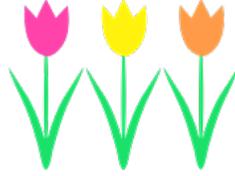


# CMS Fitness Center Newsletter

SPRING 2019



## Articles of the Month

### **3 Ways to Stick to Your Spring Workouts**

It's that wonderful time of year when the flowers start blooming, the days warm up and many of us look in the mirror wondering how to lose that winter layer. Where do you even start? Have no fear my former hibernating friends. Here are some quick, easy and fun ways to get you out the door and into fighting shape come summer time.

#### Become your own Drill Sergeant

When I joined the Army I was 80 pounds overweight and in terrible shape. My "friendly" drill instructor helped me not only lose those 80 pounds, but an additional 20 pounds. How? Tough love. He used it on me, I use it on myself, and now you need to use it on yourself. This means accountability. No more oversleeping or skipping workouts for happy hour. You need to make a plan to get into shape and stick with it. If you fail to plan, you plan to fail. I tell my clients not to focus on the scale. Focus on getting healthy and fit, and the weight loss will happen. Let weight loss be a by-product and incredible shape be your goal

#### Keep It Simple

You don't have to purchase some fancy exercise gizmo or join an expensive health club. Use what's available. The oldest and most effective workout program in the world is the military Boot Camp style. You can make it as easy or hard as you want. Start out with basic calisthenics. My favorites are pull-ups or modified pull-ups, push-ups, sit-ups, dips, lunges and squats.

Where you begin depends upon your fitness level. Beginners may start with two to three sets of 10 to 15 reps. If you're more advanced, you can do 20 to 25 reps. For the highly advanced, I like to do a descending pyramid from 50-40-30-20-10. Is it tough? Yes. Does it work? Yes! I recommend doing your calisthenics circuit two to three days per week, such as M-W-F.

Tip: To make this more challenging and obtain better results, add a pair of 10 to 20 lb. dumbbells to your routine. Or be creative and use whatever is available--rocks, bricks, logs, etc. It keeps it fun and definitely makes the neighbors wonder what the heck you're up to.

#### Change Up Your Cardio

Weightlifting and calisthenics help build muscle. Cardio helps get rid of the unwanted fat. Unfortunately, most people are guilty of heading out the door and doing the same old run or ride day after day. Guess what? They see the same old results. You've got to change it up and shock your body. A couple of my favorite additions to really spice up a workout program are adding hill or stair repeats, and speed work.

These two alone will definitely shock your freshly un-hibernated body. Go to your favorite hill or stairs then run or ride up them three to four times or for about 15 to 45 minutes. For your next workout, hit your local track or street for some speed work. Either run distance or time, for example 400 m repeats or run for one to two minutes. It all depends on your fitness level and how hard you want to work. I recommend some form of cardio most days of the week, generally at least four or five.

Every couple weeks, change it up, and you should do the same. Change can definitely be good when it comes to getting more fit.

Remember, the road to getting fit and healthy should be a fun ride. Find things you enjoy doing and go for it--whether it be swimming, cycling, running, surfing or something else. Now's the time to get out there, try new things, and get into the best shape of your life. And that's an order, private!

-Active.com

### **Spring Back Into Your Exercise Program**

After a long, lazy winter, the key is to start off slow.

<https://www.webmd.com/fitness-exercise/features/spring-back-exercise-program#1>

Sunny days are here again, and you're aching to get outside and get a taste of spring by jogging a few miles, teeing up for a round of golf, or playing a few sets of tennis. But before you do, experts say, you need to prepare your body for your exercise program -- especially if you used the cold weather as an excuse to become a couch potato.

"People should put their pride in the back seat and not go out and try to run 10 miles on the first day after a winter of little or no physical activity," says Brian Crites, MD, head team doctor for more than 650 varsity athletes at the University of Maryland. "The 'no pain, no gain' mentality doesn't work -- you have to take it slow."

Even with the first warm days of the season calling your name, taking it slow means starting from square one: If you've been less active for a while, see your doctor before you start any new exercise program. "Try to schedule your yearly exam to correspond with the start of spring, so you can get a clean bill of health and tell your doctor you are going to start gearing up your activity level," says Crites, who is also associate team doctor for the Baltimore Ravens. After your doctor signs off on your health, start with a slow exercise program -- an easy walking regimen and a stretching routine, Crites advises. This will help prepare you for most casual sports, like jogging, golf and tennis.

"If you have taken the winter off, start your spring training by walking for 10 minutes every day or every other day for a week, and then the next week, walk for 15 minutes," Crites tells WebMD. "From there, work your way up by five-minute intervals each week to a 30 to 40 minute walk. And stretch as well, using a proper technique -- which means don't bounce." This is a lot slower than most people want to go, Crites explains, but after about a month of conditioning, you'll have built up enough flexibility and endurance to move forward with a more strenuous exercise program.

Ready for Round One?

