

Rec. Center

Fitness Newsletter



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Fitness Fact of the Month! During winter the lack of light may lower your levels serotonin, a mood-and –appetite-regulating chemical released by your brain. AS a result, you may crave sweets and starchy foods, which temporarily increase serotonin levels.

Fitness Tips – 10 Exercise Myths

1. You will burn more fat if you exercise at a lower intensity. The most important focus in exercise and weight control is not the percentage of exercise energy coming from fat but the total energy cost, or how many calories are burned during the activity.
2. If you're not going to work out hard and often exercise is a waste of time. Any exercise is better than none. Regular walking or gardening for as little as an hour a week has been shown to reduce the risk of heart disease.
3. Yoga is completely gentle exercise. Some styles of yoga are quite rigorous and demanding both physically and mentally.
4. If you exercise long and hard enough you will always get the results you want. In reality, genetics plays an important role in how people respond to exercise.
5. Exercise is the sure way to lose all the weight you desire. As with all responses to exercise, weight gain or loss is impacted by many factors, including dietary intake and genetics.
6. Stay away from strength training to lose weight or you will bulk up. Cardiovascular exercise AND strength training are both valuable for maintaining a healthy weight. Strength training helps maintain muscle mass and decrease body fat percentage.
7. Water Exercise Programs are primarily for older people or those with injuries. Recent research has shown that water fitness programs can be highly challenging and effective for both improving fitness and losing weight.
8. The health benefits of mind-Body exercises like Tai Chi and Yoga are questionable. Research showing the benefits of these exercises continues to grow. Improved flexibility, balance, coordination, posture, strength and stress management are just some of the benefits of mind-body exercise.
9. Overweight people are unlikely to benefit from exercise. Studies show that obese people who participate in regular exercise programs have a lower risk of all-cause mortality than sedentary individuals, regardless of weight.
10. Home workouts are not as good as gym workouts. Research has shown that some people find it easier to stick to a home-based fitness program. The best exercise program for you is one you will stick with!

Sore After Your Workout? - Here's Why

Do you ever wonder why you get sore after you lift weights or try a new exercise routine? Not only is this okay, it can be good.

When you use muscles you have not used for awhile or try a new exercise or training style, it is normal to feel a dull ache or soreness in the muscles that were trained. This pain is caused by microscopic tears in the fibers of connective tissues in your body—the ligaments that connect bones to other bones, and the tendons that connect muscles to bones.

This micro-trauma may sound harmful but is in fact the natural response of your muscles when they experience work. This is the primary reason it is so important that you get enough rest between specific muscle workouts. Each time you work out with weights you cause this “damage” –these tiny tears in your muscles; they need ample resting time to rebuild and become even stronger, bigger and more firm.

