

A Health & Wellness Newsletter

Edited by Megan Zimmermann & Ally Stybaniewicz

Special Points of Interest:

- [Seven Points For Getting Into Shape](#)
- [Sweet Enough](#)
- [Cardio for Beginners](#)

SEVEN LITTLE KNOWN TIPS FOR GETTING IN SHAPE

For an un-athletic, self-professed geek, I've made a fair amount of improvements in my physical life. Going from exercising rarely to exercising every day. I've gone getting completely winded after a three mile jog to being able run a half marathon. Switching to a vegetarian diet and still managing to put on fifteen pounds of lean muscle mass.

I don't think I'll be gracing the cover of Men's Fitness anytime soon, but I have learned a lot about what it takes to get in shape. Although anyone can cover the basics (eat right and exercise), there are some things that I could only learn through trial and error. I'd like to share a few of those lesser known tips.

1) Exercise Daily

What's easier, exercising three times a week or seven? It is far

easier to make exercise a habit if it is a daily one. If you aren't exercising at all, I recommend starting by exercising a half hour every day. When you only exercise a couple times per week, it is much easier to turn one day off into three days off, a week off or a month off.

If you are already used to exercising, switching to three or four days to fit your schedule may be preferable, but it is a lot harder to maintain a habit you don't do every day.

2) Duration Doesn't Substitute for Intensity

Once you get into the habit of regular exercise, where do you go if you still aren't reaching your goals? Most people will solve the problem by exercising for longer periods of time, turning forty minute workouts into two hour stretches. Not only

does this drain your time, but it doesn't work particularly well.

Exercise for periods longer than sixty to ninety minutes can change the chemical state in the body which destroys muscle and causes fat content to rise, according to James Villepigue and Hugo Rivera of the Body Sculpting Bible for Men. The majority of improvements comes from the final possible exertions, so doing more can often mean getting less.

3) You Have a Set Point, Acknowledge It

Drugged up by no-limits, self-help philosophy, many people get frustrated when they plateau in their weight loss or muscle gaining goals. Everyone has an equilibrium and genetic set point where their body wants to remain. This doesn't mean that you can't achieve

Continued on page 3



*Your input is always welcomed.
Contact Megan at zimme857@regis.edu to send an idea or question for the newsletter.*

Inside this issue:

Cardio Exercise	2
Sweet Enough Cont	2
Shape Tips Cont	3
Recipes	4
December Events	4

Because You're Sweet Enough Already!

Increasingly, sugar is being avoided for its acidic and insulin-producing properties as well as its method of processing. [When making treats this holiday season, consider using one of these sweeteners as an flavorful and healthful alternative! OR>] Here are some natural sweeteners you may not know about!

Agave nectar, produced by the agave plant is low on the glycemic index but tastes 50% sweeter than table sugar. Comes in liquid form and is great in tea and on desserts. The agave plant is also used as an alternative to make jeans.

Honey, also sweeter than table sugar by 20-60%, is

a complex carbohydrate made from flowers and processed by bees. Honey is thought to combat seasonal allergies and can look and taste different depending on which flowers the pollen came from.

Turbinado Sugar (or raw sugar), like table sugar, is made from

Continued on page 2

NEW DIRECTIONS

Get Started with Cardio - Cardio for Beginners

Cardio exercise is important for a healthy heart and weight loss.

How to Begin

1. Choose an activity that you enjoy. The best exercise for you is the one you'll actually do, not the one you think you should do. Walking is a great place to start since it doesn't require special equipment and you can do it anywhere, but you can try any activity that involves some type of continuous movement like cycling, swimming, running, aerobics, rowing, stair climbing, etc.
2. Start with 2 or 3 days of your chosen activity a week with a rest day between workouts.
3. Begin with a 5-10 minute warm up of light cardio to gradually increase heart rate.
4. Increase your pace and intensity to slightly harder than comfortable (about a Level 5 or 6 on the Perceived Exertion Scale or you can use Target Heart Rate to monitor intensity) and go as long as you comfortably can.
5. Begin where you ARE, not where you want to be. You may only be able to exercise for a few minutes at a time, but that will change quickly if you're consistent.

6. End each workout with a cool down of light cardio and stretch the muscles you've worked to relax and keep your muscles flexible.

