



GET FIT!

SUMMER 2009

Beat the Heat

Don't let the summer heat keep you from staying active.

Here are 5 ways you can stay active and beat the heat:

1. Go to the gym - nice, cool environment with a variety of activities.
2. Visit your favorite local swimming hole or take lessons at a pool.
3. Start a walking group with your friends at the mall.
4. Try an indoor sport, such as racquetball, basketball or volleyball.
5. Go ice skating.

Words of Wisdom

“The body will take care of itself, if people learn to eat when hungry and stop when they're full, to enjoy their foods with gusto and to engage in physical activity for its own sake.”

Linda Bacon

Hydration Hints

Gatorade or Water?

With fall sports right around the corner, what do you need to know as an athlete to stay hydrated in the summer heat?

Dehydration occurs when water and fluids are exiting the body faster than they are entering the body. A perfect example, is the significant amount of water lost with sweating in hot, humid weather during vigorous activity.

Individual hydration needs vary, but as a general rule, participants should drink approximately 64 ounces of water a day. During practice sessions, participants should drink an additional 8 ounces of water for every 15 minutes of activity.

Proper hydration must begin days before activities do. Replacing fluids during practice sessions will not be sufficient to ensure proper hydration levels. Because

dehydration is a compounding problem, participants must re-hydrate between practice sessions. See example below:

On Day 1, Athlete is 100% hydrated at the beginning of the session, but at the end of the session he is only 80 % hydrated. He must regain 20% hydration prior to the next session.

If Athlete does not regain hydration, he begins Day 2 at a depleted level and then drops more by the end of the session. By Day 3, we may have a serious situation.



What should you be drinking...Gatorade or water?

The experts agree that an athlete should be ingesting water as recommended above; however, adding a carbohydrate-electrolyte solution, such as Gatorade, can be beneficial. Sports drinks help provide electrolyte replacement to help with hydration and improve carbohydrate utilization to help improve exercise intensity. Perhaps more importantly, the flavor of sports drinks help ensure an athlete's willingness and tendency to ingest enough fluid.

Common Symptoms of dehydration include:

- Dry mouth
- Lethargy
- Weakness in muscles
- Headache
- Dizziness



Are You Getting Enough Sleep?

A recent research study concluded that sleep patterns have as much influence on a

woman's long term weight as physical activity and nutrition. Women who slept up to five hours a night weighed an average 5.4 lbs more than those who got seven hours or more. Women getting less sleep, put on 1.6 lbs more each year than adequate sleepers.

While 1.6 lbs may not sound like a lot, add them up over 10 years and the gap becomes even more sizable. Ask any fitness professional the secret to peak fitness, and he will tell you a combination of good training, eating the right foods, and sleeping well.

Powerhouse Foods

Dieticians' dream foods... disease fighting & delicious.

Berries – Blueberries, cranberries, blackberries, raspberries, strawberries. Berries are a rich source of antioxidants!

Dairy – Rich in calcium, but also in vitamins, protein, and minerals. Dairy is essential in the fight against osteoporosis. The recommendation – three daily servings of low-fat dairy products.

Fatty Fish – Omega-3 fatty acids are abundant in salmon and tuna, helping to lower blood fats and help prevent blood clots associated with heart disease.

Dark, leafy greens – Spinach, kale, and bok choy, as well as dark lettuces are rich in vitamins, minerals, beta-carotene, vitamin C, iron, and magnesium. They are also proven to help prevent Type II Diabetes.

Whole Grains – Yes, that bowl of oatmeal can help lower blood cholesterol levels! The fiber content in whole grain foods also helps keep you feeling full longer and promotes digestive health.

Nuts – Nuts may be high in fat, but it's the good kind. These "good fats" can help lower cholesterol levels and prevent heart disease. Nuts are high in calories, so remember to limit yourself to about an ounce a day.



GET FIT!

Exercise of the Month: *the Bird Dog*

Why you should try it:

This exercise helps strengthen core muscles which improve balance, posture and protect your back.

How to do the Bird Dog:

Begin on hands and knees with the back straight and the abs pulled in. Lift the right arm up until it is level with the body and, at the same time, lift the left leg up and straighten it until it is parallel to the floor. Hold for several



seconds, lower and repeat on the other side, this time lifting the left arm and right leg. Continue alternating sides for

1-3 sets of 10-16 reps. Modify by lifting the arm and leg a few inches off the ground until you're able to balance.



Diabetes and Exercise

The increase in the number of overweight and obese Americans has resulted in a dramatic increase of Type II Diabetes. More than 18 million people are currently living with Diabetes and another 57 million are considered to be pre-diabetic. Diabetes comes with a host of potential medical problems, one of which is cardiovascular disease. In fact, cardiovascular disease is responsible for nearly 70% of deaths in people with Type II Diabetes.

According to an American Heart Association scientific statement, to reduce the risk of cardiovascular disease, people with Type II Diabetes should do at least 2½ hours per week of moderate-intensity or 1½ hours per week of vigorous intensity aerobic exercise. This means walking, riding a bike, swimming, etc. to increase cardiovascular conditioning. Exercise has been proven to slow the development of Type II diabetes, can produce significant improvements in blood sugar control, and reduce risks of cardiovascular disease. For some, this means a reduction in or elimination of medication.

Exercise is Medicine

Groundbreaking research has proved that exercise, at the correct intensity and duration, not only improves the quality of life—it decreases the incidence of disease, chronic health conditions and obesity. At a time when our nation faces an alarming health crisis, we could all use a dose of this medicine! Exercise is a powerful complement to traditional medical treatment, but sometimes getting started with an exercise program can be difficult. Ask your doctor about a "Prescription for Exercise" and call the professionals at FIT Works to schedule a free fitness consultation.



Fitness Consultation
with a fitness professional

Discuss your current diet and exercise program, your goals, and strategies for achieving your goals. Enjoy complimentary nutrition & exercise materials. Call FIT Works at: (757)925-2100 to schedule.

"If there was one single thing you could do to dramatically improve your health, there is no doubt that it would be exercise."

Robert Sallis, MD