

A banner with the text "HAPPY 2008!" in a bold, black, sans-serif font, set against a background of blurred lights.The text "THE TAKE CONTROL Challenge" in a large, bold, black, sans-serif font. A yellow measuring tape is wrapped around the words "TAKE CONTROL". The word "Challenge" is in a smaller, black, cursive font below it.

Jeff's Training Tips

The 3 Basics for Every Exercise Session

There are 3 basic elements to a planned exercise program. They are: the warm-up, the cardiovascular (aerobic) & muscular fitness portion and the cool-down. Each element can vary in length depending on your fitness goals. Let me explain each of these elements.

The warm-up was discussed more thoroughly in another article, so I will stick to the basics. The warm-up is the beginning of each exercise session that increases body temperature. A common mistake by many people is to start out training without a warm-up. Light activity is generally used as the warm-up, usually something that increases the heart rate, which will also increase body temperature. This increase in body and muscle temperature can help with injury prevention. A Warm-up generally last 5-10 minutes. This depends on how long it takes to increase the body and muscle temperatures. Basically start to break a sweat during the warm-up.

The cardiovascular (aerobic) fitness portion refers to the ability of heart and circulation systems ability to complete work over a period of time with little fatigue. It accomplishes this by increasing

the ability to deliver blood and oxygen to the working muscles. Some common forms of exercise for this portion include: walking, jogging, cycling and swimming to name a few. For maximum effectiveness and safety in developing this portion the exercise prescription should consider frequency, intensity, duration and type of exercise.

The muscular fitness portion has 2 categories: muscular endurance and muscular strength. Muscular endurance is the ability of a specific skeletal muscle group to sustain work over a period of time. Generally endurance is specific to the muscles involved. The goal of muscular endurance is to increase the amount of time until your muscles fatigue. This can be accomplished by performing the proper amount of repetitions during your strength training.

Muscular strength is the muscles ability to produce maximal force against resistance during one contraction. The stronger you are the greater force you can produce in one effort. This is accomplished by performing a progressive resistance training program.

The final element is the cool-down. This usually last 5-10 minutes of activity at a lower intensity that was just performed. This helps bring the heart rate down and relax the body. This is a great time to work on flexibility. The cool-down helps your body recover for the next workout.

The warm-up and cool-down should be part of every exercise routine. While the cardiovascular and muscular fitness can be performed on different days. Now that you have the basic elements make sure to incorporate them into your workout sessions.

Jeff Hosta
BS, CSC

Amy's Nutritional Tips

Top Ten Nutrition Tips for 2008

1. Always eat breakfast within an hour of getting up. Food is fuel and your metabolism doesn't start running until you put some gas in the tank. If your body is starving, it will be more likely to eat its own muscle first instead of using fat as an energy source.

#2. Take a multivitamin daily. A good multivitamin should be smelly and the size of a horse pill. Pay particular attention to whether or not it is being absorbed into your body. Your body cannot recover without the "essential" vitamins and minerals it needs to do so.

#3. Take Omega-3 fatty acids on a daily basis. Omega-3, more commonly known as fish oil pills or flaxseed oil, are "good" fat that helps remove "bad" fat from your body.

#4. If you are working out regularly, increase your water intake to anywhere from 80-128 ounces daily. An active individual needs a higher water intake to sustain their body's normal functions and the extra activities of fat loss and muscle building.

#5. Eat 1 hour prior to your lifting workout and within 1 hour post workout. It takes energy for your muscles to do their job correctly and proper nutrition after to help them recover.

#6. To support a muscle toned body, try to consume at least 1 gram of protein per pound of lean body mass on a daily basis. Eating fattier foods only supports the fat.

#7. Eating 5-6 smaller meals a day, every 2-3 hours, will help speed up your metabolism. This

means your ability to burn calories will increase and the likelihood of you over-eating will decrease because you are constantly grazing, not gorging.

#8. Do not go more than 4 waking hours without food. If your body thinks it is starving it will start storing every time you eat. No starvation means no need to store extra calories as fat.

#9. It helps to schedule a "cheat meal" throughout your week to provide a level of sanity in your life. Remember though that a "cheat meal" is not a "cheat day". It is important to get right back on track after your meal off.

#10. Consistency. All the above tps are great, but if not applied on a consistent basis there is no reason for your body to believe you have changed your ways. Give yourself the opportunity to be successful with your nutrition and you will find the secret to a happy, healthy, long life.

Happy New Year All! If there is anything I can do to help with your fitness needs, please contact me at amy@elitfitnessandhealth.com or your personal trainer.

Amy Crawley
MS, CSCS, NSCA-CPT
Head Personal Trainer at Elite Fitness

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