7. Each week, increase your workout time by a few minutes until you can work continuously for 30 minutes a session.

8. Don't worry about distance or pace. For the first few weeks, focus on showing up for your workouts and building time. You have plenty of time to work on your speed and distance.

9. After 4-6 weeks, change your routine by adding another day of exercise, increasing your pace/intensity, adding a new activity and/or increasing the amount of time you exercise.

How Hard Should You Work?

When doing cardio, you should learn how to monitor your intensity to make sure you're working effectively. One way to do this is to make sure you're working within your target heart rate (THR) zone. This target heart rate calculator helps you determine your THR or keep track of how you feel with a perceived exertion chart. Always be aware of how you feel when you exercise. If you feel dizzy or lightheaded, stop immediately and rest or call your doctor. If you're not breaking a sweat, speed it up.

Variety will keep your body and your mind challenged, so after the initial conditioning period (about 6 weeks of consistent workouts), vary your workout intensity and time. Each week, do a long, slow workout--45-60 minutes at the lower end of your THR and one short one--20-30 minutes at the higher end of your THR. Your other workouts can be between 30-45 minutes, in the middle of your THR

Tips for Better Workouts

- Make sure you have quality shoes for your chosen activity.
- Start slowly. Doing too much too soon can lead to injuries and misery.
- Try new activities. Doing the same thing can lead to plateaus, boredom and injuries.
- Be ready for exercise by feeding your body regularly throughout the day and by staying hydrated.

If you're sore or tired, give yourself extra recovery days if needed

Source: Paige Waehner @ about.com

SWEET ENOUGH CONTINUED



sugar cane but is not as processed. Raw sugar is a light brown color and coarser and contains the added bonus of having nutrients like magnesium, calcium and potassium. Taste very similar to regular sugar.

Sucanat is also made from the juice of the sugar cane and has added nutrients in addition to tasting like sugar and molasses. It comes in both liquid and granule form. Sucanat is the best substitute for brown sugar.

Maple syrup is best known as the sap from maple trees. It can be used as a replacement for sugar or combined with other sweeteners for a rich flavor. Grade B maple syrup is best for cooking, and also great for candy and other desserts.

Stevia is a diabetic's dream as it has no glycemic value and also no side effects seen in other artificial sweeteners. The powder comes from a South American plant similar to the marigold but is not recommended for baking as it doesn't melt or caramelize. Stevia also prevents cavities!

Brown rice syrup tastes like butterscotch. Made from rice, it is only half as sweet as sugar but can be combined with other sweeteners for a richer, complex flavor.

Barley Malt is made from sprouted barley and is also 50% as sweet as table sugar but is the best substitute for molasses flavor-wise. Like raw sugar, it has minerals and protein and comes in a syrup form.

Source: shopnatural.com

SEVEN TIPS CONTINUED FROM PAGE 1

your fitness goals, but don't be too hard on yourself if you are struggling to lose weight or put on muscle. Acknowledging a set point doesn't mean giving up, but it does mean realizing the obstacles you face.

Expect to hit a plateau in your own fitness results. When you expect a plateau you can manage around it so you can continue your progress at a more realistic rate. When expectations meet reality you can avoid dietary crashes.

4) Eat Healthy, Not Just Food That Looks Healthy

Know what you eat. Don't fuss over minutia like whether your getting enough Omega 3's or tryptophan, but be aware of the big things. Look at the foods you eat regularly and figure out whether they are healthy or not. Don't get fooled by the deceptively healthy snacks just pretending to be good for you.

The basic nutritional advice seems to be:

- Eat unprocessed
- Eat more veggies
- Use meat as a side dish, not a main course

5) Watch Out for Travel

Don't let a four day holiday interfere with your attempts to get in shape. I don't mean that you need to follow your diet and exercise plan without any excursion, but when you are in the first thirty to sixty days, still forming habits, be careful that a week long break doesn't terminate your progress.

This is also true of schedule changes that leave you suddenly busy or make it difficult to exercise. Have a backup plan so you can be consistent, at least for the first month when you are forming habits.

6) Starting Slow is Better than Fast

Ever start an exercise plan by running ten miles and then puking your guts out? Maybe you aren't that extreme, but burnout is common early on. Take your time, you have a lifetime to be healthy, so don't try to go from couch potato to athletic superstar in a week.

If you are starting running, run less than you can to start. Lifting weights? Work with less weight than you could use. Increasing intensity and pushing yourself can come later when you are familiar with regular exercise.