When you are ready to take your first jog or play your first game of the season, take it easy. "A good starting point is to begin at a level that is manageable using common sense, and underestimate your ability," says Alan Davis, MD, an orthopedic surgeon at The Cleveland Clinic. "You regress a tremendous amount over the winter if all you present to your body is a chair at work during the day, a

couch at night, and a bar stool on weekends. If you then you go out and try to exercise right off the bat, you put your body at risk for some form of an overuse injury."

Davis, who is also head team doctor for the Cleveland Barons Hockey Club, recommends that golfers start practicing at the driving range with slow and easy swings, and work their way up to a faster swing. Golfers, he says, should also incorporate stretching and strengthening into their exercise program to target the lower back, trunk, and arms, and should prepare for walking on uneven ground.

Tennis players, meanwhile, should concentrate their exercise program on the upper body -- work on stretching and strengthening the shoulders and arms, and should prepare their bodies for the stop-and-go pivoting and sprinting actions of tennis. "People sometimes go out and serve the ball 100 times on the first nice day of the season, and then they come in with an injured rotator cuff or elbow tendon," he tells WebMD. "It is doing too much, too soon."

If you're a jogger, he says, you should start your exercise program with a walking regimen and from there, try to improve either your speed or mileage by about 10% a week. "Jogging 10% faster every week, or increasing your mileage by 10% a week, is usually a safe way to go," he says.

### Preventing Pain and Strains

This all sounds like a lot of work before you even start the spring sports season. But without the right exercise program and plenty of preparation, you're at risk for injury. "The most common injury we see is muscle soreness," Crites says. "A person will come in and say, 'I hurt here,' and it's usually their muscles being sore from too much activity, too fast."

If you do overdo it, RICE -- Rest, Ice, Compression (with an elastic bandage) and Elevation -- will usually help lessen the damage, according to the American Academy of Orthopedic Surgeons. In all but very mild cases, a doctor should evaluate your injury and establish a treatment and rehabilitation plan, if necessary. "If muscle pain lingers on for more than two weeks, or gets progressively worse, then they should have it checked out," Crites says.

There's a lesson here: After you prepare your body for spring sports, then spend the warm-weather months healthy and active, don't let it all go to waste by hibernating next winter. Stay strong for the next warm-weather sports season, so you don't have to start that exercise program all over again.

"First, you have to accept the fact that it is better to exercise on a daily basis every day of the year -- no matter how cold it is outside," Davis says. "The body can maintain a good level of conditioning year round if you practice a reasonable level of exercise. If you really don't want to go outside during winter, a stretching program is a good idea, or try a stationary bike or some form of home equipment, or join a health club."

And next spring? That exercise program will be second nature.

## 4 WAYS TO LOVE YOUR BODY!!!

acefitness.org

In a world where you experience a constant barrage of body-image influences on television, social media and advertising, it can be a huge challenge to maintain a positive body image. To help combat these negative influences, here are four ways to love your body and integrate self-love behaviors into your everyday life. Self-love begins with self-acceptance.

### 1. Move With Purpose and Passion

There are many barriers to adopting positive behavior change, including the feeling that movement is painful or simply not enjoyable. The truth is that exercise should be enjoyable and, when performed regularly, generally leads to improved mood, more energy and higher levels of happiness. In fact, according to a Gallup study, people who exercise at least two days a week reported being happier and having significantly less stress than those who did not exercise. And the benefits continued to increase with each additional day of movement (up to six days per week).

In the newly released 2018 Physical Activity Guidelines for Americans, the focus has shifted to moving more and sitting less. After all, the benefits of movement go beyond physical benefits and include increased cognitive and mental health such as reduced risk of depression and anxiety and increased quality of life (Piercy et al., 2018). Find movement opportunities throughout the day that bring you joy.

### 2. Focus on Feelings

Throughout the day shift your focus on how you are feeling (such as being well-rested and energized) instead of what number is on the scale. Try assessing your day by tracking different variables, such as how well rested you feel, how often you smiled or laughed or felt worried or sad, and how much enjoyment you experienced. You may start to notice trends that suggest which circumstances or situations make you feel happier or more stressed. A simple shift in your mindset can be achieved by repeating mantras or meditations and can help improve your self-awareness and your feelings toward yourself.

### 3. Participate in Self-care

Self-care Sundays may be a popular hash tag on social media, but self-care is a necessity that needs to be done more than just one day per week. Imagine that the inhale of a breath is helping you while the exhale is helping others—you cannot continue to exhale without taking in air first. It is important to listen to your body and give it appropriate fuel and recovery time when needed. Engage in activities that feel good to your body, such as taking a bath, a nap or a leisurely walk. You might also consider starting a gratitude journal and writing down three things you are grateful for each day. The more you focus on the positives in your life; the more it becomes your default mindset.

### 4. Create a Network of Positivity

It is easier to feel good about yourself if you surround yourself with those who feel good about themselves (Levine and Smolack, 2018). And participating in movement opportunities with friends, colleagues and family members increase your chances of sticking with a program. Although we can gain a lot of positive benefits from social media, be aware of how your social media affects your personal body image. Follow accounts that promote self-love and positive body image and unfollow those that don't. Slowly, you will see your actions reshape your newsfeed in a way that creates a supportive environment.

