

Rec. Center

Fitness Newsletter



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Fitness Fact of the Month! 95 % of fad diets don't produce lasting results. Avoid diets that promise rapid weight loss; restrict you to few "special" foods; replace foods with pills, wafers or supplements; severely restrict your caloric intake; or limit you to food products sold exclusively through their diet program.

Time Saving Training Tips

- **Stay Focused:** He who fails to plan plans to fail. Said in fitness jargon, he who walks into the gym and wanders around wastes massive amounts of time. Plan your routine before you walk into the gym and stick with it!
- **Polar Opposites:** Train opposing muscle groups during your rest periods. Also called "modified compound sets". For example, after you get done doing a set of bench press to work your chest, IMMEDIATELY go to the pulldown machine and do a set of pulldowns for your upper and middle back.
- **Change your foot placement:** Doing something as simple as this from exercise to exercise can turn a simple leg press into a total leg workout. Placing your feet a couple of inches apart works your quadriceps in the middle a bit more. Move them further apart, about hip width will work other portions of your quads. Place them at the corner of the leg press platform (with toes at 45%) will work your inner thighs and glutes.
- **Early bird gets the worm:** Most gyms have fewer people in the early morning hours. Plus you'll find people less talkative, allowing you to get through your workout quicker.
- **Warm Up Intelligently:** Warm up at least 5-10 minutes (even when pressed for time). This will raise your body temperature, help get the blood flowing, and lubricate your leg joints, enhancing workout performance and decreasing risk of injury.
- **Learn your gym geography:** It may take some searching, but you'll save time between sets by learning where all the equipment is in your gym.
- **Just do It:** Even a short workout is better than no workout!

Pilates- What is it?

The Pilates method is a system of movement and therapeutic exercise developed over a span of 60 years by German born athlete and physical therapy pioneer, Joseph H. Pilates. Utilizing the special equipment he designed (and sometimes just a mat), the method works by toning muscles as well as balancing muscular force at the joint level. It stimulates circulation through facilitating muscular flexibility, joint range of motion and proper musculoskeletal alignment. In addition, it promotes new neuromuscular patterns, heightened body awareness, and more precise coordination. All these things combine to help prevent future re-injury and reduce chronic pain/

In particular, Pilates helps to rehabilitate spine problems. The method strengthens, lengthens, and balances spinal musculature, thereby aligning and decompressing injured vertebrae and helping to relieve nerve and disc pressure.

Today Pilates is offered in hospitals, medical offices, health clubs and independent studios around the world. As both a wellness program and a rehabilitation program, Pilates is a wonderful compliment to other physical fitness routines.

Pilates is coming to the Rec Center this winter!