

Exercise Myths & Facts

- * **Myth:** Muscles turn into fat after one stops exercising
Fact: You lose some muscle mass and gain fat
- * **Myth:** Exercise burns away fat
Fact: The number of fat cells remain constant but they become smaller with exercise
- * **Myth:** Exercise stops the effects of aging
Fact: Exercise prevents atrophy which accompanies aging

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Keep Off the Winter Blues with Exercise

By: Beth Colucci (CES '09)

While many of us may think we suffer from a mild case of the "winter blues," 4-6% of the US population truly suffers from seasonal depression, also known as seasonal affective disorder (SAD). SAD affects women much more commonly than men; in fact, 70-80% of those suffering from SAD are women.

The onset of SAD typically accompanies the days getting shorter, the weather colder, and the days gloomier. While the exact cause of SAD is unknown, SAD has been found to be highly correlated with geography. In other words, SAD is more commonly found in people who live at high latitudes where the availability of sunlight and weather changes are more extreme.

There have been additional suggestions as to what causes SAD. The winter months may alter people's circadian rhythm; this is what helps regulate our internal clocks, which alert us

when to sleep and wake. According to the Cleveland Clinic, "with decreased exposure to sunlight, the biological clock that regulates mood, sleep and hormones is delayed, running more slowly in the winter" (Cleveland Clinic, 2008).

Lack of exposure to bright lights, which accompanies winter, can alter the chemical in the brain. Reduced sunlight decreases serotonin production, the "feel good" hormone, and can be a culprit in causing mental and behavioral changes.

Symptoms of SAD, similar to those of depression, include:

- * **Sadness**
- * **Anxiety**
- * **Irritability**
- * **Loss of interest in usual activities**
- * **Withdrawal from social situations**
- * **Inability to concentrate**
- * **Extreme fatigue and lack of energy**
- * **Increased appetite and weight gain**

'Tis the season... for a cold?

By: Molly Sorlien (CES '09)

It's getting toward that time of year...when classrooms and hallways are filled with the sound of "cough, cough!" and "ahhCHOO!" Let's face it: they don't call it the "common cold" for nothing. But cold season comes at an inconvenient time for many,

when we're sprinting toward the end of the semester with too much on our plates to waste time with illness. Much research has been directed toward reducing the risk of the common cold but there is no definitive way to prevent the inevitable.



These symptoms tend to begin in the fall, peak in January and February and then resolve once spring arrives. With the diagnosis of SAD increasing, Bright-Light Therapy has become a popular treatment. This treatment includes exposure to "bright artificial light, brighter than usual home or office light... [and is shown to] relieve symptoms" for most people.

Another treatment for SAD is exercise. Exercise has been shown to have protective and preventative effects against SAD, as well as a treatment effect, especially when done outside; so during the winter break try to take a walk outside daily. When we exercise our body releases endorphins, which help to reduce stress and anxiety, boost self-esteem, and improve sleep

Exercising outdoors during the winter months will increase exposure to light along with all the wonderful benefits exercise always brings. This will not only benefit ones overall well-being but will offset the detrimental effects of SAD.

—Information from
<http://www.emedicinehealth.com/>
<https://ssl.search.live.com/>
<http://my.clevelandclinic.org/>



Here are some ways to help you stay healthy:

- * *Exercise at moderate intensities!*
- * *Always look at the bright side of life!*
- * *Stay calm!*
- * *Get a humidifier!*
- * *Get your beauty sleep!*

Variation is Key in Strength Training

By: Christopher Covino (CES '09)

In the world of sports performance, coaches and athletes are constantly changing variables in their strength programs to elicit a greater response from the body. This is known as periodization and it can also be applied to you and your workout.

Periodization uses alteration of different variables of strength training in order to gain better fitness. Variables that can be manipulated include intensity (the amount of weight lifted), volume (amount of sets and repetitions) and rest time (amount of rest between sets). The different combinations of intensity, volume

and rest time are key in trying to battle plateaus.

It is very easy for one to incorporate this type of training into a workout plan. You can keep doing the same exercises and simply change the amount of repetitions, sets, and rest time between the sets.

A person's goal should determine the combination used. Below shows the ideal number of repetitions, sets, and rest time for what you are trying to

achieve.

With these protocols it is important to change the variable at least every four weeks but be sure that you are comfortable at the level you are performing before increasing anything. This training will give the greatest benefit to overall fitness.

If interested in this training method and have questions, please ask any of the trainers at the Wellness Clinic.

