

Well Worth it

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HEALTH & FITNESS

RealAge Tips

Aquatic fitness has come out of the shadows and is drawing fans of all shapes, sizes and ages. Men, women and children are diving in and discovering fluid fun and cool challenges as they splash their way to a fitter body. Check out your local pool schedule and you may find aquatic kickboxing, cycling, boot camp, jogging, walking, Pilates, yoga and much more!

You need a few reasons to get wet: Follow the trend.

The boomers are aging and so are their hips and knees. Watch out because new pool construction is going gang busters and will continue to do so over the next 15 years. Due to the fact that aquatic fitness is soaring in popularity, most locations are building more than one pool. A cooler pool is built for lap swimming and aggressive aquatic fitness programs, while a warmer pool meets the needs of senior programming, rehabilitation and mind/body classes. New and exciting programming will continue to crop up as innovative aquatic equipment and technology develops due to increased demand!

Provides excellent cross training. If you always do what you always did you will always get what you always got! Eventually your body will plateau on an exercise program if you do not introduce variation, or worse you could make yourself vulnerable to overuse injuries. Water offers the perfect solution to cross training. Do you like to jog? Try deep water jogging or lap swimming. Do you like to strength train with weights? Try an aquatic class that uses equipment or webbed gloves. Your body will thank you for introducing aquatic fitness into your exercise routine and that frustrating plateau will surely wash away!

Sleep better. One of the first things a new aqua fitness participant notices is the incredible night of sleep that awaits them after a vigorous training session in water. Exercise in general has been proven to improve sleep patterns. However, aquatic exercise does even better due to the specific properties of the aquatic environment and their impact on the systems of the human body. Improved blood flow, changes in body temperature and enhanced muscle conditioning all contribute to an absolutely delightful slumber under the sheets!

You can't do that on land! The unique properties of water allow for creative and aggressive fitness programming. Kickboxing in the water lends itself to exciting kick adventures because BOTH feet can come off the floor thanks to buoyancy in the water. Re-discover boot camp with an H2O twist. The viscosity of water allows you to push, pull, run, jump, jack and jog much harder! Get wet and discover moves you never would have thought possible. A jumping jack with a tuck and half turn, followed by ski moguls and two more jacks before letting your feet even touch the pool bottom? You can't do that in your living room or an aerobic studio!

Deep water running flotation belt



Why Fruit Salad Is Better Than a Banana?

Are you stuck in a banana-a-day rut? Here's a good reason to chop up that 'nana with some strawberries, apples, grapes, and oranges. It's called synergy. You don't just get a wider variety of nutrients by eating more fruits. Those nutrients actually work together to produce even more powerful health benefits than any single fruit could alone. Think of it like compounding interest -- but with fruit!

One Fruit, Two Fruit, Three Fruit, Four

We all know that the antioxidants in fruits and veggies work hard to protect your body from aging and disease. But what you may not know is that those antioxidants work even harder when they have the company of other antioxidants. That's why researchers recommend people eat 5 to 10 servings of a wide variety of different fruits and veggies every day.

Whole Is the Goal

If you tend to eat the same fruit over and over, consider breaking the mold next time you're at the grocery store or farmers market, and pick up something you've never tried before. And choose whole fruit, so you get the most antioxidant bang for your buck.

Foods That Fight Belly Fat

Did you know that besides doing wonders for your health, a certain nutrient group might also help keep your pants size down? It's true. Flavonoids -- those antioxidant-like compounds found in fruits, veggies, chocolate, tea, and wine -- seemed to help ward off belly fat in a 14-year study.

Multitasking Flavonoids. Specifically, catechins, flavonols, and flavones -- types of flavonoids -- may help curb belly bulge by improving the body's metabolic profile, the researchers noted. So where can you get your fair share? The study participants got most of theirs from pears, apples, tea, chocolate, broad beans, onions, leeks, and sweet peppers. *Pretty tasty choices.*

Try adding some to the menu tonight with these Eating Well recipes: Go to EatingWell.com and check out some great recipes. Got some chicken in the freezer? Got an apple rolling around the crisper drawer? Great!

Then grab some leeks on the way home and make this: *Sauté of Chicken with Apples & Leeks.*

Need a yummy side dish that's full of flavonoids but isn't salad? Try this: *Pear & Red Onion Gratin.*

Got nothing for dessert? Make this: *Green Tea-Poached Pears with Matcha Cream.*

Low-Cal Delights

Interestingly, only the women in the study experienced a waistline benefit from flavonoids. But because flavonoid-rich foods like fruits and veggies are often low in calories, they're still a smart choice for anyone who is weight conscious. **Is your waist size where it should be?**

Real Age Benefit: Maintaining your weight and body mass index at a desirable level can make your Real Age as much as 6 years younger.

