

August 2008

116A Seaton Center • Lexington, KY 40506-0219
www.uky.edu/HR/wellness • (859) 257-WELL (9355)

Ask the Expert: 30 minutes a day for weight loss?



Q: I've heard so much about the guideline: "30 minutes of physical activity a few times a week." But is this amount of exercise sufficient for weight loss?

A: The American College of Sports Medicine (ACSM) has issued guidelines for health benefits. These are the guidelines we all know and love and have appeared in Fit News previously:

- Cardio: 30 minutes of moderate activity 4-5 times a week OR 20 minutes of vigorous 3 times a week.
- Resistance Training: All major muscle groups 2-3 times a week.
- Flexibility: All major muscle groups 2-3 (minimally), 5-7 (ideally) times per week, of 15-30 seconds 2-4 reps.

Let me be clear-these are a recommendation for HEALTH BENEFITS. These are not recommendations for WEIGHT LOSS.

Weight loss is a simple equation: Calories in vs. calories out. If calories in is > calories out, the result is weight gain. If calories in is < calories out, the result is weight loss. If calories in = calories out, the result is maintenance. There are many factors that contribute to calories out. If you are interested in weight loss or the proper calorie intake/output for you, please contact one of our Registered Dietitians for a personal nutrition consultation. These are free to employees, retirees, spouses and sponsored dependents and can be scheduled at your convenience.

Here are creative ideas for incorporating more exercise (calories out) into your day:

1. Take a group fitness class during lunchtime that is convenient to your office/work place. See the current schedule at www.uky.edu/HR/wellness/fitnessclass.html.
2. Visit the Body Shop location nearest you at these convenient times: Seaton, M,W,F 12-1 and 4-7. T/Th 12:15-1. Alumni M-T 6-8:30 AM, 11-2, and 3-8 PM, F 6-8:30AM, 11-2, and 3-7. Sat-9-12. (See the Web site for up-to-date hours: www.uky.edu/HR/wellness/gymhours.html.)
3. Park in a garage or lot that is NOT close to your building/work place and get in a few extra steps.
4. Use the stairs in the parking garage (park at the top) and in your building.
5. Suggest your next meeting be a walking meeting. Then head outside or to the hallway to discuss the issue.
6. Every time you talk on the phone-stand up and reap the benefits of weight bearing exercises.
7. When working on the computer, set an alarm for every 20 minutes and do some easy desk exercises. (See the Web site for ideas: www.uky.edu/HR/wellness/SpecializedInformation.html.)
8. Bike or walk to work.
9. Join our "Walking Wednesdays" group every week on the corner of Rose and Washington at 12:10 to take a brief walk around campus.
10. Instead of calling or e-mailing a co-worker, walk to their office and speak in person.

— Carrie Davidson, ACSM HFI, Wellness Coordinator

Calendar

Rising prices have you stressed? Get a chair massage!

The next chair massage is **Aug. 19, from 11 a.m. to 3 p.m., at the W.T. Young Library, Gallery Room.** The cost is just \$5 for 10 minutes or \$10 for 20 minutes. Reservations are required. Call (859) 257-WELL now to reserve your spot.

Need help meeting your weight loss goals?

Did you know that about 80% of Weight Loss Matters participants who complete a 10-week cycle achieve their weight loss goals? New classes begin Tuesday, Aug. 19, or Thursday, Aug. 21. **The registration deadline is Aug. 15, and class size is limited.** For more information or to print a registration form, visit

www.uky.edu/HR/wellness/weightlossmatters.html.

Farmer's Market Tuesdays Continue!

We're going to the Farmers Market during lunch each **Tuesday** in June, July, and August, and we want you to come along. The bus ride is FREE, and you can't beat the market for the freshest fruits and veggies in town. For more information, visit www.uky.edu/HR/wellness/farmersmarket.html.

Body Shop Summer Hours

May 5 through August 23

- Alumni hours will remain the same.
- Seaton will have extended lunch hours from 11:30-1:30 p.m.

Body Shop Fitness will be closed Aug. 27- Sept. 1.

Limited hours at Alumni Gym only (Seaton closed Aug. 25-Sept.1):

- Aug. 25 from 4-8 p.m.
- Aug. 26 from 11 a.m. -2 p.m. and 4-8 pm.

Find gym hours online at
www.uky.edu/HR/wellness/gymhours.html

New Group Fitness Schedule

Check it out online at www.uky.edu/HR/wellness/fitnessclass.html.
Registration coming soon!



Remember to submit your Payroll Deduction Form!

Just pick up a **Body Shop Payroll Deduction Form** in either gym or in the main office or download it from our Web site at www.uky.edu/HR/wellness. Complete and return it to us by **Friday, August 15, 2008** to ensure continuation of your membership. If you have any questions, feel free to give us a call at (859) 257-9355.

Personal Trainer Survey

Thank you for your responses to the Personal Training survey. The majority of responses stated the cost should be included in Body Shop Fitness fees and that participants would only utilize a trainer 0-1 times per week. Therefore, we have decided *not* to establish a new personal training program, but instead would like to highlight a service we already offer.

Any Body Shop member can schedule an appointment with any of the Body Shop staff for a session of one-on-one assistance for free! This appointment can be used for a gym orientation, an equipment orientation, or to have a staff member write an exercise prescription that is unique to you. Simply call 257-3772 or make an appointment next time you are in the gym.