



Fitness Focus

May 20, 2008

Volume 2, Number 10

In This Issue

- Feature article: *Exercise FAQs*
- Are You a Coper or a Cop Out?
- Factoid Fun
- *Am I Overtraining?*
- Test Your Knowledge

Our Website

Ontherunfitness.com

Our Favorite Websites



www.hanawaltphotography.com

EXERCISE FAQs

Kori L. Propst, MS; Personal Trainer, Lifestyle and Weight Management Consultant, Licensed Professional Counselor

I am approached with numerous questions on a daily basis. Not surprisingly, there are a select few that continue to pop up. When asked, I find myself sounding like a broken record- I have my answers memorized! No matter how often we read them, or even how often we hear the facts, they always seem to be at the forefront of people's minds and must be re-examined. Here are my top 10 all time favorite exercise-related frequently-asked questions:

1. **What do I need to do to lose weight?** It's almost as if hearing the words NUTRITION and EXERCISE leaves a bad taste in one's mouth. The normal reaction is RUN if someone explains to you that you will need to adopt a consistently clean diet of whole grains, fruits and vegetables, lean protein, and heart healthy fat, as well as an exercise program that will help to burn calories! The easiest answer: MOVE MORE AND EAT LESS. Of course it's a little more complicated than that. You could continue to feed on high fat baked goods and food void of vitamins and minerals but have them in smaller portions. To that I would say, "um, no." Or you could decide to skip 2 meals during the day, leaving you without energy and relying on fumes to get you through the work day, let alone your workouts. You get my point- there is no quick-fix....at least one that will result in PERMANENT weight loss. But for some reason when I'm asked this, no one wants to hear the REAL answer.
2. **How can I get rid of the fat around my belly?** Well, the same way you can get rid of the fat on the other areas of your body—with a consistently clean diet of whole grains, fruits and vegetables, lean protein, and heart healthy fats, as well as an exercise program that....WHOA! Broken record! The easiest answer: YOU CANNOT SPOT REDUCE. Burn fat with appropriate caloric intake and a cardiovascular and weight training plan. Belly fat will come off as well as the fat in other areas.
3. **When is the best time to exercise?** So many of you have heard different answers to this question. The easiest answer: WHEN YOU CAN GET IT IN! I prefer to work out first thing in the morning. I feel energized during this time, and it fits into my schedule well. Others are lunch time exercisers. Then there are those who prefer to go after work and into the evening hours. If your nutrition is geared toward fueling you for those workouts and for optimal recovery, do it when you can!
4. **What's more important- diet or exercise?** They are equally important for MANY reasons. If you are trying to lose weight, you can't leave one of them out and expect optimal results. If you're trying to get healthy, same thing goes. Both require attention and consistency. The easiest answer: it's a 50-50 split. Adopt a clean diet in the right calorie range and include at least 5 workouts per week (2 weight; 3 cardio).
5. **How much cardio should I do?** Various recommendations exist depending on your goals. For heart health, you should be exercising at

Contact Us

Email

Call:970-667-3871

Fax:970-232-3101

Feedback

We want your feedback; please tell us what you think and make any suggestions or comments to us by clicking here.

Unsubscribe

If you no longer want to receive this publication just click here and type unsubscribe in the subject line.

least 30 minutes every day of the week. My recommendation: get your heart rate up and sweat for at least 20 most days of the week. And if you're doing shorter workouts like this, go for intervals. For weight loss, increase the time you are doing cardio to expend more calories.

6. **How often should I lift weights?** To maximize the benefits of weight bearing exercise, get in at least 2 workouts per week which focus on the entire body.
7. **If I get in shape with weights and then stop working out, will my muscle turn to fat?** Muscle can't turn into fat, and fat can't turn into muscle. It's either one or the other. The composition of our bodies (the percentage of the body that is fat or vice versa) will change based on our exercise and nutrition.
8. **Lifting weights will make me bulky, right?** This is a tricky one that requires some consideration before answering. Listen carefully. Lifting weights strengthens your muscles and bones. Your muscles may grow in size (hypertrophy) from this exercise. IF you have a high proportion of fat on your body, AND your muscles grow, you MIGHT look bulkier. Now, IF you are losing body fat as you are lifting weights, AND your muscles grow, you will look leaner and more toned, and you will fit into your clothes better (because muscle pound for pound takes up less space than fat). The only way you will acquire so much size, LADIES, is if you made the decision to take steroids!
9. **How much weight should I lift and how many reps should I do?** Great question, and this is one reason why having a personal trainer is beneficial. He/she can design a program based on your fitness level, current strength, and goals in mind. A good baseline for weight if you're working out solo, however, is an amount with which 12-20 reps can be completed. If you get to the end of a set (a specified # of reps), and your muscle is not fatigued, you need to increase the weight. I recommend varying the reps between workouts. One workout you might go heavier (within the 8-12 rep range), and the next you could go higher intensity, using a weight that will allow for 12-20 reps. Your muscles respond to overload, so you need to challenge yourself.

