



# Fitness Focus

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## Our Website

**Ontherunfitness.com**

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## Intervals for You!

Change can be difficult sometimes. We all struggle with it, change of friends, schedules, even jobs. However, one thing that many people DON'T ever change is their workout regimen! This is the one change we should grasp onto and can really benefit from. The human body has great adaptability and after a few weeks of 20 minutes on the elliptical and 3 sets of leg presses, it is going to get bored! What happens then is that you don't get much stronger and you benefit from exercise less. It is so important to put variety into your workouts and to change different aspects frequently. Intensity, time, and type are three things you can look at changing regularly to ensure your body is continually challenged.

This week I am going to talk about intensity in cardio activities. It is easy to get into the habit of setting a speed on a cardio machine and sticking to it. However, intensity is one of the easiest ways you can change about your workout to fully reap all of the benefits.

Start off in your quest to change by simply changing the speed of your cardio. Pick it up a level or two and see how it goes. You may not be able to go as long as you usually do, but your body will get a little jump start.

If speed is not your thing, change the incline. If you are exercising outside, find somewhere to run, walk or bike that has some hills. At the gym, increase treadmill's incline or do a hill program on the bicycle or elliptical. Going uphill, even at a slight incline, can increase calorie burn by up to 20%. Knowing that once you make it to the top of the hill you can speed down always make the work more rewarding.

Once you have experimented with working at different speeds and inclines than you are used to, it is time to try interval training. A basic definition of interval training is a workout where there are repeated bursts of high intensity exercise followed by a period of low intensity recovery. These periods are often called

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“Sprint Intervals” and “Rest Intervals”. The length of these intervals can be different, anywhere from 15 seconds to several minutes depending on the type of workout you are doing. During the sprint intervals, exercise is done at close to a maximum capacity. The rest interval is equally as important as the sprint. During this period, you continue to move (no stopping here!) but at a much lower intensity to give your body a chance to recover from the sprint. The length of time to spend on a rest interval depends on the type of sprint interval and your fitness level.

By increasing intensity, even for short periods of time, you will increase your calorie burn and give your body the variety it needs to continue to get in shape.

## **TRY IT OUT:**

Start by warming up for 10-15 minutes at a moderate pace, where you can speak, but maybe not carry on a full conversation. After warming up, kick it up by going as fast as you can for 30 seconds, followed by 30 seconds of recovery (slow jog or walk). Alternate every 30 seconds for 5-10 minutes. Conclude your interval workout with a moderate pace for another 10-15 minutes.

Remember, interval training can be formatted in hundreds of different ways! Have fun with it and try different speeds and interval lengths. Not only will it keep your body challenged but keep you from exercise boredom as well! If you need help planning your interval workouts a trainer can help you figure out where to begin.

--Alyssa Davis

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## Spotlight On: Rock Climbing

What is a sport that you can do inside or out, gives you a great total body workout and costs almost nothing??? Rock climbing!



Many people shy away from rock climbing because it sounds too scary or hard, but it is a great, fun fitness activity for all ages and all abilities! This is a great way to get in shape because it offers both anaerobic and aerobic workouts as well as working every muscle group in the body. Climbers burn anywhere between 700 and 1000 calories an hour while rock climbing. Not only is rock climbing a great test of physical strength and endurance, but of mental as well. The sport takes a lot of focus and mental clarity to find

the best route and to stay on that path. There are many climbing gyms that provide all of the necessary equipment (climbing shoes, harness, ropes, caribeeners, etc...) as well as qualified instructors to help you along your way. If you would rather take it outside, check out a climbing group in your area and hit the rocks! On belay!

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## Eat What??

- An apple a day....“Adults who eat apples are 37% less likely to have hypertension” according to a recent study.
- During an average lifetime, an individual consumes over 35 tons of food!
- Add salsa! This tasty dip is low fat and filled with antioxidants! The tomatoes, peppers, onions and garlic also pack in a lot of fiber.
- Vitamin A deficiency can cause vision problems and possibly “night blindness”. The best way to get your daily does of Vitamin A? Carrots!
- The first official breakfast cereal was Shredded Wheat, and it is still a great healthy way to start the day with under 200 calories a serving and a big dose of fiber and protein.



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## Talk to the Trainer



In this section our readers get a chance to ask Alyssa an On The Run Fitness Trainer questions regarding fitness. In each issue we will post questions that our readers have sent in. To ask Alyssa a question or get some advice please email [mailto: alyssa@ontherunfitness.com](mailto:alyssa@ontherunfitness.com)

Reader: I've been working out for a while, really trying to build muscle and I was wondering what is best to drink after my workout?

-Still Scrawny

Alyssa: Dear Scrawny:

When you are trying to build muscle, protein is the obvious choice. However, it is important to get a good balance of protein and carbs post workout for your body to respond best to exercise and building muscle. A recent study reported by the American Journal of Clinical Nutrition showed that actually drinking fat-free milk after resistance training promoted the best positive protein balance, when compared to a soy based protein drink or a high carb

beverage. The group studied that drank milk after lifting weights saw the greatest increase in fat-free mass (that's muscle!), and muscle fiber size increased as well. So give milk a try and be sure to let your muscles recover a day before lifting them again, because it is that healing time that actually builds muscle.

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## We Want Your Feedback



If you have any questions comments or suggestions please contact us.

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## On The Run Fitness



### ***On The Run Fitness owners- Matt Biedron & Kris Barrow***

Matt and Kris are both Loveland natives and have over 15 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!

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