



GET FIT!

SPRING 2010

Spring into action!

Now that spring has sprung, take advantage of the warmer weather to get outside! A change of venue can be just the motivation you need to exercise more frequently and more consistently.

- Go for a walk
- Work in the yard
- Play with your pet
- Play tennis
- Take a bike ride
- Take up a new sport
- Jump rope
- Play tag with your kids
- Go kayaking
- Go hiking
- Throw a Frisbee
- Play golf (without a cart)
- Sign-up for a race
- Walk the dog

Get Moving & Have Fun!

“Living a healthy lifestyle will only deprive you of poor health, lethargy, and fat.”

Jill Johnson

Change it up

People prefer to stick with what they know, and what they feel they do well. However, when it comes to exercise, variation is the key. You need to change up what you are doing in the gym, for both your cardiovascular and strength workouts, in order to continue to get results.

For example, changing from an elliptical machine to a bike, changing the amount of weight you use and the number of repetitions you complete, and even changing the sequence of your workouts can improve your results.



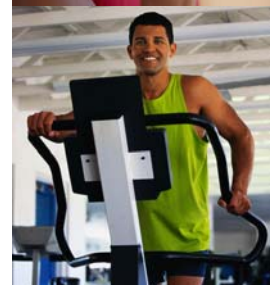
Why should I change my exercise program?

Prevent Plateaus - Muscles adapt quickly. Changing your workouts challenges your muscles so you continue to see results.

Prevent Boredom - Changing your workouts maintains your interest, keeping you committed to exercising.

Prevent Injuries - Changing your workouts prevents muscle imbalance by preventing the overuse and over-development of certain muscle groups.

The bottom line: Change your workout for better results!



One More Reason to get off the Couch

A recent study in Circulation: Journal of the American Heart Association shows that couch potatoes may in fact live shorter lives! The study tracked the TV viewing habits of 8,800 adults ages 25 and older for 6 years. The study found that every hour of TV watched per day by study participants was associated with an 18% increase in deaths from heart disease and an 11% overall increase in mortality.

In fact, those adults who watched more than 4 hours of TV per day were 80% more likely to die of cardiovascular disease.

The American College of Sports Medicine recommends that adults get 30 minutes of moderate intensity cardiovascular activity 5 days a week, as well as strength training 2 days a week.

Get FIT with a Professional!

F·I·T Works

Keep it Simple

New research shows that complex, detailed diets which require you to track calories often fail.

Why? If the diet takes a lot of work, dieters often give up.

Strategies for Success:

1. Choose a simple, straightforward plan which will work long term.
2. Keep a food journal - it will help keep you accountable and mindful about what and when you are eating.
3. As a general rule, you need to take in 15 calories/pound of body weight/day to maintain your current weight.
 $15 \times \text{your weight} = \text{calories/day}$
 If you want to lose weight, you need to reduce that number of calories/day.

Pick 3

Realistically, three changes are about the most we can make at one time. Try the following changes this month to positively impact your goals:

1. Drink a glass of water 10-15 minutes before each meal.
2. Chew gum while you are cooking dinner to reduce the calories you consume while cooking.
3. After every 1/4 mile on the treadmill, stop and do 10 squats.

Stick with it!

GET FIT!

Exercise of the Month: Wall Squat

The Wall Squat:

Primary Muscles Worked:

- Quadriceps
- Glutes
- Hamstrings
- Calves
- Abdominals
- Trunk Extensors

Equipment Required:

Exercise ball

Why you should try it:

Squats not only help us build leg strength, but they are functional in nature - a movement we need to be able to do to lift safely and perform even the most everyday activities.

How to do the Wall Squat:

Start by having the ball in the small of your back against the wall. While you are in the standing position, slowly lower your body, keeping your knees behind your toes. Lower until

your thighs are parallel to the floor. Raise your body by pressing off with your heels. If you have concerns about your knees, do not descend as far into the squat.



Preventing ACL Injuries in Female Athletes

Young, female athletes are suffering an epidemic of injuries to their anterior cruciate ligaments (ACL), one of the 4 strong bands of tissue that provide stability for the knee. In fact, a female athlete is 3 to 8 times more likely than a male athlete to suffer this injury. Once they hit puberty, girls have a 1 in 50 chance of suffering an ACL injury. This risk increases as they move up in sports. By the time a woman playing Division I basketball reaches college, her chance of ACL damage increases to 1 out of 10.

Women are at increased risk for several reasons.

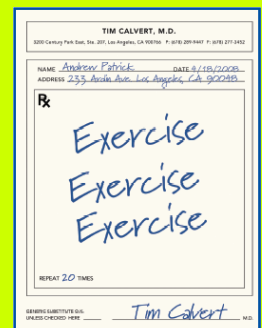
Research has shown that women's muscles are more flexible than males, and this additional flexibility may contribute to the increase rate of ACL tears. Female muscles have also been shown to take a millisecond longer to respond with force. This small difference could be enough to lead to injury in the unpredictable situations which occur in sports. Finally, the wider pelvis angle of a woman's hips can place more force on the knees. This angle produces a natural tendency to turn the knees inward, a definite risk factor for ACL injury.

While we cannot change some of the risk factors, there are exercises and changes to a female athlete's biomechanics that will reduce risk. Working on balance (while moving and while stationary), and teaching proper jumping and landing techniques reduces risk. Other preventive measures include: strengthening core muscles (including abdominals, back, and hips) and starting training 6-8 weeks before a sport or new activity. It is also helpful for female athletes to complete a comprehensive assessment (including video analysis) to identify their risk factors in order to develop a customized injury prevention program.

May is 'Exercise is Medicine' Month

The American College of Sports Medicine and the American Medical Association are making May a month to recognize the need for physical activity. It is a time for physicians, health and wellness professionals and YOU to

celebrate the valuable benefits of exercise. Physicians are encouraged to prescribe exercise for their patients, and FIT Works is providing free consultations to anyone who asks his doctor for an exercise prescription!



Ask your doctor about a prescription for exercise!