



Fitness News



FITNESS NEWS:

EXPECT IT

- Learn about fitness and how it relates to your life
- Get expert tips on exercise techniques
- Stay current on local events in this popular arena called fitness
- Learn easy ways to make healthy food choices

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FITNESS COMMENTARY

Many of us at this time of year have decided to wait until January to get refocused. That makes me think about the many opportunities we have to receive a fresh start. The world knew all along that humans would need a chance to start over. Observing that reality you first notice we have 24 hours in a day; so if you blew your diet or didn't exercise that day we instinctively remind ourselves that tomorrow is a new day and we will try again. That same reasoning is applied when we look at something we give ourselves a week to accomplish, a month to see results, or a year to completely start from scratch.

That is one of the great things about health. We have so many opportunities to try, try again. I am first to recognize that starting over can be a real challenge. I often tell the new member how important it is to stay started. Sometimes though, that is hard to do and a day off has grown into a month away from the gym! With that said, I am so thankful for the 'Do Over'. I can come back and try again. It is so important to embrace the 'Do Over' if you need it. It is

wayyy better to have a 'Do Over' than to get comfortable and decide to do nothing. Even if you have been away for a while make the mental decision to get back and start over. Our bodies naturally want to age; exercise is a tool used to help us as we age. It does not stop aging. It does however, stop how joint aching aging can be. A 'Do Over' is loaded with opportunities to get it right the next time. Knowing that stimulates hope within which can readily change our outlook on getting back on that exercise horse. When you give yourself a 'Do Over' you tell yourself that you have not given up on you.

That's what I believe the 24 hour, the 7 days a week, the 30 days a month and the 365 days a year all about. They are constant reminders not to give up because a 'Do Over' is just around the corner. It is amazing watching the sun rise; it inspires within and offers a comfort so to speak that all is not lost; that you can still do this thing called working out. As you approach your 'Do Over' the key as always is to go slow. That is advice that does not change. Don't

overdo it; if you can truly commit to 2 days a week; then give those 2 days all your attention. Build a relationship with those 2 days as you become pleased with your results, you will naturally find time for more.

Here are some general tips that everyone who is new to exercise or returning to exercise should take into consideration

- Start small
- Begin where you are
- Surround yourself with healthy role models
- Set weekly goals
- Add variety often
- Journal your workouts
- Put exercising in your life...not on the side of it

This road is not an easy one, but it is still a road we need to stay on

Yours in health,
Pam Greene



Got Fiber?

By: Pamela Greene,

Fiber is a type of grain that has many qualities that we can take advantage of on our path to a healthier weight and a healthier lifestyle. One of the major problems with fiber is that we don't know enough about it. We just know we should be eating it. I am a believer in food awareness. If we can understand how important it is to include or not include something in our diets; it just might help us make wiser choices during meal time. Fiber is a grain that is for the most part indigestible. It is found in the outer layers of plants; it's a special kind of carbohydrate that passes through our digestive system without being broken down into nutrients. This special plant benefit is what has been removed during the process of turning wheat into flour. The stripping of all the nutrients leaves us with a product that has very little nutritional value. When foods are processed, fiber is often removed. Foods made from white flour are poor sources of fiber, including white breads, pizza crusts and regular pasta. Basically, foods that are less processed are the ones we want. They are the ones higher in fiber.

Getting enough fiber is a big deal because it is a huge part of our digestion process from start to finish. Fiber is dense so when you eat it, you have to chew your food more thoroughly. This allows the fiber to slow down the eating process which gives us a feeling of being full. So if you have fiber in your food, that bulk stays with you longer. This grain called fiber, as it slows down how fast we absorb and digest our foods, it works with glucose (sugar) and how fast that will hit our bloodstream. So, it slows that down as well; creating a more leveled blood sugar. This lets us know that fiber provides dietary value to our bodies. At different stages of digestion, fiber performs different tasks. When we put it in our mouths and begin to chew, because fiber is tougher, we work harder which slows digestion. When it gets to our stomachs it provides a fuller feeling so we eat less; which works with weight loss.

Try to embrace foods that are closer to their natural state. Things like all-natural cereals, whole-grain breads (read the label to be sure), beans, fruits, vegetables and nuts. The tough texture found in these types of food is where the fiber is. Although meats can be chewy or tough they don't contain fiber...only plants produce fiber. There are two main types of fiber, and they each have a different effect on our body. First is Insoluble fiber it is mainly made up of the plant cell walls and can't be dissolved in water. It is the type of fiber used to make laxatives. Soluble fiber is made up of carbohydrates that contain three or more simple carbohydrates and dissolves in water. It has an effect on our body chemistry because it lowers blood cholesterol and blood sugar levels. This might seem a little confusing, but bottom line is that both fibers play a role in your healthy diet.

It may not be the most glamorous of physical functions, but getting enough fiber will keep your stool soft and keep the contents in your intestines moving. Your fiber diet should be 25 to 30 grams daily. Bran has the highest fiber content at about 25% to 45%. If your diet is currently low in fiber; gradually add fiber to your diet so that your body is not overwhelmed with constipation or bloating which can be quite uncomfortable. Great choices that are pretty high in fiber include apples, beans, broccoli, oranges and berries to name a few. Another tip to help make the adjustment to fiber more bearable is to drink enough water; at least eight 8oz glasses daily.

Include fiber in your diet on a daily basis. This nutrient powerhouse will benefit your health and your waist line.