7) People Can Lift OR Anchor

Should you have a workout partner? That depends. Workout partners can be great motivational boosts and make exercising more fun. But they can also stop you from reaching your goals. My suggestion would be to have a workout partner, but when you start to plateau (either in physical ability, weight loss/gain, or overall health) and you haven't reached your goals, consider mixing things up a bit.

If you plateau, you may need to make changes to continue improvements. In this case it is important to talk to your workout partner about the changes you want to make, and if they don't seem motivated to continue, offer a thirty day break where you both try different activities.

I notice that guys working out together tend to match strength after a brief adjustment phase. Even if both are trying to improve, something seems to stall improvement once they reach a certain point. I found that I was able to lift as much as 30-50% more after taking a short break from my regular workout partner.

Scott Young @ <http://www.lifehack.org/articles/lifestyle/seven-little-known-tips-for-getting-in-shape.html>

Exercise is a dirty word. Every time I hear it, I wash my mouth out with chocolate.

~Author Unknown

May Peace be your gift at Christmas and your blessing all year through!

~Author Unknown

Caramel Date Bars with Cranberries and Walnuts

1 cup cranberries
2 tablespoons PLUS 1/2 cup sugar, divided
2-1/3 cups flour, divided
2 cups rolled oats
1/2 cup packed light brown sugar
1/2 teaspoon baking soda
1 cup butter or margarine, melted
1-1/2 cups chopped dates
1/3 cup chopped walnuts, toasted
1 cup caramel ice cream topping

Preheat oven to 350 F. In small bowl, combine cranberries and 2 tablespoons sugar; set aside. In medium bowl stir together 2 cups flour, oats, 1/2 cup sugar, brown sugar, and baking soda. Stir in melted butter, blend well. Reserve 1 cup crumb mixture. Press remaining crumbs in bottom of 9x13-inch baking pan. Bake 15 minutes. Sprinkle dates, walnuts and cranberry mixture evenly over crust. Stir together caramel topping and remaining 1/3 cup flour; drizzle over fruits & nuts. Sprinkle with reserved crumb mixture. Return to oven for 20 minutes or until lightly browned. Cool in pan on wire rack. Cut into bars. Makes about 54.

Source:

<http://www.christmas-cookies.com/>

Double Chocolate Fudge

1 pound milk chocolate chips
1 pound semi-sweet chocolate chips

2 1/2 tablespoon butter
1 pint marshmallow cream
2 cups chopped walnuts
1 12-ounce can evaporated milk
4 cups sugar

Lightly butter one 9 x 13-inch pan. In a large bowl, combine the milk chocolate, semi-sweet chocolate, butter, marshmallow cream and nuts. Combine the evaporated milk and sugar in a large saucepan over medium heat. Stir constantly and bring to a boil for 4 minutes. Pour hot sugar mixture over chocolate mixture and stir with large spoon until well blended (do this quickly before fudge begins to harden). Once this is well blended, pour fudge into prepared baking pan. Spread out and smooth into pan. Set aside to cool and harden, about 6 hours. Cut into inch squares when ready to serve.



Running In December

Rudolph's Revenge 5K / 10K

When: Saturday December 15th @ 10:00 AM

Where: Chatfield State Park, Littleton CO

Costs: 5K—\$20.00 / 10K—\$30.00

Registration: online by 12/12/07 www.active.com

23rd Annual KCUV-FM Resolution 5K

When: Monday December 31st @ 6:00 PM

Where: Washington Park

Costs: 17 years and under \$18.00 / 18 years and older \$25.00

Registration: online by 12/31/07 www.emgcolorado.com

Colorado Events

Blossoms of Lights Display

When: December 4th—January 21st (6-9 PM daily)

Where: Denver Botanic Gardens (303) 220.7000

Cost: \$8.00 Adults / \$6.00 Kids and Seniors

Zoo Lights Display

When: December 8th—December 31st (5-9 PM daily)

Where: Denver Zoo (303) 376.4800

Cost: \$7.00 Adults / \$6.00 Seniors / \$4.00 Kids

Ice & Snow Light Display

When: Now—December 31st (4-9 PM daily)

Where: Coors Amphitheater (303) 220.7000

Cost: Free

<http://denver.about.com/od/artsentertainment/a/december06.htm>