoulder taps (each shoulder)
6. 3 x 10 donkey kicks
7. 3 x 12 shoulder lateral raises with weight
8. 3 x 30 second squat with jumps

Plyometric workout

1. 3 x 60 second jump rope
2. 3 x 15 burpees
3. 3 x 10 depth box jumps
4. 3 x 10 single leg depth box jumps (each leg)
5. 3 x 45 second line jumps forward/back
6. 3 x 45 second line jumps side/side
7. 3 x 10 squat jumps
8. 3 x 60 second box taps
9. 3 x 10 plank with cross body knee taps (each knee)

Core Workouts

Workout 1

1. 90 second plank
2. 20 in-and-outs
3. 45 second right side plank
4. 20 right side v-ups
5. 45 second left side plank
6. 20 left side v-ups
7. 30 second arch rocks
8. 30 second hollow rocks
9. 25 leg raises
10. 12 single leg v-ups (each leg)

Goal: 1 time through, then challenge yourself to do it 2-3 times

Workout 2

1. 100 Russian twists
2. 100 in-and-outs
3. 100 Russian twists

Workout 3

11. 20 v-ups
12. 10 single leg v-ups (each leg)
13. 20 toe touches
14. 10 single leg toe touches (each leg)
15. 10 heel taps (each way)

Goal: Complete 3 rounds; no rest between exercises, 1 min rest between sets

Upper Body Workouts

Push-Pull Body Weight

1. 3 x 15 push-ups (knee/regular)
2. 3 x 15 barbell rack pulls (inverted row)
3. 3 x 20 standing squats
4. 3 x 15 supine glute/hamstring bridges with 2-step marching
5. 3 x 10 triceps push-ups
6. 3 x 10 chin ups
7. 2 x 20 bird-dogs (each arm)
8. 4 x 30 second hollow hold

Dumbbell

1. 4 x 12 dumbbell bench press
2. 4 x 12 dumbbell bent over row
3. 3 x 12 incline dumbbell bench press
4. 3 x 12 lat pull down
5. 3 x 12 shoulder laterals raise
6. 3 x 12 biceps dumbbell curls
7. 3 x 12 overhead triceps extensions (single arm)
8. 3 x 10 plank with shoulder taps (each shoulder)

Barbell Upper Body Workout

1. 4 x 12 bench press
2. 4 x 12 barbell bent over row
3. 3 x 12 incline barbell bench press
4. 3 x 12 lat pull down
5. 3 x 10 wide grip upright row
6. 3 x 12 face pulls
7. 2 x 10 barbell bench press eccentric press (4 down, 1 up)

Comprehensive Upper Body

1. 3 x 10 alternating lying bench press with bent over rows
2. 3 x 10 alternating biceps curls with triceps dips
3. 3 x 10 thrusters
4. 3 x 10 shoulder raises (front and side)
5. 10 x (10 push ups, 30 jumping jacks)

Lower Body Workouts

Dumbbell

1. 4 x 10 dumbbell lunges
2. 3 x 10 goblet squats
3. 3 x 10 Bulgarian split squats
4. 3 x 12 hip thrusts
5. 3 x 10 single leg Romanian deadlifts (each leg)
6. 3 x 50 feet single arm farmer carries (each arm)
7. 3 x 20 heel raise

Barbell

1. 4 x 10 back squats
2. 4 x 10 dead lifts
3. 3 x 10 front squats
4. 3 x 10 hip thrusts
5. 3 x 10 body weight lunges
6. 3 x 15 weighted heel raises
7. 2 x 10 eccentric low weight dead lifts (4 down, 1 up)

Comprehensive Lower Body

1. 3 x 10 squats (use weight for an extra challenge)
2. 3 x 10 lunges
3. 3 x 10 squat jumps
4. 3 x 30 second wall sit
5. 3 x 10 box step up (each leg) (add weights for extra challenge)
6. 3 x 10 single leg squats (each leg)

Core And Balance Workout

1. 3 x 30 second hollow holds
2. 3 x 30 second supine trunk curls with a knee bent
3. 3 x 60 second dead bug
4. 3 x 60 second bird-dog
5. 3 x 60 second cat-camel
6. 3 x 10 single leg Romanian deadlifts
7. 3 x 15 side planks with dip
8. 3 x 15 reaches planks with overhead reaching
9. 2 x 30 second hollow hold with cross body reaches
10. 3 x 30 second superman

Nutrition

Pre- and Post-Workout Fuel

It's important to fuel our bodies before we workout, and provide nourishment immediately after. Consume carbohydrates and protein (with minimal fat) 1-4 hours before your workout. Each person digests food at a different pace, so feel out the timing to see what's best for you.

- Glucose, which comes from carbohydrates, is the body's main source of fuel, making it essential when it comes to providing energy for lifting weights or doing any type of cardio. Protein helps to build and repair muscles during your workout.
- Drink plenty of water beforehand to prepare for any water loss due to sweating.
- Pre-workout food fuel ideas
 - Apples and peanut or almond butter
 - Greek yogurt with berries and/or granola
 - Fruit and protein smoothie
 - Peanut butter and jelly or banana sandwich
 - Oatmeal or cereal with low-fat milk and fruit

Think of the 3 R's when deciding on post-workout nutrition: **Recover, Rehydrate, Refuel**. The goal is to replenish glycogen and other nutrients in order to repair and rebuild muscles. Try to consume carbohydrates AND protein within 1 hour of finishing your workout. It's just as important to consume carbs after doing any physical activity as it is protein.