Are you a Coper or a Cop-Out? Kori L. Propst, MS,

Licensed Professional Counselor; Certified Personal Trainer & Lifestyle and Weight Management Consultant

A "coper" you ask? You're right- it's not a word...well, not that I know of. And on top of that, I do not like to label people. But I bet the title was catchy enough to get you to scroll down to this article! The big question is whether or not you have and utilize coping skills. If you can't identify the skills you use, it certainly doesn't mean they aren't there. Each of us gets through trying times by using a method of coping. These 'times' might be as trivial as getting to work on time or as severe as a death in the family.

Our ability to cope is impacted by a variety of factors in our lives. Our health, our support systems, our living conditions, work environment, relationships, etc. all play a role in how we choose to perceive a situation and then behave around that situation.

In regards to weight loss and achieving our health and fitness goals, it is often important to assess how we are coping with life's stressors and to determine whether we are doing so optimally in order to not only keep up with our wellness

routines but perhaps use them as one of our coping skills. Coping can be done in two ways: adaptively or dysfunctionally. You may perform deep breathing when you're stuck in traffic to relieve stress and calm your nerves. Your work partner might reach into his glove compartment and grab the whiskey he has stashed in there. You can discern which one is functional vs. dysfunctional.

Events that may require coping come in two different packages as well. Some we can control; others are thrust upon us without warning and come as a surprise. The marathon you are running in a few weeks may be causing some anxiety, but you chose to sign up for the race and are making the necessary preparations to do your best. The tornadoes that ripped through Virginia recently were completely out of our control, came as a surprise, and caused much chaos and harm.

Regardless of the type of event, effective strategies abound for responding to them. I encourage you to peruse these lists and identify those which you may be using currently (functional or dysfunctional) and those that you may wish to adopt in order to be at your best and healthiest.

Problem-Focusing Coping: These responses are ACTIVE and use both mental (cognitive) and behavioral strategies to resolve a problem or reconcile a conflict. They are used more often when a person feels that taking action will have a beneficial effect. (Note that this also means that the person has a sense of industry, responsibility, and feels that they can make a difference).

Cognitive strategies are used to gain a new perspective on the problem and include the following: maintaining a positive outlook, using positive self-talk, mental imagery, rehearsing specific behaviors.

Behavioral strategies include: developing a plan of action and gathering information through research or getting advice from others.

Emotion-Focused Coping: Includes both cognitive and behavioral strategies; however, they do not directly affect the problem. These are effective for situations in which you have no control (i.e. a family member has been diagnosed with a deadly disease or your home was demolished by an earthquake). These strategies include the following:

1. Avoidance- a dysfunctional coping method that typically does not result in healthy adjustment (i.e. canceling your appointment or refusing to talk about it)
2. Distraction- diverting your attention from the problem and focusing elsewhere, i.e. socializing with friends or taking a break from thinking about it
3. Denial- can be protective from emotional pain but can be dysfunctional if it prevents problem-focused coping
4. Lines of Defense- used in order to forget or avoid the problem and can be either adaptive and healthy or not (i.e. humor vs. using drugs)

Now think of what you do when you experience a set back with your weight loss efforts. When you go to weigh in after one week and you don't see the loss you expected, what do you do both mentally and behaviorally? What are the thoughts in your head? What are your actions? Are they positive? Will they help you progress, learn, grow, and change?

I'd love for you to be a positive coper rather than perceiving events as reasons to throw in the towel or tell yourself that you just can't do it. Don't let struggles or problems be cop-outs to try again. Practice changing the way you think and respond.

Factoid Fun

Shocking Predictions Regarding Joint Replacement

The evolution of joint replacement procedures has allowed many adults who suffer from painful arthritis renewed quality of life. Unfortunately, there is bad news for Baby Boomers. **The number of people in need of joint replacement surgeries is rising exponentially faster than the number of doctors who perform them.**

Time Magazine recently summarized the projections shared by orthopedic surgeons at the AAOS meeting (American Academy of Orthopedic Surgeons) in March. **Surgeons are projecting a 525% increase in knee replacement surgeries by 2030**, while hip replacements are expected to double in the same time period.

Simultaneously, there will only be a 2% increase in the number of orthopedic surgeons between now and 2020. **In addition, the number of orthopedic surgeons specializing in joint replacement is slowing because of poor reimbursements.**

These projections highlight the need to prolong joint health and avoid the need for arthroscopy. **According to the article, two of the best things you can do are to lose weight and exercise. A 10-pound weight loss will reduce the amount of force on a joint by 30 to 50 pounds.** In addition, strength and flexibility exercises can reduce strain on the joints.

Claudia Walls. Joint Replacements Expected to Soar. Time. Thursday, March 6, 2008.

