

# FASTER STRONGER HIGHER

*In Psychology, Physical Fitness, and Self  
Perception*

*Sagar (“SAG”) Lad*

You hear the words 'fit' or 'fitness' used almost every day in conversation, on television, on the radio, in newspapers or in magazines.

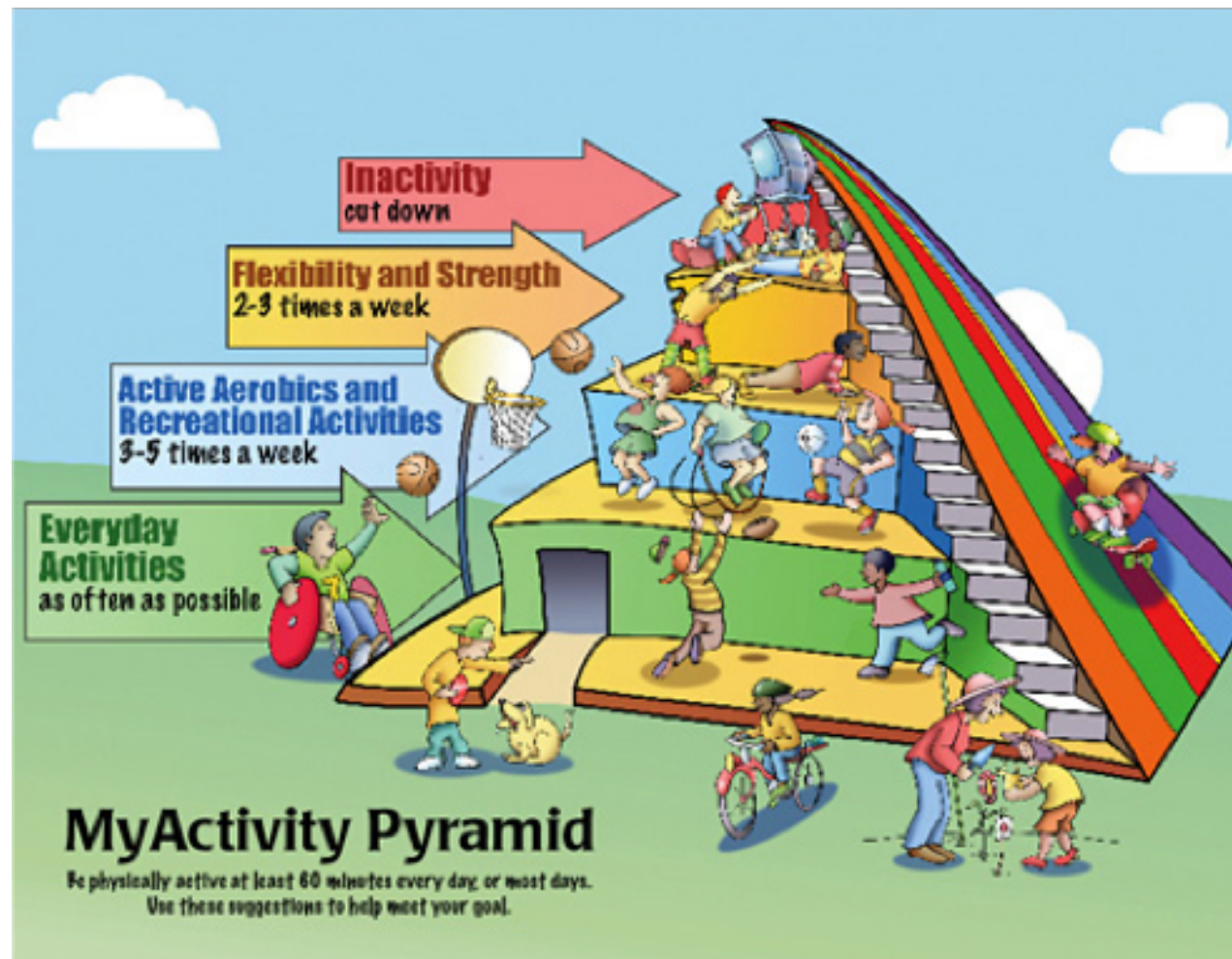
**WHAT** is the actual meanings of the word FITNESS?