Goal	Reps	Sets	Rest Time
Muscular Endurance	15-20	2-4	< 1 minute
Muscle Size	8-12	3-4	1-2 minutes
Strength	6-8	3-4	2-3 minutes

—Information from:
Essentials of Strength Training and Conditioning, 3rd edition

Flexibility: The Key to Total Well Being

By: Greg Hatheway (CES '09)

Flexibility is one of the most important aspects of fitness and is commonly overlooked. As people age muscles deteriorate and people become stiff and weak. If you maintain muscle length and flexibility this will decrease the risk of injury not only during exercise but also during activities of daily living.

A good flexibility program can cut down on one's risk of injury and help maintain strength and coordination with aging.

The nice part about stretching is that everyone can learn how to properly stretch regardless of age, flexibility, and fitness level. There are

many simple stretches that can be fit into any daily routine; it does not require a large time commitment but returns many outstanding benefits. Benefits of stretching include, but are not limited to: reduced muscle tension, increased range of motion in joints, enhanced muscular coordination, increased blood circulation, and increased energy levels.

So the next time you're watching TV, using the computer, getting ready for bed, or even waiting for food to cook, do a few stretches and receive numerous lifelong benefits.

When stretching remember to:

* Warm up with 5-10

minutes of cardio or you can stretch out after your workout

- * Breathe throughout the stretch
- * Hold stretch for at least 15 sec., do not bounce
- * Don't stretch to the point of pain

For help with what stretches to do or with other questions, please stop by the Wellness Clinic for help. You can also go to www.sparkpeople.com.

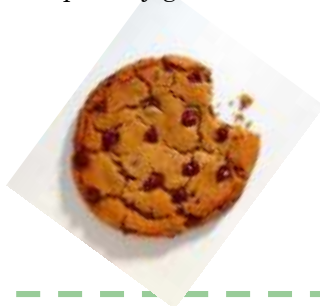


Healthy Christmas Cookie Recipe: Dark Chocolate Christmas Cookies

From: healthycooking.suite101.com

Ingredients:

- 6 oz. dark chocolate (preferably 60% or greater)
- 2 large egg whites, at room temperature
- 1/8 tsp. cream of tartar
- 1/4 cup granulated white sugar
- 1/2 tsp. vanilla extract
- 3/4 cup finely ground almonds



Directions:

- Melt dark chocolate in microwave at 30-second intervals on 70% power until smooth. Set aside to cool slightly.
- Preheat oven to 350°. Spray two large cookie sheets with non-stick cooking spray. Using an electric mixer, beat egg whites and cream of tartar until soft peaks form. Continue beating, adding in sugar and vanilla slowly, until mixture forms stiff peaks.
- Gently fold in chocolate and almonds until fully incorporated. Drop teaspoons of batter onto the prepared cookie sheets, leaving one inch between cookies.
- Bake 10-12 minutes, switching racks (put bottom cookie sheet on top rack and top cookie sheet on bottom rack) halfway through baking to ensure even browning. Cookies are done when there is a light crust on the outside, but they are soft on the inside.

Makes 36 cookies

Per Cookie: 52 calories, 3 g fat, 0 mg cholesterol, 1 g fiber, 1 g protein, 0% Vitamin A, 0% Vitamin C, 1% calcium, 2% iron

Thirsty?—What to Drink and When

By: Jayme Jones (CES '09)



It is widely known that water is a very important part of a healthy, balanced diet; an average person drinks about 2 liters of water daily. Not only that, but water is essential for our body to function normally.

Without water, we wouldn't exist...literally! Water makes up between 50% and 60% of our bodies and 2/3 of this is found in our muscles. You can see how important water intake is, especially if we are losing water throughout activity.

Too often we do not recognize when our body needs water. Most of us believe if we become "thirsty" our body is telling us that we are running low on water and need to drink; we are wrong! When the feeling of thirst sets in we are already water deficient! If we become dehydrated even slightly many physiological activities are affected.

Slight or mild dehydration prevents our body from being able to expel heat via sweat as it nor-

mally would; skin circulation is reduced, and our core temperature increases, which puts a great stress on our internal organs.

Also, when our bodies do not have enough fluid volume (e.g. water) our blood volume decreases. This makes our blood thicker, and causes it to travel more slowly to our exercising and working muscles; as a result, we will fatigue faster.

In order to rehydrate after water loss has occurred, it is important to understand what to drink and how much of it. While most people think water is the most important it is also important to replenish electrolytes that may be lost with the water loss. Electrolytes help your body to keep its sodium levels in balance, which are vital for water balance in your organs. If your electrolytes become imbalanced, cramping and nausea can set in.

