

Fitness Program Design  LIFESTYLE APPROACH	<b>PHOENIX FIRE DEPARTMENT HEALTH &amp; FITNESS</b>  M. P. 1-A05.04 08/1997-N Page 1 of 1
--	--

## INTRODUCTION

A lifestyle approach to health and fitness is an attitude that suggests a life long commitment. Unfortunately, health and fitness objectives tend to involve short term commitments, for example exercising to prepare for an upcoming medical exam. Once the exam is complete, exercising ceases and the inactive lifestyle is resumed. This is a recipe for disaster.

---

## POSITIVE REINFORCEMENT

A life long commitment to health and fitness usually requires that the activities engaged in provide some meaningful benefit. Perhaps the most important being some form of immediate gratification. By participating in an activity that provides immediate gratification an association is created that is positive and reinforces the behavior. This is particularly important in the adopting of behaviors to improve health and fitness, where many of the benefits are not experienced until many years down the road. Examples of immediate gratification include; stress relief, sense of accomplishment, social interaction, or how about just good old fashion fun.