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DENVER FEDERAL CENTER

JULY-SEPTEMBER 2006

BY: KIEL HOVLAND

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SUMMERTIME EXERCISE TIPS

- ALWAYS HAVE WATER WITH YOU
- ALWAYS WEAR SUN-SCREEN OUTDOORS
- WEIGHT TRAIN AT LEAST 2X EVERY WEEK
- STAY ACTIVE EVERY DAY
- EAT A VARIETY OF HEALTHY FOODS
- DON'T OVERTRAIN
- ENJOY EXERCISE!

WELLNESS CENTER NEWS/HAPPY DAYS

I am feeling happy these days! I get to come to work each morning to a job that is challenging and very fulfilling. With a wide variety of duties, there is rarely a dull moment. Of course I am rewarded with a paycheck like most of us that step through our door, but one of the best rewards is seeing people at their happiest moment of the day, WORKING OUT...

If working out really makes people feel happy, more of our community here at the Federal Center should join the Wellness Center, right?

So feel free to bring your boss, a co-worker or family member and they too will be welcomed into our extended family.

I am also happy because we recently had discussions with the property managers (GSA) and other affiliates of our Wellness Center and we discussed making improvements to our property. There are proposals to improve the front entrance, emergency exits and parking lot .

With the help from GSA and your continued support, we can keep this old building looking nice inside and out, giving us all a nice, convenient place to work out. And new prospects will be more likely to join, keeping everyone HAPPY.:)

Another note: I am sad to announce that our Fit Ball instructor Irish, and our Aerobics instructor, Cheryl will no longer be with us. Irish is focusing her time with her family, especially her young child, Noah. Cheryl has taken a new position here at the Federal Center. Irish and Cheryl were key parts to our Wellness Center and they are going to be missed by all of us.

I will continue the Fit Ball class at the regular time, Mondays: 12-12:30. Until further notice, Aerobics will not be offered, however, if you know anyone here at the Federal Center that may be interested in teaching Aerobics please let me know. I can offer free membership for our instructors.

Finally, everyone be safe this summer season and remember to exercise...

WEIGHT TRAINING IS VERY IMPORTANT FOR WEIGHT LOSS

Weight training is very important to incorporate into your exercise routine even if you do not like it.

As you age, your muscle mass decreases and your metabolic rate (MR) slows, causing you to gain weight. Combining weight training with your cardiovascular work-out will help combat the effects of muscle atrophy (loss) and speed up the weight loss process.

Proper weight training should cause you to have temporary soreness in your muscles. And as your muscles recover, you will constantly burn calories, even while you sleep.

As you begin weight training remember to vary your routine so your body will not get used to the same old thing, and also remember to give those tired muscles at least 48 hours to recover before working them again.

Try weight training twice a week. Weight training two times every week will equal 80% of your strength gains!

If you would like to begin a weight training program, feel free to come to our Weight Training class on Thursdays at 12:15. All members and every fitness level welcome.

ARE YOU OVERTRAINING?

Injury usually happens because people do too much too often. Studies show that working out too many days in a row greatly increases your risk to injury because you have not given your body time to recover.

Giving your body time to heal allows muscle tissue to rejuvenate which makes you stronger, and strength is one reason you sustain fewer injuries.

Here are some warning signs that may be your queue to overtraining:

* Decreased performance
* Prolonged recovery
* Elevated morning heart rate
* Reduced self esteem
* Loss of appetite
* Body constantly sore

Tips for minor injuries: Use ibuprofen and a good dose of **RICE:**

* **Rest**– Take a break

* **Ice**– To reduce pain and swelling. Two to three times each day.

* **Compression**– wrap the injured area with an elastic bandage.

* **Elevation**– use a pillow to keep the injured area above the heart.

Source: Rocky Mountain News

If you are injured, give your body time to heal.

NEW AMERICAN HEART ASSOCIATION GUIDLINES

The American heart association has introduced new guidelines. These are the newest guidelines since they were revised in year 2000.

Previous to 2000 the AHA urged us to work out for a minimum of **20 minutes,** 3X a week to maintain good, cardiovascular health. In 2000 the guidelines increased to **30 minutes** of exercise, 3x each week.

The new guidelines recommend 30 minutes of physical activity **7 days a week!** Note, the AHA says "moderate exercise", so do not feel like you have to exercise at a high intensity every day to be healthy.

For example, going for a walk, gardening, mowing your lawn or even doing household chores for 30 minutes each day will keep you within the new guidelines .

Other highlights of the new AHA guidelines ask that we stay away from saturated fatty foods, especially trans fatty acids, and to eat a variety of nutrient rich foods.

Nutrient rich foods have vitamins, minerals, fiber and other nutrients but are lower in calories. Choose foods like vegetables, fruits, and whole-grain products.

" The new guidelines recommend 30 minutes of physical activity 7 days a week!"

READ FOOD LABELS CAREFULLY

A word to the wise. A food product can be labeled "fat free" even if it is 100% fat. The FDA says that a food can be called "fat free" if it contains less than half of a gram of fat per serving. So, as long as the serving size is small enough, the package will read "fat free" even if it contains lots of fat. That means if you eat more than one serving of a supposedly "fat free" item, there is a good chance you will be taking in a gram of fat or more. Fat free whipped cream is a great example. The can says fat free, but if you eat more than one serving (which you most likely will, since there are supposedly 40 in that can), chances are you will be taking in a few grams of fat.

Furthermore, in order for something to be labeled "light" the FDA requires that it contain 1/3 fewer calories or half the fat of the regular version. It does not however take size into account. So often "light" versions of foods are merely smaller, and not actually better for you. Hmmmm.

Finally, to get more realistic numbers, multiply all nutritional information by the number of servings something supposedly has. That will tell you how many calories, etc. are in the entire package. Then divide by the actual number of servings you believe are really in the package (The results are upsetting).

Source: hungrygirl.com