To prevent this from occurring, individuals who are exercising should drink about one cup of wa-

ter for every 20 minutes they are exercising; they should prepare for exercise by drinking two cups of water about one hour before physical activity begins. Drinks containing electrolytes should be consumed also. A good way to do this properly without getting an upset stomach from the small amount of added sugar is to alternate water with an electrolyte rich drink, such as Gatorade or Powerade.

By staying hydrated and drinking at least two liters of water a day (more if you are an avid exerciser), you can easily avoid becoming dehydrated. However, things happen, and if you do find yourself fatigued as a result of dehydration, it is easy to solve. Following the simple information above can help you prevent serious dehydration, and get you back on track in no time!



—Information from:

www.vivo.colostate.edu/hbooks/pathphys/digestion/smallgut/absorb_water.html
<http://health.howstuffworks.com/question565.htm>

Don't Let the Holidays Get Ya: Break from work should not mean break from exercise

By: Meredith Miller (CES '09)

Often the good food, get-togethers, and cold weather that come along with the jolly holiday season cause even frequent exercisers to take a break from being active. Unfortunately the weeks that fly by between Thanksgiving and New Year's Day are a lot longer than they seem.

Taking a break from eating healthy and staying active during this time can make it even harder to get back into action once it is time to put the dreaded New Year's Resolution into action. On average people gain five pounds over the holiday season.

The best solution to avoiding this common loss of motivation is to keep an active frame of mind during the holidays. Remember, staying active doesn't have to mean making it into the gym everyday.

Here are a few ways to burn a few calories when it seems there is no time to make it to the gym:

- * Plan an active family event (hiking, touch football,

relays)

- * Go Christmas caroling
- * Dance the night away with family and friends
- * Go Christmas shopping
- * Clean the house in preparation for guests
- * Shovel snow
- * Split, carry and stack firewood
- * Have a snowball fight
- * Build a snowman
- * Go ice skating and sledding
- * Take a day and go down hill skiing or even better cross-country

So now you know how to stay active, but it is also possible to get a total body workout right in your own home, even without any exercise equipment.

Here is a list of exercises so you can get a great workout in the comfort of your own home:

- * Squats (feet together, shoulder width apart, and wide stance)
- * Single leg squats (hold onto a chair for support)
- * Lunges (walking or stationary)

- * Single leg raises (stand on one leg and lift the opposite leg to the front, side, or back)
- * Push ups (beginner: against wall; intermediate: hands elevated on chair or stairs; advanced: standard position)
- * Dips (use chair or stairs)
- * Crunches (regular and side)
- * Supermen
- * Plank (front and side)

Not only is it difficult to focus on staying active throughout the holidays, but it seems nearly impossible to avoid overeating. There is no sense in avoiding your favorite holiday dishes and sweets, but there are certainly some ways to avoid over eating.

Here are a few:

- * Limit alcoholic beverages
- * Take smaller portions
- * Don't skip meals
- * Wait before deciding to take seconds
- * Bring a healthy dish to pass at holiday gatherings
- * Don't eat the skin on the turkey
- * Eat a healthy snack before



going to an event with unhealthy food

By the time New Year's Day comes around, most people feel bloated and lazy. Take advantage of these tips and set yourself a well thought out goal during this holiday season to keep yourself in shape.

So the bottom line to prevent the holidays from getting to you is to keep an active and healthy frame of mind. It is okay to have a few sweets and skip the gym a few times, but don't let this stop you from doing some form of activity everyday.

But most importantly, enjoy your time with your family and friends. That's what the holidays are all about!

—Information from:

www.rcs.org
www.vivo.colostate.edu
<http://health.howstuffworks.com>
www.nlm.nih.gov

Client of the Month: Ron Gilmour

By: Molly Sorlien (CES '09)

Congratulations



Ron Gilmour joined the Wellness Clinic this semester and is off to such a great start that we had no choice but to choose him as our member of the month for December.

Ron, who works in the library, comes to the Clinic five days a week; he varies cardio three days a week with strength training two days a week.

He said between his trainer, Molly Sorlien, the well main-

tained equipment, and the intimate setting it was an easy choice to come here versus the fitness center.

Before joining the Wellness Clinic Ron participated in physical activity. However, since joining the Wellness Clinic Ron has learned to diversify his cardio equipment everyday. Ron said he was able to do this because of the atmosphere, "it is easy to try new things when you are comfortable and you know someone is always around to help."

Ron is now always excited

for his workout at the end of his "sedentary workday." He has seen great strides towards reaching his goals and this is what keeps him motivated to continue strength training.

We at the Wellness Clinic would like to congratulate Ron on his dedicated exercise routine which is allowing him to reach his goals. Ron is a great example for all of us who are intimidated by strength training.

Again, congratulations Ron, and please let us all use Ron as an example to vary our workouts and ask for help!