KEEPING IT REAL

Overtraining

Brought to you by the *American College of Sports Medicine*

There are many wonderful reasons to exercise. For example, exercise can improve our health, help us relax, and give us ways to engage in competition. Participation in regular exercise causes the body to adapt and become even better able to handle the stress of subsequent exercise bouts. That adaptation process is crucial to the success of athletes and provides us with many health benefits.

However, an important training concept that is sometimes forgotten is that the body needs adequate time to recover between exercise bouts. Overtraining can result when exercise bouts are too long and/or too intense without adequate time for the body to recover.

SYMPTOMS OF OVERTRAINING

After a strenuous workout, it is natural to feel tired. But in a well-designed workout program, feelings of tiredness are dissipated by rest. For an athlete who is overtrained, the body is unable to fully recover from exercise bouts, and negative side effects result. An early sign of impending overtraining is often chronic tiredness. The symptoms of overtraining vary in severity and may be different among individuals. Both physical and psychological symptoms can result from overtraining. A person's nutritional status, psychological outlook, and type of exercise routine can influence how overtraining manifests itself. Some of the most commonly reported symptoms are:

- excessive fatigue
- decreases in performance
- psychological staleness, depression, and/or irritability
- changes in resting heart rate and blood pressure (could be higher or lower)
- increased susceptibility to infections
- weight loss

If your fatigue or other symptoms are not relieved by a few days' rest, it is wise to consult your physician. He or she can perform tests to determine if there are other underlying causes for your symptoms.

AVOIDING OVERTRAINING

Recovering from overtraining can be a difficult process. Recovery requires rest and can be difficult to fully achieve. Therefore, the best approach is to avoid overtraining. Some tips to keep in mind include:

- Vary the intensity and volume of workouts. Days with long vigorous workouts should be followed by days with lighter exercise or maybe even complete rest.
- When increasing the volume and/or intensity of your workout routine, do so gradually. Making incremental changes in your workout routine gives the body time to adapt.
- Get plenty of sleep. Finding the optimal amount of sleep and developing a routine to achieve that sleep is critical for optimal performance.
- Eat a healthy diet adequate in calories and containing plenty of water. The body must have the right balance and amount of nutrients to recover and adapt from exercise bouts.
- Listen to your body, and if you are extremely tired, take a break. Sometimes taking a day off is the best thing you can do for your exercise routine!

DID YOU KNOW

The 'Fat-Burning Zone': A Fitness Myth Debunked

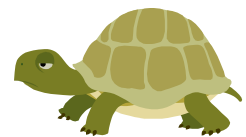
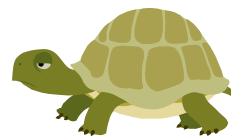
Cedric Bryant, chief science officer of the American Council on Exercise,

Myth: I will lose body fat more efficiently by working out in the fat-burning zone—doing my aerobic workouts at a low, rather than high, intensity.

Explanation: Many aerobic exercise programs and videos feature low-intensity workouts purporting to maximize fat burning. The argument is that low-intensity aerobic training will allow your body to use more fat as an energy source, thereby accelerating the loss of body fat. While it is true that a higher proportion of calories burned during low-intensity exercise come from fat (about 60 percent as opposed to approximately 35 percent from high-intensity programs), high-intensity exercise still burns more calories from fat in the final analysis.

For example, if you perform 30 minutes of low-intensity aerobic exercise (i.e., at a level of 50 percent of maximal exercise capacity), you'll burn approximately 200 calories. About 120 of those, or 60 percent, come from fat. However, exercising for the same amount of time at a high intensity (i.e., at 75 percent of your maximal exercise capacity) will burn approximately 400 calories, and 35 percent of them, or 140 calories, will come from stored fat. So by sticking to the fat-burning zone for their workouts, many individuals are wasting valuable time. Keep in mind that you **lose weight** and body fat when you expend more calories than you consume, not because you burn fat (or anything else) when you exercise.

Of course, the less intense form of exercise has its benefits as well. For example, because many overweight people tend to find that lower-intensity exercise is more comfortable, they may, therefore, be willing to engage in such workouts. The point to remember is that low-intensity workouts do, in fact, promote weight and fat loss. You just have to do them for a longer period of time.



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You are invited to enhance your experience in re-creating yourself at our Website: recreationsservices.syr.edu
We hope that our information will increase your desire to learn more about the subject and engage in obtaining correct information.