

Annotated Bibliography

1. Nall, Rachel. "The 20 Best Cardio Exercises to Do at Home."

Www.medicalnewstoday.com, 29 Jan. 2021,

www.medicalnewstoday.com/articles/cardio-exercises-at-home#advanced-exercises.

This article was the start of everything. This source mainly helped me narrow down the type of exercises that I would want to include in my poster for exercises because when it comes to cardio it's good to form a set of diverse and heart pumping exercises and this site gave me around two-three exercises that I included on my poster. What I was truly looking for while searching were exercises that could be done in a small space and be effective because the space provided for my capstone would be small. This was basically like my brainstorm phase of the project

2. "Why Is Cardio Important? - My HealthVet." *Www.myhealth.va.gov*, 25 Aug. 2020,
www.myhealth.va.gov/mhv-portal-web/ss20200821-importance-of-cardio.

In order to answer the question, "How does my capstone benefit the SLA community", I had to first research and identify why exactly not ONLY SLA should prioritize cardio but the world in general. Instead of just going into this

project with what I knew initially I sought out more through this source that gave me more information about the benefits of cardio and with the help of my mentor it helped me brainstorm and narrow down my proposal. I was taught about the heart and lung benefits, as well as personality, mood, and body benefits it can have.

3. Cleveland Clinic. "From Head to Toe: The Benefits of a Cardio Workout." *Cleveland Clinic*, 8 May 2023, health.clevelandclinic.org/the-many-benefits-of-a-cardio-workout.

After my research on the source above, using this source I mainly just went further in depth for the sake of a better proposal. This source basically taught me the same thing as the one above, but worded differently. Going forward the information here is what helped finalize my proposal for my capstone project & I hope to use this when talking to peers with the chance of convincing them to get into cardiovascular activities. Some things I took away from this source were good exercises to improve your muscle and immune system, how to schedule cardio (Ex. How many mins/hours you should be working out a week), what staying active does for you.

4. *Best Home Gym Equipment (2023) | Garage Gym Reviews*. 2023, www.garagegymreviews.com/home-gym-essentials.

I found this article after my first meeting with my mentor and the goal while looking around this was to find equipment suitable for the weight room as I

was already getting requests for material that were being sought out for in the gym. This article gave me ideas for home essentials if you wanted to ever create something like a home gym. (Which is basically what I was aiming for) Because of the small space in the weight room I have to be really careful about what material I decide to add while also thinking about its effectiveness for the students. It brought up the question, "Is the money spending on this?"

5. *Home Gym vs. Gym Membership: Which Is Best?* | *Garage Gym*

Reviews. 2021,

www.garagegymreviews.com/home-gym-vs-gym-membership.

In the debate of adding more heavy based material or light based material while creating my capstone, I came around this site. This site gave me a reason as to why home gyms (what I'm creating) are better than outdoor gyms. One major thing that stops a lot of people from pursuing working out is the cost. Memberships for outdoor gyms are simply annoying to keep up with and I want to give at least the students a place where they have access to similar and effective equipment to a gym. (This site created one of my main arguments)

6. Mike Rashid. "Mike Rashid & Big Rob Speak on Cardio." *YouTube*, 18 Nov. 2013, www.youtube.com/watch?v=hUgCxiE5fGQ. Accessed 15 Jan. 2025.

While during this project I came across a nostalgic creator who inspired what I do at the moment. For a few months I have been pursuing Boxing hoping to become a professional soon and Mike Rashid was the creator that introduced me to the basic steps of it all. Boxing is one of many forms of cardio and although this video isn't about exactly what I do, it is in the category of that. I aim to use this video as a presentation or a guide to the film that I will be making later on in Q3 as this serves as a good source of information and motivation for my capstone project.

7. Pennsylvania, in. "Gym and Exercise Equipment Government Surplus for Sale in Pennsylvania | GovPlanet." *Govplanet.com*, 2025, www.govplanet.com/jsp/s/search.ips?t=12265&ct=35&sm=0&l2=USA-PA&mf=1. Accessed 15 Jan. 2025.s6

This source is a shopping place my friend from SLA recently recommended to me. While talking to him and my mentor they addressed the possibility of me not being able to receive Braskem fundings and if that wasn't the case I would have to either buy materials myself or ask around for spare materials for free. This site has a select few of things (mainly treadmills) that I could buy from an 'auction' for cheap. If I do select this route I plan to spend my own money because I don't want to risk fundings. However, this option will always be kept in

mind as it has built the bridge for me to look for other shopping sites that are selling spare equipment.

8. Mayo Clinic. "5 Steps to Start a Fitness Program." *Mayo Clinic*, 2019, www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/fitness/art-2004826

9.

The next most recent step that I took to creating my capstone project was researching exactly self built programs for cardiovascular activities. This site is not the same but somewhat similar provided me with a vision for my own project. Although I'm not making a program, I have been thinking of transitioning this into a mini course for ongoing students who would like to continue my capstone. If that ever does become a reality, this would be the guideline that I'd hope to use to execute it.

9. "How to Make a Workout Plan from Scratch (LiveStrong)."

Acefitness.org, 2023,

www.acefitness.org/about-ace/press-room/in-the-news/8249/how-to-make-a-workout-plan-from-scratch-livestrong/?srsId=AfmBOopyGWU2zQUnwDkeTYG4-C7mmlOczd57XtYJoOf7BmSON8Ndz0NL. Accessed 16 Jan. 2025.

The main contents that I focused on in this source were two and three. Frequency and sets are two of the most important subjects to focus on as they give effective results. That's something that I really wanted to communicate with my cardio poster. This source really communicated how to move in the limits of your body which I actually didn't consider beforehand (I was going to make a poster with exercises that couldn't be done for everyone, EX; A slimmer person vs thicker person). This also encouraged me to exercise caution with the weightroom as to not over exceed your body limits (Maybe like adding a caution poster as well)

10. Joseph Vincent. "Muhammad Ali - the Greatest (Original Career Documentary)." *YouTube*, 20 Sept. 2024, www.youtube.com/watch?v=vg5Nxbg7oMs.

This is a documentary on one of my favorite sportsmen, Muhammad Ali. During a time of tread and darkness he brought light to people through his viciousness and esteem. I do boxing as a form of cardio(Boxing was what I first wanted to pursue as my capstone, but realized it wouldn't be school appropriate) This documentary really displayed the results of hard work and dedication to something you enjoy doing. I feel like everyone has something or someone who they

aspire to take something away from or even be like that. Because of my passion for boxing it brought me to my idea of my capstone which I later came back to this source to watch recently for a sign of inspiration