



Health Newsletter

"Where fitness & fun meet knowledge..."



Did you know?...

A typical athlete's heart churns out 25 to 30 litres (up to 8 gallons) of blood per minute. (Imagine?)



Did you know?...

The length from your wrist to your elbow is the same as the length of your foot. (I bet you will all try this...:-)

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August, 2009

Issue 1

How to Stick With Your Exercise (Spin-Works) Regimen....

Have you ever committed yourself to an exercise routine – only to quickly abandon it? If so, your commitment was probably based on the prospect of *future* goals – weight loss, lower cholesterol, firmer muscles, etc.

There is nothing wrong with these goals, but they are rarely enough to keep you motivated. To stick with a routine, you must find ways to enjoy exercise itself. How do you *that*? With the help of Dr. Charles Roy Schroeder, one of the country's leading exercise physiologists, I recommend these strategies...

- **Consider your personality and lifestyle when picking an exercise routine.** If you have a demanding people-oriented job, you might enjoy a repetitive solitary workout like *spinning*, swimming, or jogging. If you thrive on competition, pick a competitive sport like tennis, basketball, etc...or pepper your workouts with goal-oriented elements, such as timed sports. Or, simply challenge and support the spinner riding next to you.



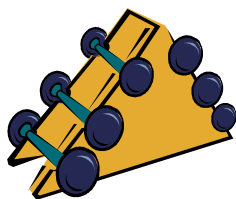
- **Be aware of bodily sensations.** It's easy to overlook the pleasurable feelings that accompany exercise. Make it a point to be aware of these kinesthetic sensations – the rhythm of your breathing...the motion of your joints...the ebb and flow of tension as your muscles contract and release.



- **Add Music.** The right music can make your movements more graceful and rhythmic. It can also set a pace for you. Setting a pace with the music as you spin or sing will take your mind elsewhere as you enjoy the pleasurable kinesthetic sensations.

- **Work out with a mirror.** Mirrors enable you to see your muscles at work at the same time you *feel* them working – and that helps focus your mind. Mirrors also allow you to check that you are in correct form...and let you enjoy the gradual improvement in your appearance as you get into shape. That helps keep you motivated.

- **Vary your exercise routine.** Make your workout interesting by varying different spin classes. Add a "Spin-Abs" or any of the spin combo classes. Its fun and you experience different methods of instructing as well as get to know your fellow spinners.



- **Speed and Intensity.** Alternate between light and heavy weights (Spin & Sculpt/Flex/Build classes) Experiment with different resistance by the settings on your bike...Challenge yourself! Remember...“It's your ride.” Also, vary your running pace while in 2nd position on the bike.

Be Well!



Have fun!



- **Range of motion.** Instead of lifting a weight all the way up on each repetition, lift it one-quarter of the way then lower it. Then lift it halfway and lower it...and then lift it three-quarters of the way until you have reached your goal. Also, add motion that spreads the work over additional muscles... For example, in the arm curl, standard form is to hold dumbbells with hands down at sides, then bend at the elbows to bring forearms up in front of chest. As you raise your forearms, try moving your elbows forward at the same time. That works the shoulder muscles too.



- **Form.** On the bike, make sure you are in correct form. (Ask an instructor if you have any questions or concerns especially if any body part is uncomfortable). Try pulling up with your feet as well as pushing down on the pedals...Spin shoes are a wonderful investment and help tone muscles you never knew you had! Makes you more conscious of your form, too.



- **Get a workout partner** – someone who is open to the idea of exploring pleasure in movement. Motivate and inspire each other. Talk to other spinners you see often and make plans to spin together again.



PLAY!

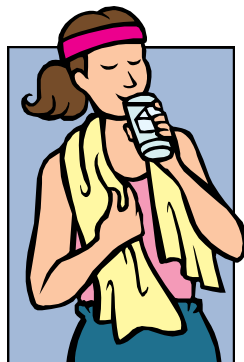
- **Be playful.** Most important - HAVE FUN! Sing, count, hoot and holler (it motivates the instructor), pretend your riding in the *Tour de France* (No one has to know what you're thinking). Giving free rein to your imagination will make exercise more enjoyable...

LOL!



Did you know?....

In 1900, a person could expect to live to be 47. Today, the average life expectancy for men and women in developed countries is longer than 70 years. (No doubt, because of places like Spin-Works! ...OK, so Modern Medicine, too. :-)



Finally, Did you know?....

A person can live without food for about a month, but only about a week without water...

Stay tuned—our next Newsletter will explain the “Importance of Keeping your Body Hydrated.”

Disclaimer

The material in this newsletter is intended to present only general information about a variety of health-related topics. It is not intended as medical advice, nor is it intended as a substitute for consultation with a physician or other healthcare professional. If you have a medical problem or a health-related question, do not rely on any material contained in this newsletter. Consult a physician or other healthcare professional.