



GET FIT!

FALL 2009

LEAVE YOUR STRESS BEHIND...

- Practice deep breathing
- Laugh more
- Stay active
- Listen to music
- Go for a walk
- Play with a pet
- Read a good book

Get Inspired!

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."
Plato

Exercise Can Make a Bad Day Good

A recent study at the University of Vermont found that fewer than 30 minutes of moderate exercise can significantly improve your mood. Regardless of age, gender, or fitness level, participants in the study who exercised twenty minutes at moderate intensity found their mood to be improved for up to twelve hours afterward.

Evidence suggests that exercise boosts "feel-good" endorphins, relieves muscle tension, helps you sleep, and reduces the stress hormone, cortisol. According to the Mayo Clinic, the increase in body temperature that exercise induces may also have a calming effect.

Perhaps most importantly, exercise gives you a break from thinking about the things that are making you depressed or stressed. The next time you are feeling stressed, try to make time to exercise.

Simple Suggestions for moderate intensity exercise:

1. Go for a walk with friends
2. Spend some time on the elliptical listening to music
3. Take a swim in the pool
4. Walk the dog
5. Go for a bike ride
6. Ride a stationary bike while watching your favorite television show



Just 20 minutes of exercise can improve your mood for up to 12 hours afterward.

Early Activity May Help Prevent Breast Cancer



New research shows that young girls who start exercising as young as 12 years old may be at a decreased risk for breast cancer when they are grown. Researchers tracked more than 65,000 nurses from age 24 to age 42, tracking their exercise habits back to age 12.

The biggest impact was regular exercise between the ages of 12 and 22. The women at the lowest risk reported doing 3 hours and 15 minutes of running or other vigorous activity a week,

or if less athletic, 13 hours of walking a week.

The bottom line:

Women who were active at a younger age are 23% less likely to develop premenopausal breast cancer.

Some breast cancer risks cannot be changed; however, physical activity and body weight happen to be two of the risk factors that can be controlled. Time to get off the couch and get moving!

Exercise of the Month: *side bridge*



Peanuts...

The Hunger Buster

Research shows that regular snacking can be beneficial, whether you are a healthy weight and trying to maintain your energy level or overweight and trying to lose a few pounds.

Not only can snacks add nutrients to your diet that you may be missing at other times of the day, snacks can also keep you from overeating at regular meals.

Snacks should be small in portions (but large enough to hold you over until your next meal), contribute healthy nutrients to your diet, and be low in added sugar and saturated fats.

A study in the International Journal of Obesity found that eating peanuts and peanut butter, which are rich in protein, fiber, and healthy fats, satisfied hunger up to 2.5 hours longer than higher carbohydrate snacks, such as rice cakes.

The next time you need a healthy snack, reach for a handful of *peanuts!*

GET FIT!

The Side Bridge:

Primary Muscles Worked:

- Obliques
- Quadratus Lumborum
- Shoulder Stabilizers

Why you should try it:

This exercise helps build core strength helping to prevent low back pain, increase balance, enhance posture, and of course tone those abdominals!

How to do the Side Bridge:

Start by lying on your side with the knees bent. Your elbow should be directly underneath your shoulder to support your body. As you contract your abdominals, use your torso to lift yourself off the mat. Only your elbow and knees should

be touching the ground. Hold this position for 10-30 seconds making sure that the spine and neck are in a neutral position. Repeat on the opposite side.



7 Habits for a Longer Life

1. Eat right

Gain a potential 14 extra years of life, according to a study of 20,000 participants, by eating at least 5 servings of fruits and vegetables a day, drinking alcohol in moderation, exercising, and not smoking.

2. Keep up with friends

A 10 year study in Australia found that people with large social networks were 22% less likely to die during the study period than those with fewer friends.



3. Mind your middle

The National Institutes of Health found in a recent study that measurements of more than 44 inches in men and 41 inches in women around their waistlines were linked to 25% higher mortality rates.



4. Get plenty of rest

A 2002 study found that approximately 7 hours of sleep produced optimal longevity. Those getting more than 8 hours or fewer than 5 hours had, on average, shorter life spans.



5. Get outdoors

The New England Journal of Medicine found that a reduction in air pollution in cities between 1978 and 2001 increased the lifespan of city dwellers by 5 to 10 months.

6. Keep it in the family

Studies have found that siblings with brothers or sisters who lived to see 100 were more likely to make it there themselves.

7. Use it, don't lose it

Both your mind and your body will decline unless you use them - so it's important to exercise both!