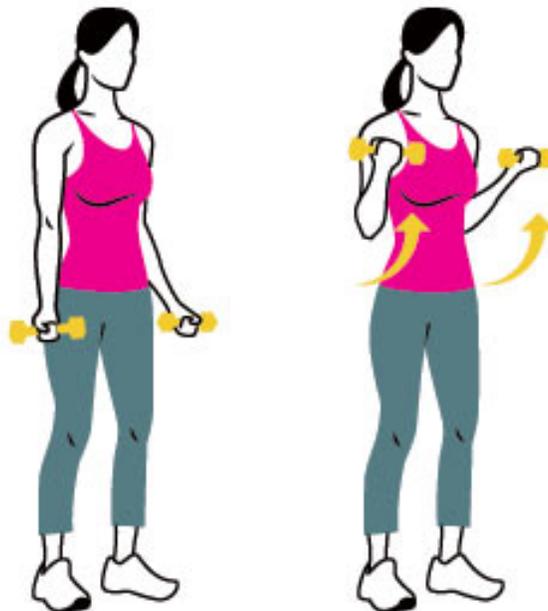
## Workout Move of the Month

### Basic Bicep Curl

Hold a pair of dumbbells at your sides, palms facing forward, keeping your back straight, chest up and a slight bend in your knees. Without moving your upper arms, bend your elbows and curl the weights toward your shoulders. Slowly lower the weights back to the starting position, straightening your arms completely. This counts as one rep. If this is your first time, start with a lighter weight and build to a heavier weight. Complete 2 sets of 10 reps each working up to 3 sets of 15 reps each.

Biggest Mistakes People Make On This Move:

- Lean back to help get the weight up (if you have to lean back, the weight is too heavy)
- Curl too fast by using momentum (If you do this move with too much speed and no control you will take the work away from your biceps and turn this into some sort of cardio move, risking injury. Curl slower and with control)



QUESTIONS? SEE DAMON.

# RECIPE OF THE MONTH

## Fueling Up With Freekeh

Sub freekeh for rice and get an extra dose of fiber, protein, glutamine and prebiotics.

AUTHOR: LARA MCGLASHAN MFA CPT



Freekeh (pronounced free-kah) has been around for a while. This wheat variety is harvested while still green, and then it's toasted and rubbed to reveal the young grains. As a result, it has an earthy, nutty and slightly smoky flavor that can breathe new life into your humdrum recipes. Here are five ways to use this super grain to supercharge your meal plan.

### 1. As a high-fiber rice substitute

Freekeh has three times the amount of fiber as brown rice, and according to research published in the Journal of the American College of Nutrition, increased fiber consumption helped people lose more weight over the course of a year. Swap white or brown rice for freekeh in casseroles, burritos, soups and pilafs.

### 2. As a gut-friendly salad

Freekeh contains resistant starch, which is the prebiotic nosh of choice for your healthy gut bacteria. Prebiotics also help treat leaky gut syndrome, candida and irritable bowel syndrome. Freekeh Salmon Salad: To a large bowl, add 2 cups cooked freekeh, 8 cups spinach, 1 large avocado (diced) and 1 large tomato (chopped). Top with 8 ounces cooked salmon fillets and drizzle with olive oil and vinegar (to taste).

### 3. As a high-pro vegan bowl

Step aside quinoa — freekeh has twice the protein per serving, making it the ideal choice for plant-based athletes. Freekeh-shly Good Breakfast Bowl: Cook 1 cup freekeh according to package directions. Split into 2 bowls and top with fresh fruit, pumpkin seeds, nut butter and cinnamon.

### 4. As an endurance-boosting side

Freekeh is high in glutamic acid, which helps synthesize glutamine, enhancing endurance and strength. Righteous Rosemary Freekeh:\* Add 1 cup cooked freekeh to a bowl with ¼ cup chopped pecans, 1/8 cup chopped dried apricots, 1 tablespoon macadamia nut or avocado oil, 1 teaspoon finely chopped fresh rosemary and 1/8 teaspoon salt. Mix well to combine.

### 5. As a nutrient-boosted baked good

Freekeh is available commercially as flour and can be used in recipes in place of refined flour products for added fiber, protein, antioxidants, calcium and iron.

## Chocolate Freekeh Muffins

1 cup cooked freekeh  
½ cup freekeh or coconut flour  
3 tsp baking powder  
2 cups unsweetened almond milk  
2 eggs  
1 tsp cinnamon  
4 tbsp cocoa  
3 tbsp brown sugar

pinch salt  
handful dark chocolate chips

Preheat oven to 375 F. Mix all ingredients in a bowl and pour into a greased muffin pan. Bake 20 to 22 minutes. Allow to cool.

\*Recipe provided by Now Foods. For more great recipes like this, go to [nowfoods.com](http://nowfoods.com)