

## Exercise

### Start off by being more active in your daily routine:

- ✓ When walking on campus, walk briskly but not to the point where you are short of breath. You should be able to carry on a conversation.
- ✓ Take the longest walking route possible (and if you walk briskly you may not need to add more time!) However give yourself plenty of time in the beginning so you know how to plan your schedule.
- ✓ Take the stairs instead of the elevator- every chance you get!
- ✓ When parking your car, park it as far away from your destination as possible (this will also reduce dents in your car doors from careless people!)
- ✓ Do simple leg lifts, arm circles and abdominal and buttock squeezes. Work your abs by pulling your stomach in tightly while you exhale, therefore pushing the air out. Let your stomach out naturally while you breathe air back into your lungs. This works well while you are watching TV (especially during the commercials), as a short break from studying, or anytime you find yourself sitting and feeling tired and sedentary.
- ✓ Pick out your reading assignments from simple articles and lightweight books and read while on the stationary bike or Stairmaster.
- ✓ Also remember to be conscious of your posture while reading, typing, sitting in class or working on the computer. Stand or sit with a tall posture, and hold your stomach in as much as possible. This may help you stay alert as well as strengthen your muscles.

### Then incorporate an exercise routine to your weekly schedule:

**Aerobics:** Aerobic activity is important to strengthen your heart, burn calories, control your weight by losing fat and building endurance. The American College of Sports Medicine recommends a warm-up for 5 to 10 minutes before aerobic activity, maintain aerobics for at least 30 to 45 minutes, then cool down by gradually decreasing the intensity and end with stretching for 5 to 10 minutes. If you don't have time for an hour-long exercise commitment, exercising for 10-15 minutes a couple times a **day** also provides the same long-term cardiovascular benefits. However, if you have set a goal to lose weight, ACSM recommends at least 30 minutes on **5** days a week. By maintaining the exercise for 30 to 45 minutes, you will utilize the body's glycogen stores and burn more adipose, or fat, tissue. If you plan to start an exercise routine such as this, see your doctor or make an appointment at the Student Health Center before you begin for screening tests and advice. For more information on exercise, see the comments page on ACSM website at: <http://www.acsm.org/health%2Bfitness/comments.htm>

Try these exercises for an aerobic workout: walking, jogging, running, rollerblading, frisbee or biking on campus; swimming at the campus natatorium; low/high impact aerobic dancing, racquetball, basketball, soccer, stationary bike, step and rowing machines at the Rec Center; For more information about campus services visit: <http://www.mizzourec.com>

**Strength training:** The American Council on Exercise (ACE) recommends incorporating functional strength training into your exercise program. This is important to enhance coordination, strength and endurance which will improve your ability to do everyday activities. Strength exercises should promote these factors: coordination, types

of muscle contractions (concentric, eccentric and isometric), speed of movement and range of motion. One of the best ways to incorporate strength exercises is by using a large rubber body band or ankle/wrist weights. Try these band exercises for a whole body, balanced routine:

- ✓ **Arm row**- Stand and wrap the band under your feet with arms shoulder width apart. Extend your arms out in front of you and then bend your elbows and bring your arms back as far as you can to a light tension in the muscles. Repeat in a rowing motion. This exercise works the back and biceps.
- ✓ **Bench press**- Wrap the band behind your back until hands touch your ribs. Extend your arms out in front of you performing a bench-press type movement. Along w/ the squats hitting the lower body, the bench press hitting the chest, shoulders and arms,
- ✓ **Leg adduction**- First place a chair to your right for support and balance. Step both feet inside the tubing and position it around your ankles. Maintain erect posture with contracted abdominals, shift your body weight onto the leg furthest from the chair and keep this leg softly bent at the knee. Keep the hips and shoulders stable. Flex your right foot and point toes outward. Move this leg slightly forward and cross the left leg in front of the body, leading with the heel. Bring your leg back across and repeat. Do one or more sets of 20 repetitions twice a week to build and maintain muscular strength and endurance.
- ✓ **Squats**- this strengthens all of the major muscles of the lower body, including the gluteals, hamstrings, quadriceps and calves. Stand on the tubing with your feet about shoulder width apart. Grab the handles of the tubing with both hands and hold the handles up by your shoulders. Keep your back flat and abdominals contracted. Bend as if you are going to sit in a chair and then return to standing position. Repeat.

If you like these exercises and are interested others, visit this page on ACE's website: [http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid\\_237.pdf](http://www.acefitness.org/fitfacts/pdfs/fitfacts/itemid_237.pdf)

Here you will find a description of the seated row (back), military press (shoulders), triceps extension (triceps), biceps curl (biceps), bench press (chest) and kneeling crunches (abdominals).

**Stretching:** This is also a necessary part of an active lifestyle. Stretching muscles helps to prevent injury and improve balance and range of motion. Always stretch before and after exercising, and between weight-lifting sets. Never stretch a cold muscle, make sure you are up and about before stretching. Hold a stretch to a level of light tension for about 15-30 seconds and don't bounce or jerk while stretching-remember to breathe! Yoga is an exercise technique that combines stretching and meditation with not only the goal of fitness and health for the body but balance and stillness for a busy mind. For more see: <http://www.yrec.org/publications.html>  
Pilates is similar to yoga in that it also works to improve flexibility, coordination and tone through stretching and strengthening exercises, working the muscles of the body in fluid movements. For more see: <http://www.pilates.com.sg>

### **Most Common Fitness Myths by the American Council on Exercise:**

**Myth:** Women who lift weights will develop large, bulky muscles.

**Fact:** Actually women in general don't have as much testosterone as men. This hormone is needed for the development of muscle bulk. So don't worry about becoming "bulky", strength training will help the body to look toned and most importantly, build strength.

**Myth:** Spot reducing is possible.

**Fact:** In a word- no. Spot reducing is supposedly burning off fat from a specific area of the body by exercising that area. In reality, aerobic and strength exercise with a balanced and well-portioned diet will help you to burn off fat over the whole body.

**Myth:** No pain, no gain.

**Fact:** Exercising to the point of pain, during or after exercise can actually indicate harm to the body. Stretching and strength training might produce some uncomfortable tension and aerobic exercises should be at a level where you can still carry on a light conversation between breaths; but no exercise should be painful.

**Myth:** Exercise requires a hefty time commitment.

**Fact:** ACE recommends at least 30 minutes of physical activity a day, which can be divided throughout the day (60 minutes for weight loss). This has benefits of maintaining health and reducing the risk of heart disease and cancer.

**Myth:** If you exercise, you can eat whatever you want.

**Fact:** The same goes for “if it’s low-fat, you can eat twice as much”. Diet, meaning the typical foods you eat, is important to regulate along with your exercise regimen. Your diet should be balanced with at least 5 fruits & vegetables each day, and limiting high fat and sugar foods. Portion sizes of your foods should only be as big enough to leave you feeling comfortable, not full.

**Myth:** There's a magic bullet or quick fix out there somewhere.

**Fact:** No pill or supplement will cause quick weight loss and improved health; and many are falsely advertised to do so. Some supplements can even be extremely dangerous. For instance, ephedra has been advertised to enhance athletic performance and weight loss. But even in the recommended doses, ephedra had been linked to insomnia, heart palpitations, psychiatric and gastrointestinal effects, tremors, hyperactivity and even death. The bottom line is a well-balanced diet and regular exercise is still the way to a healthy lifestyle.

For more information from the American Council on Exercise see:

<http://www.acefitness.org>