



# 15

## **Personal Project**

### **EVALUATING HEALTH AND FITNESS INFORMATION AND SERVICES**

Use this form to help you evaluate the health or fitness source of your choosing. Write the name of the source in the space indicated and place a “✓” in each box that correctly describes the product or service you are evaluating. When you have finished the evaluation, use the space provided to describe the product or service and to write comments about its quality.

#### **Article Evaluation**

**Title of book:** \_\_\_\_\_ **Author of book:** \_\_\_\_\_

- The author(s) or consultant(s) are registered dietitians or individuals who have completed advanced study in nutrition or have advanced degrees in exercise.
- The article contains information about a balanced diet and physical activity that is consistent with the information presented in this book. The article does not promise quick and easy fitness or fat loss.
- The information in the article does not use techniques used by quacks and cons described in lesson 15.1.
- Exercise discussions include the principles of overload, progression, and specificity, in addition to the FIT formula for each type of physical fitness.
- The recommended exercises are safe and effective. The exercises require the use of your own muscles and do not recommend effortless devices.

#### **Exercise Video Evaluation**

**Title of video:** \_\_\_\_\_ **Producer(s) of video:** \_\_\_\_\_

- The video should include appropriate warm-up and cool-down exercises (cardiovascular and flexibility).
- The video does not contain exercises identified in chapter 2 as questionable.
- The video rotates the use of muscle groups. For example, use arms, then legs, then back, then abdominal muscles, and so on.
- If the video claims to be a total fitness program, it includes activities for all parts of fitness.
- The activities on the video are appropriate for beginners, intermediate, or advanced, as labeled.
- The exercises start gradually and then progress in intensity.
- The routine is fun and interesting.