WHOLEBODY BOOTCAMP

Currituck County

Week 1- Getting to Know Yourself

These recommendations are averages. Everyone's body is different. If your doctor has told you otherwise please follow their advice.

Know your Recommendations

BMI
Body Mass Index (BMI) is a measure of body fat based on height and weight. A normal range for adults is a BMI between 18.5-24.9

Sodium
Six grams or approximately 1 teaspoon of salt per day

Blood Pressure
A normal blood pressure is considered to be 120/80.

Fruit and Vegetable Servings
The USDA recommends for someone consuming a 2,000 calorie diet 2 1/2 cups of vegetables and 2 cups of fruit.

Physical Activity
Adults should do at least 2 hours and 30 minutes each week of aerobic physical activity at a moderate level OR 1 hour and 15 minutes each week of aerobic physical activity at a vigorous level. Spreading aerobic activity out over at least 3 days a week is best. Adults should also do strengthening activities, like push-ups, sit-ups and lifting weights, at least 2 days a week.

How to calculate/measure your numbers

To calculate your BMI visit: www.bmi-calculator.net/

To track your food, physical activity and look up foods try: www.supertracker.usda.gov/

To log food try: myfitnesspal.com
(can be linked to your Fitbit or apple health accounts)

For more fitness apps check the class website for a complete guide to fitness and nutrition apps.

Log your Numbers for yourself here and visit the form on the website to submit them

Your Numbers:

BMI=

Blood Pressure=

Fruit intake=

Vegetable intake=

Physical Activity=

Measurements

Neck:

L Bicep:

R Bicep:

L Forearm:

R Forearm:

L Thigh:

R Thigh:

L Calf:

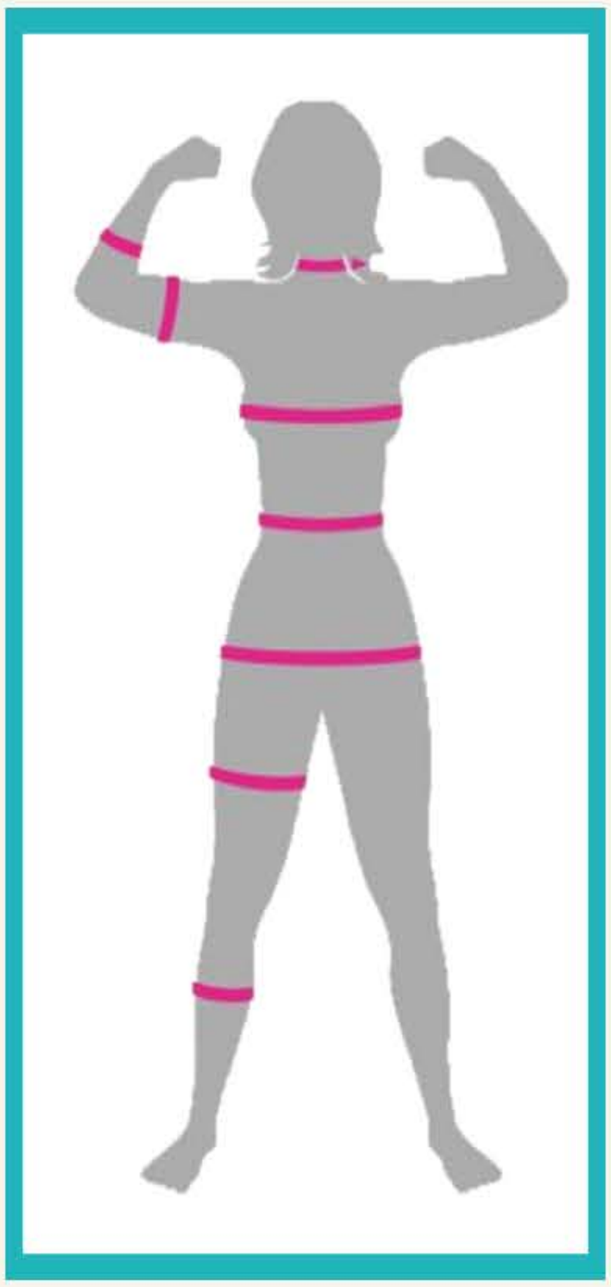
R Calf:

Waist:

Chest:

Hips:

Taking Measurements



Specific Current Physical Activity :

ex. Current mile pace:
Current bench press:

Now that you have recorded these things for yourself don't forget to log on to our class sign and fill out the form.

Form: go.ncsu.edu/wbbcweek1

NC COOPERATIVE EXTENSION

Need help? Have questions? Contact: Olivia Jones
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