**HOW** do you stay FIT?

**WHY** bother to be FIT?

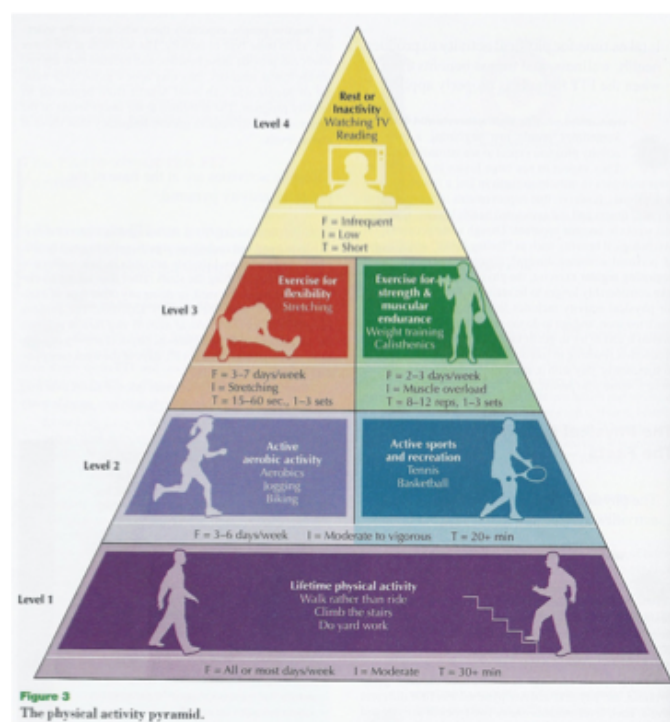
**WHAT** is the actual meanings of the word FITNESS?

Physical Fitness is the body's ability to function efficiently and effectively. It consists of Health Related Fitness and Skill Related Fitness, which have different components, each of which contributes to total quality of life.



## HOW do you stay FIT?

- Much like a food pyramid, there is an activity pyramid where it is recommended that a person should incorporate flexibility (2-3x/week) and active aerobics & recreational activity (3-5x/week)
- But this can be hard especially in a graduate program!



## **WHY** bother to be FIT?

If you are active and fit, you decrease your risk of:

- dying of heart failure
- Adult onset diabetes
- Osteoporosis
- Other hypokinetic diseases
- Stress-induced Metabolic disorders
- Skin problems
- Mental health problem (\*\*)

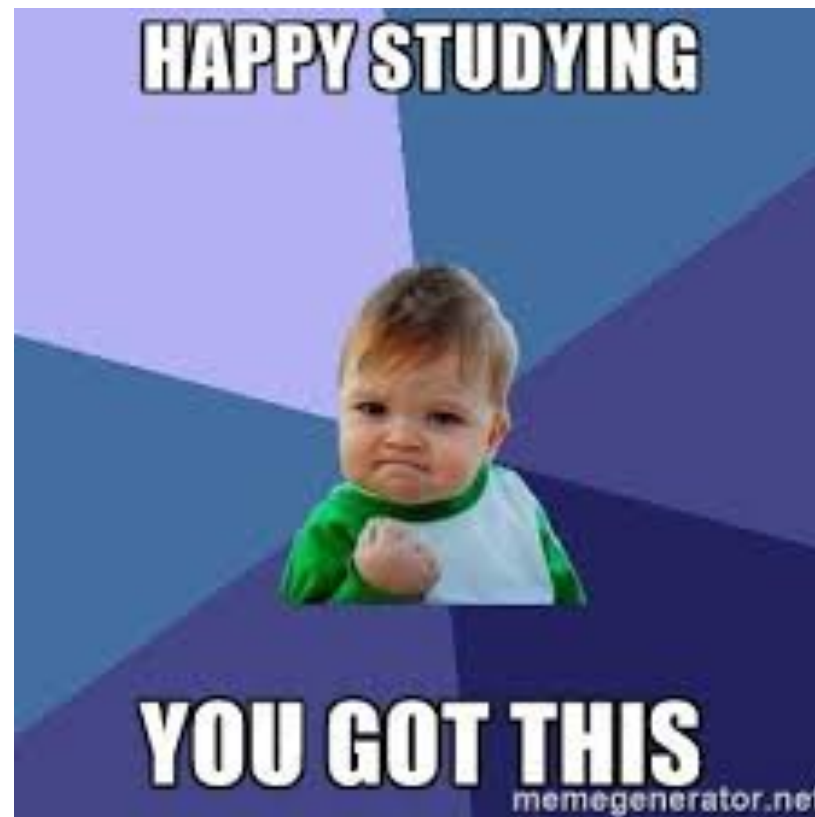
# HOW DO YOU STAY FIT IN A GRADUATE PROGRAM?

- SCHEDULE YOUR LIFE! PLANNERS are crucial and should be attached to your hip.
  - IF YOU DON'T HAVE ONE, BUY ONE!
- Make your fitness goals work for you!
  - Exercise while watching tv
  - Go for walks and bring articles
  - Have goals, WRITE THEM DOWN! (\*Sticky Notes\*)
    - Once completed check them off and continue to grow
- Make friends outside the program!
  - Different people will motivate & encourage you in different ways!



# THINGS YOU DID NOT KNOW IN BOSTON THAT ARE FREE!

- Boston's November Project: <https://november-project.com/boston/>
- URBN MVMT: <http://www.urbnmvt.com/>
- Eventbrite: <https://www.eventbrite.com/d/ma--boston/fitness-classes/>
  - Usually hosts a ton of free workout/yoga/Zumba classes
  - Make sure the \$\$ says free and sign up.
- Tons of circuit workouts online
  - Search the web for circuit workouts. Some require weights, while others are full-body workouts.
  - My favorite: MusclePharm Daily Workouts.



IF YOU HAVE ANY QUESTIONS  
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