



Winter 2006 Newsletter



Hours

Monday - Friday Saturdays
6:30 am - 9 am 8 am - 12 noon
12 noon - 7 pm

How to Beat the Winter Blahs

Spice up your workouts

Bleh. That's what I see when I look out my window these days...fog, clouds, rain and gray skies. It stinks when you make a New Year's Resolution to get fit right in the middle of winter--one of the hardest times to get moving. If you feel like you're operating on half-power during these cold winter months, there's something you can do to make exercise more appealing. Moving your workouts inside can be a hard transition, but if you take some time to plan more interesting workouts, it doesn't have to be another blah winter.

Spice Up Your Cardio

- The cold weather often makes outdoor exercise miserable, if not impossible. If you've headed indoors and found yourself bored to tears on gym machines, there is a way you can spice things up a bit. When doing cardio, your only concern is getting your heart rate into your target heart rate zone. As long as you accomplish that, you can do anything you want! So why get on the treadmill and walk at the same boring pace for 45 minutes when you could add variety and intensity and get your workout done in less time? Try some of these ideas to make your workouts more fun:

- **Break up your workout.** Separate your workout into 5-minute segments, each with a different focus--speed, incline, resistance, steady state, etc. By changing your workout every five minutes, you get variety and, because you're focusing on 5 minutes at a time, the workout will fly by.

- **Make a cardio medley.** Instead of getting on the same machine every time, pick 3 different machines and workout on each one for 10 or so minutes.

- **Be creative.** Look around the gym and see if there are other ways to get in your cardio. Look for a flight of stairs to run up and down or a space where you could jump rope. Walk on the treadmill and then go outside and run around the building for 5 minutes. Look for different things you can do to break up your usual routine and add excitement.

- **Try something new.** We all have our favorite machines--the machines we gravitate to every time we go to the gym. Winter is a great time to experiment with something completely different. I challenge you to try a machine you've never used before--the Versaclimber, Stairclimber, Rowing machine, upper body ergometer...anything new and exciting.

- **Try group fitness.** Even if you're not into group fitness classes, giving one a try can give you new enthusiasm for your workouts. Check out our schedule of seminars and make a deal to try one new class. You pick up energy when you workout in a group setting--take advantage of it!

Ask one of the staff for a sample "Treadmill Medley Workout"

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Join us on the "Pathway to Fitness"

The following opportunities are available for students and staff enrolled in Fitness Education.

- Fitness Assessment: measuring body composition, cardiovascular endurance, flexibility, and upper & lower body strength.
- Exercise Programming: make an appointment to meet one-on-one with a staff member to set up a personalized exercise program.
- Seminars: informational and activity seminars are offered on a variety of equipment, fitness and health topics.

Dinner in a Hurry

Busy days call for relaxing evenings--a chance to enjoy a leisurely dinner and catch your breath. But you don't want to deal with a fussy meal. Wraps, burritos, burgers, and calzones contain speedy dinner fixings in one package. Black bean burritos with avocado, broccoli and cheese stuffed potatoes or chicken sausage and provolone cheese pasta bake are a few ideas.

Keep these ingredients on-hand for simple suppers:

Flour tortillas
Dry breadcrumbs
Potatoes
Onions
Garlic
Olive oil
Balsamic vinegar
Sun-dried tomatoes (oil- and dry-packed)
Tomato paste
Canned beans
Bottled roasted red peppers
Fat-free, less-sodium chicken broth
Pasta (in several shapes)

Nutrition Websites

www.mypyramid.gov MyPyramid plan can help you choose the foods and amounts that are right for you.

www.fitday.com An online diet and fitness journal. FitDay provides you with the feedback and analysis you need to stay on track towards your diet and fitness goals.

www.eatright.org American Dietetic Association website that translates the science of nutrition into practical solutions for healthy living.

www.nhlbi.nih.gov/chd/Tipsheets/cyberkit.htm In the Cyber Kitchen you will be able to learn more about how much you are actually eating. Also create a day's diet to see how closely you match your diet goals for saturated fat, cholesterol, fat, calories and sodium.

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WINTER FITNESS CHALLENGE Kauai, Hawaii

Row, Ride and Climb your way around the beautiful sights of Kauai
Ride Waimea Canyon 12 miles downhill 3,600ft in elevation
Climb the famed Awa'awapuhi Trail
Row a sea kayak down the Na Pali Coast



FEC Winter 2006 Calendar

Winter term begins

Monday, January 9

FEC Closed

Martin Luther King Day

Monday, January 16

Presidents' Day

February 20

Last Day To Workout For Credit During Winter Term

Saturday, March 18