

Rec. Center

Fitness Newsletter



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Fitness Fact of the Month! Sedentary individuals have a much higher risk of dying from cancer (and most other diseases) than those who exercise regularly. Get and stay active!

Top Ten Ways to Avoid Lifting Too Much Weight Too Soon

1. **Follow Safe guidelines**-The ACSM recommends, for healthy adults, one set of 8-10 repetitions to fatigue; training at least 2 days per week.
2. **Plan Your Progress**- Increasing the weight and/or number of reps should be the goal each set. Raise weight by small amounts (2.5 to 5 lbs.) when 12 reps can be met.
3. **Slow Down**- For weight training to be effective it must be performed in a slow, controlled manner. Lifting quickly not only leads to injury, but lessens the impact by spreading the intensity over different muscle groups.
4. **Work at Your Own Level**- Guidelines and sets are "general" models, but listen to your body and use common sense
5. **Back in the Saddle**- If you take time off for any reason, do not attempt to start with the same amount of weight you used previously. Lower the resistance and start with several lighter workouts
6. **Set Realistic Goals**- Set realistic both short and long term goals. Results happen with patience, dedication, hard work and consistent training.
7. **Check Your Ego at the Door**- Unless you are a professional athlete, the weight room is no place for competition. Instead of trying to impress the person next to you, strive for safety, correct form and personal progression.
8. **Learn Good Technique**- You must learn proper technique before trying to lift high resistance. This includes knowledge of muscles as well as the ability to complete a set through a full range of motion in a SLOW, controlled manner. Don't be too eager to use heavier weights.
9. **Know your Equipment and Options**- To train safely equipment must be used correctly. If you change equipment, even for the same exercise, remember to modify the resistance.
10. **Play it Safe and Compensate for Injuries**- Depending on the severity of the injury, strength training routines may need to be temporarily omitted or at least modified. The general rule of thumb is that exercise is permissible through a range of motion that does not cause pain. Pushing an injury too soon will only result in more pain and more recovery time. Keep in mind that many exercises use more than one muscle group.

New Government Cholesterol Guidelines

The National Institutes of Health (NIH) recently announced new guidelines for the detection, evaluation and treatment of cholesterol. The revised guidelines emphasize the importance of physical activity. These are the first new guidelines since 1993 and are based heavily on the scientific evidence on cholesterol and treatment.

The new guidelines recommend that all American adults age 20 and older should have cholesterol levels screened every five years via a complete lipid profile that includes total cholesterol, LDL ("bad") cholesterol, HDL ("good") cholesterol and triglycerides (fatty substances in blood). For individuals with elevated cholesterol levels, the guidelines recommend "therapeutic lifestyle changes" and drug therapy when indicated.

The new guidelines mean that as many as 65 million Americans should be making lifestyle changes. Factors to focus on include healthy eating habits, effective weight management and regular physical activity." This report is not talking about the importance of making the very fit even more fit. This report is talking about the people who are sedentary and need to move into the ranks of active living", says Neil Stone, MD professor of clinical medicine at Northwestern University Medical School. Septmeber 2001, IDEA Source Magazine