

CSCC Health & Fitness News

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Fitness Facts

The human body has over 650 muscles.

By the age of 65, individuals who haven't engaged in exercise on a regular basis may have a decrease in muscle strength by as much as 80%.

Exercise is one of the best medicines available today—and one of the cheapest!



Vacation Fitness

Along with the warm weather, comes days off from work and family trips. Are you one of those people who associate vacation time with lazy days and added pounds? If so, you're not alone. But this summer, don't let the vacations sidetrack your fitness goals. Choose to make a change and keep yourself on your way to a healthy body. Following are some tips on making this summer's vacation fun *and* healthy.

Dress to Move

When packing your bags for your trip, pack clothing you can move in. Wear sneakers, sports bras, and comfortable clothes so you are more inclined to take that quick walk around the park, take the stairs at the airport, or sneak in a few stretches during your pit stop on the long drive.

On-The-Go Equipment

Take along whatever you can to get yourself motivated. Charge your ipod so you can take a 20-minute walk along the beach. Bring exercise bands and do three exercises when you wake up each morning. Take that old jump rope with you and fit in two 10-minute

cardio sessions each day. Whatever you can find that can be used as a portable gym, bring it along.



Keep Healthy Food Around You

If you are taking a road trip, be conscious of what you eat. Fast food stops and convenience store snacks can quickly add on the pounds and leave you feeling bloated and lethargic. Instead, hit the grocery store before you leave and fill a cooler with waters, cut up veggies and dip, berries, apples, low-fat string cheese, or other healthy snacks. You can even pre-make salads and sandwiches and have a quick picnic along the way.

Summer Sports

This summer, take advantage of the long days, warm nights, and sunny skies to get out and improve your physical and mental health by trying a new sport or two. You'll be amazed at how good you feel, inside and out, after working hard and learning something new. Taking up a new sport will improve your confidence, increase your ability to push yourself mentally and physically, and is great way to relieve stress and take in the

fresh air. Read on for examples of summer sports you can try.

Swimming: Summer is a great time to hit the outdoor pool or lake and get your body moving. Swimming uses almost all of the large muscle groups in your body without the pounding you'd get from running. You'll also love the new toned arms and shoulders consistent swimming will give you. Regular swimming not only improves strength, but also in-

creases your muscular endurance, cardiovascular ability, and burns plenty of calories each session as well. Check with your local YWCA, recreational pool, or Red Cross to find adult swim lessons in your area. Red Cross www.redcross.org, USA Swimming www.usaswimming.org

Nordic Walking: Nordic walking is a type of fitness walking using specially designed walking poles that

Summer Sports (cont.)

has become a new trend among all ages in the last few years. It provides a total body workout, is time efficient, and can be done by almost anyone. If you've been a walker for years, this is a great way to challenge yourself this summer. American Walking Association www.anwa.us

Paddling: Paddling can take many forms - canoe or kayak, white water or stream, lake or ocean. The choices are limitless. Just find what you like best and what is most convenient for where you live or vacation. Paddling is a great low impact activity that can improve your cardiovascular endurance, strength, and flexibility.

Your back, arm, and shoulder muscles will be used the most and your core muscles will work to keep you stable. It's an excellent choice to get outside, get fit, and enjoy the summer. The best way



to learn is by joining a local club, participating in a one-day workshop, or by renting equipment and

trying it out for a day. American Canoe Association www.americancanoe.org

Kickball: No kickball is NOT just for kids anymore. As of last summer the World Adult Kickball Association (WAKA) had over 49,000 members taking part in leagues all across the country. In kickball games players are able to burn calories, run around outside, and have fun in a stress-free social environment. To learn more: World Adult Kickball Association www.kickball.com, National Kickball Association www.nka-kc.com

By Laurie Parlin, HPC Exercise Specialist, M.Ed., CHES, CSCS

Vacation Fitness (cont.)

At your destination, search out local farmers markets or local grocers for healthier options. Try the local recommendations for restaurants that serve fresh fish, chicken, or vegetable dishes. If you are taking a long trip, aim to eat two meals in and one meal out if possible. Stock up on cereal, yogurt, toast, and peanut butter for breakfast. Make pasta salads and sandwiches for lunch. Then you can

enjoy a nice dinner out or a couple drinks by the pool without sabotaging your healthy diet.

Fit in the Strength

A week of skipping your strength workouts will easily have you regretting the time off. To avoid this, aim for a quick strength workout every 2-3 days.

Remember, vacations *are* supposed to be relaxing, so don't stress if you miss a workout here and there. But do try to get in something active each day and pay attention to what you are eating. The goal is to maintain your level of fitness over vacation – not improve it! So get moving and have fun this summer.

By: Laurie Parlin, M.Ed., CHES, CSCS.

HPC JULY Events!

- * **NEW! HPC Walking Club**
starts June 29th. Mon, Tues, & Thu at 12:15pm & Wed at 3pm.
- * **Relaxation & Mental Imagery.**
Men's Health Initiative. July 13th, 12:15pm, DX Conference Room.
- * **COPD. Chronic Disease Initiative.**
July 21st, 12:15pm, DX Conference Room.

- * **Strength Training 101.**
Women's Health Initiative. July 27th, 12:15pm, Location TBA.
- * **Flexibility: Relax & Stretch.**
July 29th, 12:15pm, DX Conference Room.

Bring your lunch, sit back, and learn about staying healthy and fit!

HPC Contact Information

To learn more about Personal Training and other events at the Human Performance Center:

<http://www.cscce.edu/HPC/about.htm>

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