

February 2008

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

## Ask the Expert: Success not always reflected on the scale



**Q** I have had a bit smaller waist size each and every month. I continue to kick up my exercise routine a bit each month, too. Now, I gained one pound this month. How can that happen? — Cynthia

**A** There are many things that affect our physical bodies. Different exercises affect our bodies in different ways. There are different measures of “health” as well. For example, you can take part in strength training and gain inches. You can take part in cardio exercises and lose weight. These are both good and appropriate exercise modes.

The bottom line for weight loss is a simple equation: calories in and calories out. If calories in = calories out the result will be maintenance of current status. If calories in > calories out, there will be weight gain. If calories in < calories out, then there will be weight loss. The way to expend extra calories is through exercise.

Because you are a UK employee, you are eligible to be a member of Body Shop Fitness for only \$20 per semester. The Body Shop staff can assist you in setting up goals and a program designed specifically to meet your goals. You can begin that process by calling 257-3772. — **Carrie Davidson, ACSM HFI, Wellness Coordinator**

Have a fitness or nutrition question? Ask our experts! We'll feature selected questions and answers in our monthly newsletter. Email us at [HealthandWellness@email.uky.edu](mailto:HealthandWellness@email.uky.edu).

### February is Sweethearts Month at Body Shop Fitness!



- During February, your spouse or sponsored dependent joins for only **\$10 for the entire spring 2008 semester**.
- The Body Shop member must be paid for the spring semester.
- This offer is only valid in **February!** Call 257-3772 to start today!

## Calendar

### Walking Wednesdays Continue

Meet fellow Wildcat walkers at the corner of Rose and Washington every Wednesday at 12:10. Program runs through March 19.

### Feb. 5, WOW (Health Screening)

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is **Feb. 5, from 8:00 a.m. to noon**, at the Joe Craft Center (Athletics). Sign up at:

[www.uky.edu/HR/wellness/healthscreening.html](http://www.uky.edu/HR/wellness/healthscreening.html)

### Don't Forget!!!

### Heart, Sole & Glove 5K is Feb. 9

It's never too cold to race! The run/walk starts at 9:30 a.m., at Coldstream Park. Register on race day or now by visiting our Web site:

[www.uky.edu/HR/wellness/5k.html](http://www.uky.edu/HR/wellness/5k.html)

### Treat yourself to a chair massage

The cost is just \$5 for 10 minutes or \$10 for 20 minutes (no refunds). Reservations required. The next chair massage is **Feb. 26, from 11 a.m. to 3 p.m.**, at the Wethington Bldg., Commons Room. To make an appointment, call (859) 257-9355.

### Self Defense Specialty Class

Wednesday nights, 6:00- 8:00 p.m., **March 19-April 23**. The cost is \$30 per person. You do NOT have to be a Body Shop member to participate. Online registration coming soon on the Body Shop Web site.

**For more information on these events and all of the UK Health & Wellness programs offered to you, please visit:**

[www.uky.edu/HR/wellness](http://www.uky.edu/HR/wellness)

## The Dietitian Is in the Gym!

Attention Body Shop Fitness Members: While you're ramping up your fitness in 2008, don't forget to fine tune your nutrition. A UK Health & Wellness dietitian will be available for consultation at the following times and locations.

- Thursday, Feb. 7. 5-6:30 p.m., Seaton
- Monday, Feb. 11, 12-1 p.m., Seaton
- Thursday, Feb. 21, 5-6:30 p.m., Alumni
- Monday, Feb. 25, 12-1 p.m., Alumni

## February Specialty Class: Interval Training



Josh "JT" Taylor  
Graduate Assistant

Have you always wondered about interval training but were afraid to ask? Well, here's your chance to find out! Meet JT at the following dates and time to find out what interval training is all about, how to do it, and the benefits. This informative demonstration will last about 10 to 15 minutes. See you there!

- Feb. 27, 12:30 p.m., Seaton
- Feb. 28, 5:30 p.m., Alumni

## Body Focus: Deltoids Working with a resistance band



### Front/Side Raises

Standing on band, raise band up to shoulder height either in front or to side of body.



→ Want more workouts?  
Click on "Training Information" at  
[www.uky.edu/HR/wellness/bodyshop.html](http://www.uky.edu/HR/wellness/bodyshop.html)