- If your workout is less than 1 hour, rehydrate with water. If the workout is longer than 1 hour, you may want to drink a sports drink as well as water to replenish your body's electrolytes.
- Post-workout food fuel ideas
 - Recovery shake with protein powder, fruit and low-fat milk
 - Low-fat chocolate milk
 - Greek yogurt with berries
 - Whole grain turkey wrap with veggies

How to Pick the Best Protein Bars

In today's world, there's a lot of conflicting information about what's considered "healthy" or "unhealthy." Food that is low in sugar is usually considered healthy... right? Not exactly. When it comes to protein bars, many brands will tout "low sugar" or "no sugar," but will use sugar alcohols or artificial sweeteners instead. These are known to cause GI symptoms such as bloating and gas, so it's important to consume a minimal amount, if possible, especially before a workout! Here's what to look for in a healthy protein bar, and check out a few of our favorite brands below.

- Protein content
 - Look for protein from whey protein isolate, pea protein, or egg whites
 - Seek a minimum of 5g protein per bar
- Carbohydrates
 - Look for whole-food sources like fruit and whole grains
- Sugars
 - Avoid bars high in artificial sweeteners such as sugar alcohols, high-fructose corn syrup, and added sugars
 - Natural sugar from fruit is a good pre-workout energy source
 - Aim for no more than 6-8g sugar per bar
- Fats
 - Look for healthy fat sources from nuts, nut butters, and/or seeds
 - Bars should be low in saturated fat and contain no trans fat
- Fiber
 - Snacking on a protein bar with 3-5g fiber between classes or during a study session is a good way to get necessary fiber
 - Avoid eating fiber before a workout, as it can cause GI symptoms
- Calories
 - Remember, protein bars are not intended to be used as a meal replacement!
 - A good calorie range is 150-250 calories per bar



GoMacro



Health Warrior



KIND



RXBAR



LARABAR

Macronutrient needs vary slightly depending on the length and intensity of your workout. See below for ways to fill your plate based on your workout.

FATS
1-3 Teaspoon(s)

Whole Grains
Pasta
Rice
Potatoes
Cereals
Breads

Weight Management
Easy Tracking

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Fruits & Vegetables
Raw Veggies
Cooked Veggies
Veggie Soups
Fresh Fruit

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages
Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Whole Grains

- Pasta
- Rice
- Potatoes
- Cereals
- Breads

Lean Protein

- Poultry
- Meat
- Fish
- Eggs
- Dairy/Soy
- Legumes
- Nuts/Seeds

Vegetables

- Raw Veggies
- Cooked Veggies
- Veggie Soups

FATS

1-2 Tablespoon(s)

- Avocado
- Oils
- Nuts
- Seeds
- Cheese
- Butter

Flavors

- Fresh Fruit
- Stewed Fruit
- Dried Fruit
- Water
- Dairy/Non dairy Beverages
- Diluted Juice
- Flavored Beverages
- Coffee
- Tea
- Salt/Pepper
- Herbs
- Spices
- Vinegar
- Salsa
- Mustard
- Ketchup

FATS
2-3 Tablespoons

Grains
Pasta
Rice
Potatoes
Cereals
Breads

Lean Protein
Poultry
Meat
Fish
Eggs
Dairy/Soy
Legumes
Nuts/Seeds

Vegetables
Cooked Veggies
Veggie Soups
Raw Veggies

FLAVORS
Salt/Pepper
Herbs
Spices
Vinegar
Salsa
Mustard
Ketchup

Fresh Fruit
Stewed Fruit
Dried Fruit

Water
Dairy/Nondairy
Beverages
Diluted Juice
Flavored
Beverages

Coffee
Tea

Avocado
Oils
Nuts
Seeds
Cheese
Butter

Goal Setting

Have you decided that it's time to make a change but aren't sure how to get started? No matter how big or small your goal – whether it's losing 5 or 50 pounds, walking a mile, or running your first marathon – making change requires planning and **SMART** goal setting. Follow these guidelines, and you'll be surprised at what you can do:

Specific. Your goal should be clear and easy to understand.

- A common goal, “get healthy,” is too general. How do you want to do it? Lose weight? Start exercising? Stop smoking? Break it down and it will be easier to manage. Let's pick weight loss and make a SMART goal out of it together. For example, **“I will lose weight.”**

Measurable. Your goal should have a numeric outcome to measure.

- A goal to “lose weight” is not enough. Decide how you'll track your progress and how you'll know when you've reached your goal.

Attainable. Your goal should be challenging, but realistic.

- It's good to ‘shoot for the stars,’ but don't be too extreme. Likewise, a goal that's too easy won't be motivating. What percentage is attainable for you? Research suggests that a 5-10% weight loss is attainable for most overweight people. A measurable, attainable goal could be **“I will lose 7% of my body weight.”**

Relevant. Your goal should be important to where you are in your life right now.

- Examine our goal so far. Does it seem relevant to you? If so, let's keep going. If you're not concerned about weight loss or this isn't a good time to focus on that, choose something that IS motivating to you.

Time-bound. Your goal should have an endpoint.

- Knowing you have a deadline motivates you to get started. Since healthy weight loss is about 1-2 pounds per week, set your deadline accordingly. Let's use 3 months. **“I will lose 7% of my body weight in 3 months.”**

Now we have a **SMART** goal!

Let's set a few personal, action-oriented **SMART** goals, so that you have a game plan. Here are a few examples:

- I will walk 5 days every week for 30 minutes each.
- I will drink water instead of soda every day this week.
- I will bring my lunch to work instead of eating out 4 days this week.

What are your goals? List them below and get started!

Goal 1: _____

Goal 2: _____

Goal 3: _____

