



DIVE IN... TO SUMMER FUN!

When you combine exercise with fun, you are much more likely to stick with it! Choose one of these classic summer activities and let the FUN begin!

- Swimming is an effective workout for the entire body and a great way to beat the heat.
- Beach games like building sandcastles or playing in the surf combine exercise with fun.
- Paddleboarding offers an amazing full body workout and you'll enjoy excellent views of everything from sea creatures to what's on the horizon.
- Gardening will keep you and your yard looking good, by working all of your major muscle groups and increasing your flexibility.
- Classic lawn games such as croquet and badminton are a great way to add exercise to your next cook-out.

GET FIT!

SUMMER 2010

Preventing Middle-Age Weight Gain

You watch what you eat more than ever before. You exercise multiple times a week. Yet, your pants still seem tighter than the last time you put them on!

The Weight Management Center at the University of Pittsburgh Medical Center has reported that your metabolism slows by 5% each decade. You will burn about 100 fewer calories per day by age 25 and 200 fewer by age 45. This can add up to 8-12 pounds each year!

As you age, your muscle mass diminishes, which slows your metabolic rate. The slower your metabolic rate, the fewer calories you burn. Many people also sabotage their calorie-burning potential with ineffective diets and exercise programs not specifically designed for them.

To prevent middle-age weight gain, avoid these mistakes:

Mistake 1: Relying on the scale – muscle weighs more than fat! Your weight alone does not determine how many calories you burn.

Fix: Visit a fitness professional to measure your body fat and take girth measurements – then watch your size decrease!

Mistake 2: Crash Dieting If you are not eating enough calories, your body assumes you are starving, leading to an even more drastic decline in your metabolism.

Fix: Seek professional help to adopt healthier eating habits, which will enable you to lose the weight and keep it off without negatively affecting your metabolism.

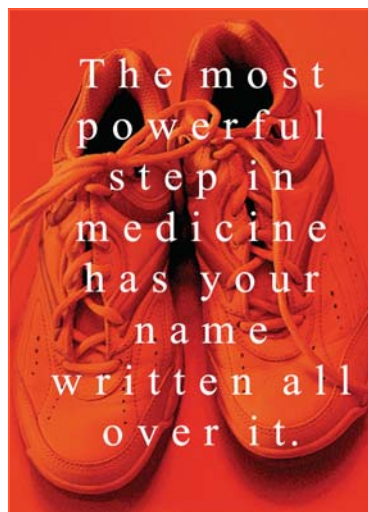
Mistake 3: Failing to include strength training Cardiovascular exercise is an essential component to every

exercise program; however, if you do not also include strength training your muscle mass will continue to decline resulting in a decrease in your metabolic rate.

Fix: Start a safe, appropriate strength training program 2 to 3 days each week!



Prevent middle-age weight gain by avoiding common mistakes.



Top Fitness Trend for 2010

One of the biggest trends for 2010 is the collaboration between physicians and fitness professionals. Experts predict that 75% of American adults will be overweight by 2015 and 41% will be obese. Given these staggering statistics, the current trend in the fitness industry is helping individuals create "healthy lifestyles."

Participants in fitness programs are encouraged to address

current medical concerns, adopt healthier eating habits, begin safe exercise programs, and develop healthy lifestyle habits which address the entire individual.

Ask your doctor about the "Exercise is Medicine" program to receive a **FREE** consult with a fitness professional.

For more information call: FIT Works at (757)925-2100.

Get FIT with a Professional!

FIT Works

Exercise of the Month: Side-Lying Hip Abduction

“A man’s health can be judged by which he takes two at a time - pills or stairs”

Joan Welsh

Primary Muscles Worked:

- Gluteus Medius
- Gluteus Minimus
- Tensor Fascia Latae
- Sartorius

Why you should try it:

This exercise strengthens the outer hip to aide in core stability and allow more functional movement with decreased risk of injury.

How to do Side-Lying Hip Abduction:

Begin by finding neutral spine, draw in the stomach

and contract the pelvic floor to create your abdominal brace.

Lie on your side keeping your bottom leg bent and your top leg straight. Drop your top leg slightly behind the plane of your body and rotate the leg so that your toe is pointed toward the floor. (Figure A)



Figure A

Next, raise your top leg keeping the toe pointed down and the hip slightly extended. (Figure B)



Figure B

Attempt 8-12 repetitions, holding each repetition for 3-5 seconds at the top. Switch sides and repeat the exercise using your other leg.

Pick 3

Realistically, three changes are about the most we can make at one time. Try these 3 changes to positively impact your goals:

Stick with it!

1. **Catch the “Eating Pause”**
Pay attention to the first time you put your fork down for a couple of minutes. This is the subtle signal that you are full, but not yet “stuffed.”
2. **Reach for the Red Sauce**
Choosing a tomato-based sauce over one that is cream-based saves a ton of calories and fat. Just remember portion size, a serving of pasta is roughly the size of a tennis ball.
3. **Choose a Smaller Plate**
Start eating off of a 10” plate rather than the standard 12” plate. This will reduce your serving sizes, helping you lose weight!

Keeping Cool in the Summer Heat!

Exercising in hot weather is more challenging because it puts extra stress on your heart and lungs. Both the exercise itself and the warmer air temperature increase your body temperature.

In order to combat this increase in body temperature, more blood flows to your skin, leaving less blood for your muscles and increasing your heart rate.

When the humidity is high, sweat doesn’t evaporate as readily from your skin, making your body temperature even higher.

Without proper preparation, this can set you up for heat cramps, heat exhaustion or even heatstroke.



Beat the Heat:

1. Exercise outdoors during the cooler parts of the day, early morning or evening.
2. Dress in light, loose, cotton clothing to allow air to circulate and keep you cooler.
3. Hydrate! 3-4 quarts of water each day are suggested for hot weather exercise.

Q: Can Exercise Improve Your Performance at Work?

A: Yes! Research published by the American College of Sports Medicine (ACSM) shows that after exercising, study participants’ work performance was consistently and significantly higher as measured by:

1. Ability to manage time demands
2. Ability to manage output demands
3. Mental & interpersonal performance



Brown Bag It!

If you spend an average of \$7 each day on lunch 5 days a week, you will spend a total of \$1,820 every year. To save money, eat healthier, and control calories, bring your lunch! Dinner leftovers make great, healthy lunches the next day!