Iyengar Yoga Reduces Falls

It's always exciting to learn that exercise is effective at reducing risk for injury and disability. More than 1/3 of Americans over age 65 report falling annually. **Falls in this population are especially hazardous considering the increasing prevalence of osteoporosis in the elderly.** Researchers at Temple University in Philadelphia are reporting that nine weeks of Iyengar Yoga helped improve balance, gait and flexibility in women over 65. **The researchers presented their findings at the annual meeting of the Gait and Clinical Movement Analysis Society.**

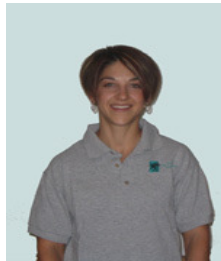
Twenty-four elderly women participated in a specially designed program of **Iyengar Yoga, which is known for** using assistance devices to aid in the performance of traditional asanas. **Props such as belts and blocks can help increase leverage and physical demands**, thus allowing a more progressive application of resistance into the postures.

Following the class, **the women had improved their lower body strength & flexibility, increased stride speed**, lengthened single-leg stance time, and had reported improved confidence in both walking and balancing.

This study was the first to show that mild and progressive forms of yoga could be useful in this population. Once again, even small amounts of physical activity are useful at any age to improve health and wellbeing.

Kevin McKeever. Yoga Program May Help Prevent Falls in Elderly. HealthDay. Friday, April 4, 2008.

Talk to the Trainer



In this section our readers get a chance to ask Kori, an On The Run Fitness trainer, questions regarding fitness. In each issue we will post questions that our readers have sent in. To ask Kori a question or get some advice please email <mailto:kori@ontherunfitness.com>

Dear Kori,

I've been feeling really low-energy over the last couple weeks; have gained weight despite being very consistent with my diet and getting the right amount of calories in protein, carbs, and fat; and I can barely get through my workouts. I'm wondering if I'm overtraining. What are the signs and symptoms of overtraining?

Dear Reader:

Your symptoms could certainly be related to overtraining. I'm glad you asked this question. Many people would dismiss these things and continue with their same routine. If overtraining is in fact the issue, however, an active rest would be the best option to allow your body and nervous system to recover. Here is a list of signs and symptoms you can use to guide you in the right direction:

1. **Increased resting heart rate:** your resting heart rate has increased if you find that it's noticeably higher when you get up in the morning.
2. **Depressed immune system:** you find you are getting sick more often.
3. **Decrease in performance:** you are not able to lift as much weight or your endurance has plummeted to much lower levels than normal.
4. **Loss of energy/motivation:** your normal excitement for your workouts has dissipated; your training feels like an obligation and burden rather than something you enjoy doing.
5. **Greater perceived exertion:** what you could normally do with more ease has begun to feel much more difficult and strenuous- time to lighten up and shorten your training periods.
6. **Poor sleep:** your sleep will no longer feel restful, and you may be left tossing and turning with you brain on overdrive!
7. **Fatigued legs:** after a difficult training session your legs should feel pooped, maybe even very sore for the next couple day; however, if after

48 hours you don't notice improvement, and you continue to feel sluggish and heavy, make some changes.

8. **Slower recovery:** the normal rate at which you recover between sets or when you are performing intervals has increased in length.
9. **Loss of appetite:** hormones norepinephrine and epinephrine are being excreted in greater amounts when your body is overtaxed, and these hormones decrease appetite.
10. **Chronic fatigue and muscle soreness:** your body never fully recovers from your workouts, leaving you chronically tired and achy.

Allow yourself time to recover. Shorten your workouts, decrease the intensity, and/or try something completely different that would be less strenuous.

Test Your Knowledge Kori L. Propst, MS

In this section I will be including 4 fitness/wellness related trivia questions that you can use to test your wellness IQ. Have fun! Answers will be posted in the following newsletter.

1. Name two reasons why resistance training is important during weight loss.
2. You're out to breakfast one weekend & as a side with your whole grain pancakes the menu says you will be getting bacon, eggs, and hashbrowns. You're eating healthier, cleaner, and want to continue with your weight loss. How can you modify this meal to meet these goals?
3. You have decided that you want to lose weight and get healthier. You know that goal-setting is going to be imperative to keep you on track and motivated. Identify a goal that is realistic, achievable, and measurable.

Answers to last week's questions:

1. You've decided that in your quest to lose body fat, you need to be drinking more water so your body can function optimally. You are 220 pounds currently. How much water should be drinking, at a minimum, per day? **110 ounces (half your body weight)**
2. One pound of fat is equal to how many calories? **3500**
3. Since beginning your new healthier lifestyle, you have shed 10 pounds. You have adopted the following healthier eating habits: fewer calories; more water; increased fiber; and no midnight snacking. For some reason; however, you've stalled out on the weight loss. **Name 2 ways you may be able to break through this plateau. Start exercising- incorporate 2 weight training sessions per week focusing on total body plus at least 3 cardio workouts to boost your heart rate and burn calories.**

On The Run Fitness



On The Run Fitness owners- Matt Biedron & Kris Barrow

Matt and Kris are both Loveland natives and have 14 years combined fitness experience. They founded On The Run Fitness as a way to help as many people as possible achieve fitness in their community. On The Run also prides itself on a real approach to fitness and does not and will not endorse any short cuts or gimmicks.

Enhancing the lives of Northern Colorado residents one workout and one meal at a time!

On The Run Fitness

155 E. Boardwalk Dr. Suite 400 Fort Collins, CO 80525

(970) 667-3871

<mailto:feedback@ontherunfitness.com>