

**Living Longer Stronger, eight-weeks to a fit and strong body;
Fitness, strength, and nutrition training for men.**

(Also for McLennan community College Continuing education course AVC5120)

Course Description

Now is the time to get into shape, and this proven plan can make it happen. This course provides a simple program for men that will build solid muscle, combat fat, help to regain flexibility and stamina, and provide valuable information about nutrition. Lose the extra fat; get lean and strong with a small investment of workout time and a sensible nutrition plan. Build solid muscle to look and feel better, and understand the myths and facts about exercise and nutrition.

The entire program is easy to follow and includes carefully researched menus, at-home exercises, strength-training equipment instructions, and maintenance guidelines.

Instructor

Brian Konzelman, certified personal trainer and nutritionist, will guide you through this simple eight-week program that will transform your body, and change your life. Contact Brian through his website at www.livingstrong.org .

Location

The classes will be held at the LIVING STRONG FITNESS TRAINING CENTER, located just 4 minutes from MCC at The Village Green Center, 4315 Lake Shore Drive. For directions visit the "OUR FACILITY" link at the www.livingstrong.org website.

Text

LIVING LONGER STRONGER, Ellington Darden, ISBN 0-399-51900-9
Available at the MCC bookstore, or order from www.amazon.com . **Get your copy early, and have it read before the class starts.** It is an easy 3-4 hour read.

Week 1

Course overview, and Introduction to the fitness lifestyle

- ❑ Fitness facts
- ❑ Fat facts
- ❑ Exercise facts
- ❑ Nutrition facts

Assignments:

- 1) Read and notate text book
- 2) Keep nutrition log
- 3) Walk 20 minutes 6 days per week.
- 4) Drink 3 quarts of water per day
- 5) Web site research: read the numbered articles linked on the main webpage at www.livingstrong.org

Week 2

Body Defining start point, workout procedures and instructions

- ❑ Establishing a reference point
- ❑ Body fat and measurements
- ❑ Specific strength training exercises
- ❑ Record keeping
- ❑ Physician clearance

Assignments:

- 1) Strength train 3 times per week, every other day
- 2) Walk 20 minutes 6 days per week
- 3) Follow eating plan and drink 4 quarts of water per day
- 4) Sleep 8 hours per night

Web site research: www.livingstrong.org

Week 3 - 7

Training session monitoring, progress monitoring, and topical discussions

- ❑ Fitness myths and mistakes
- ❑ Principles of a fit lifestyle
- ❑ Aerobic exercise and equipment
- ❑ Strength facts, exercises and equipment
- ❑ Analyzing your nutrition
- ❑ Recipes
- ❑ Food analyses and tips
- ❑ Heart rate monitoring
- ❑ Exercise tips and training
- ❑ Outfitting a home gym
- ❑ Working in a fitness gym
- ❑ Personal training
- ❑ Question and answer sessions

Assignments:

- 1) Strength train 3 times per week, every other day
- 2) Walk 20 minutes 6 days per week
- 3) Follow eating plan and drink 4 quarts of water per day
- 4) Sleep 8 hours per night
- 5) Web site research: www.livingstrong.org

Last class

Analyses day

- ❑ Measurements
- ❑ Progress reports
- ❑ Comparisons, before and after
- ❑ Where do we go from here