

# Did You Know...?

## Fitness

Brought to you by the Lane Fitness Education Center

*The purpose of this newsletter is to provide safe and accurate health information through a variety of health topics, in the hopes of creating greater campus awareness.*

### Achieving Healthy Weight-

**Loss.** Healthy weight loss is about maintaining a lifestyle that includes long-term changes in daily eating and exercise habits.

Although you may desire to lose weight very quickly,

research shows that people who lose weight gradually and steadily (about 1-2 pounds per week) are more successful at keeping it off. ([www.cdc.gov](http://www.cdc.gov))



### The risks of excess abdominal fat.

The apple body shape (high amount of body fat stored in abdomen and upper body) is linked with health problems such as coronary heart disease, diabetes, stroke, high blood pressure, and gall bladder disease. In order to reduce health risk people with an apple body shape should consider losing weight through a program of sensible eating and exercise.

([www.acefitness.org](http://www.acefitness.org))

### The benefits of strength training:

★ Strength training builds stronger muscles, connective tissues, and increases joint stability, all of which reduce risk of injury, back pain, and arthritis.

★ Women who lift weights develop muscle tone and definition, not bulk. Men typically have 10-30 times more Testosterone than women, the hormone responsible for a muscles bulk.



### Start off Slow!

The safest way to start an exercise program is to do the chosen exercise or sport at a low intensity of effort.

Beginning at a low intensity allows time to learn proper body mechanics, which helps to prevent future injuries when training at a higher intensity.

Beginning at a low intensity also prevents excessive muscle strain, and soreness, symptoms that often prevent new exercisers from continuing their program.

(<http://www.acefitness.org>)





## How to Set SMART Goals:

**Specific:** Goals should be straightforward and emphasize what you want to happen.

**Measurable:** Choose a goal with measurable progress so you can see the change occur.

**Attainable:** A goal needs to stretch you slightly enough so you feel you can achieve it.

**Realistic:** Devise a plan or way of getting there that make the goal reasonable.

**Time-orientated:** Set a time frame for your goal, putting an end point on your goal gives you a solid target to work towards.



## Stay Hydrated!

During exercise, water is the best fluid replenisher for most individuals, although sports drinks help replace lost electrolytes during high intensity exercise exceeding 45 to 60 minutes.

### Hydration Hints:

→ Drink 7-10 ounces of fluid every 10 to 20 minutes during exercise.

→ Drink an additional 8 ounces of fluid within 30 minutes after exercising.

→ Drink 16-24 ounces of fluid for every pound of body weight lost after exercise.

**Hint:** Rehydration occurs faster in the presence of sodium, regardless of whether this is provided in a sports drink.  
(<http://www.acefitness.org>)

## Exercise to Reach Your Fitness Goals!

### In order to...

★ Reduce risk of chronic disease, you need at least 30 min of exercise most days per week.

★ Manage body weight & prevent weight gain, you need at 60 min of exercise most days per week.

★ Maintain weight loss, you need 60-90 min most days per week, while not exceeding caloric needs.

([www.cdc.gov](http://www.cdc.gov))

## Benefits of Exercise

Besides just looking and feeling good, participating in regular exercise helps prevent cardiovascular disease, osteoporosis, diabetes, obesity, and several forms of cancer. Engaging in exercise also helps to slow the process of aging and improves mental function. Exercise also boosts your mood and self esteem, reducing symptoms of depression and anxiety.



([www.cdc.gov](http://www.cdc.gov))

## Burn Those Calories!

**Aerobic** (cardio) and **anaerobic** (strength training) exercises not only elevate your metabolism while you're exercising, but also keep it elevated even after you're done. Typically, aerobic exercise takes close to 30 minutes for your metabolism to return to normal, while anaerobic activity leads to increased calorie burning for up to two hours after the workout is over.

(<http://www.acefitness.org>)