Resources: internet, Fit for Life by: Harvey Diamond

MOVE OF THE MONTH—UPRIGHT ROWS

Want to give the front of your shoulder great definition? Then you need to be doing upright rows. This move is typically not done by most exercisers. Military press typically is what people turn to when they are trying to give the shoulder that sculpted define look. True, military presses

work the shoulder, but upright rows are specifically interested in the front of shoulder definition. Stand straight, holding your barbell with your arms hanging down and your palms facing your body. Your hands should be closer together than your shoulder width. Next, slowly lift the bar with your elbows leading the way. Your elbows should be leveled with your ears and wider than your shoulders. Slowly lower bar back to start position. Do three sets of 15 repetitions to create definition. If you are wanting a more body building look, do three sets of 6 reps with a heavier bar. Make this move a part of your current weight training program and you will notice a difference in no time.



O U R P R O G R A M S . . . O U R I N S T R U C T O R S

Increase Flexibility, Massage your internal organs, get a complete detoxification with every workout, develop toned muscles. Think we are talking about a new workout program to hit the fitness scene? Nope, you can get all these benefits and more from your yoga workout. Yoga has so much to offer your body with every practice. Mentally it works on your focus. When you have to just give your attention to you the results of mental clarity are easily recognized as you go on with your day after your practice. The hustle and bustle that you arrived with is left behind at the end of your practice There is a genuine peace that radiates from you your reactions are calm and thought out not filled with uncertainty and anxiety. Yoga also is equipped to give you a lean, toned body. Hatha Yoga is what is considered to be a physical yoga. It is what you are most likely to come across at most fitness programs. Hatha Yoga takes you through a series of moves sometimes called flow or vinyasa. The moves are linked to go from one to the other

creating a cardiovascular workout as well as postures that are considered weight bearing. Weight bearing exercises are great for stronger healthier bones while the cardiovascular affect burns calories for weight loss. . Many of the postures are held while you breathe through the move. This relaxing into the posture helps tone your muscles because you are holding in place. Could yoga get any better? It sure can; yoga will increase you flexibility. Yoga stretches not only your muscles but all of the soft tissues of your body. That includes ligaments, tendons, and the fascia sheath that surrounds your muscles. And no matter your level of yoga, you most likely will see benefits in a very short period of time. Flexibility increases your range of motion and plays a role in injury prevention when doing other exercise classes. Currently, we offer yoga on Thursdays at noon and Saturday mornings at 9am. New to our yoga program is TRX Flex which will be offered on Fridays at Perez Court (outdoors) at 6pm. Our staff yoga instructors Cynd Hartman and Jim James they are both here to bring you a great workout. Please join them and discover what yoga can do for you and your body.



Yogi instructors Jim & Cynd



D I S C O V E R Y F O O D : L I V E R

A small 3-ounce serving of braised liver provides all the Daily Value for vitamin A, riboflavin, copper, and vitamin B12. It also contains 93 percent of the selenium, a valuable trace mineral that is one of the most truly powerful cancer-fighting nutrients on the planet. It has 55 percent of the Daily Value for zinc, 50 percent of folate

(usually found in vegetables), 40 percent of thiamin and B6. Liver is an excellent source of high-quality protein. Which is important for muscles growth and for repair of body tissue. Liver is one of the most concentrated sources of vitamin A. Which helps to promote healthy vision, Liver contains CoQ10, a nutrient that is

especially important for cardio-vascular function And as best known Liver helps cure Anemia. Got some concerns about eating too much liver? It should also be noted that all beef livers in the United States are inspected by USDA inspectors. These inspectors insure that the livers are not infected, contain no liver flukes, have no abscesses, and are fit for human consumption. Those livers not passed after inspections do not enter the food supply. Livers that have passed inspection are then washed and chilled. So don't be so quick to remove this powerhouse protein.

CURRENT &
UPCOMING EVENTS

Winter bike ride – the 3 annual Winter Bike Ride is scheduled for December 18, 2010. Ride the Palmetto trail to Weston Lake for a picnic on the beach (on you). Cost of this event is \$10 which includes your bike, helmet & administrative fee. Cost is less if you provide your own bike and/or helmet. Please join Fitness Meets Nature for the beautiful ride.

The 4th annual FMWR Fitness Challenge begins January 3, 2011! To participate all you need to be a consistent member of our aerobics/fitness program. Our challenge has three categories to select from. Based on the category that you select there are certain requirements you will perform to ensure you reach the goals of that particular challenge.

FMWR Civilian Employee President's Challenge Program: Organizations everywhere are stepping up and providing wellness programs for their employees. These type programs are all about prevention and holism. Fort Jackson has hundreds of Civilian employees; our mission is to bring health and wellness to all. The FMWR Civilian Employee President's Challenge Program is 'a commit to getting fit' agreement for our Civilian Employee Community. The President's Challenge is a great program to start tracking your workout. Please join us. It's fun; it's easy and it's free!

Cooper River Event: Mark your calendars for our next 'Fitness Meets Nature Club' journey. April 2nd, 2011 we head to Charleston, SC for an 4th Annual Cooper River Bridge walk/run getaway. Check out the link to find out more about this amazing annual event.
Join us! www.bridgerun.com

Now on **FACE BOOK!** Check out FMWR Fitness Department and FMWR Health & Wellness. Fitness tools, chat room discussions and more! Check us out!

Body & Figure Building contest coming April 30, 2011. You don't want to miss competing in this competition. More details to come

S T R I C T L Y F O R L A U G H S