

November 2007

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

## Body Focus: Biceps



### At Home

#### Concentration Curl

Sit on bench. Grasp dumbbell between feet. Place back of upper arm to inner thigh. Lean into leg to raise elbow slightly. Slowly raise dumbbell to front of shoulder over five counts. Slowly lower dumbbell over five counts until arm is fully extended. Repeat. Continue with opposite arm.

### At the Gym

#### Preacher Curl

Adjust seat to the right height. Curl the bar upward in an arc. Be careful not to swing. The goal is to target the biceps. Curl the bar towards your chin, but keep in mind that the resistance is greater at the midpoint of the curl. Go down slowly to work the biceps on the way down too.

## November Specialty Class: Gym 101



**Rob Sinnott**  
 Graduate Assistant,  
 Personal Fitness  
 Trainer

Want to know how to use the weight machines in the Body Shop?

Are you:

- A participant in group fitness classes?
- A new member to the Body Shop?
- Anyone who wants a certified personal trainer to analyze proper form?

Rob will cover proper technique and the machine names and muscle groups targeted. He'll also show you an extremely quick machine-circuit routine that can cut your current weight routine time in half!

•Monday, Nov. 19, 4:30 p.m.

Seaton Gym

•Wednesday, Nov. 28, 4:30 p.m.

Alumni Gym

**ATTENTION!** Both Body Shop facilities will close one hour early Wednesday, Nov. 21. Alumni will close at 7 p.m. and Seaton will close at 6 p.m. We will be closed Nov. 22-24 for the Thanksgiving holiday and re-open Monday, Nov. 26.

## Calendar

### •Nov. 1, Weight Loss Matters

New session begins. Call (859) 257-9355 to register.

### •Nov. 7, Wellness on Wheels

8 a.m.-Noon, Media Rm, Kelly Bldg.

Sign up at:

<http://www.uky.edu/HR/wellness/healthscreening.html>

### •Nov. 14, Lunch & Learn

“Nutrition Shape-up: Preparing for holiday eating,” 12:10-12:50 p.m., 127 Wethington. Call (859) 257-9355 to register.

### •Dec. 7, Wellness Day

10 a.m.-3 p.m., Alumni Gym. Take advantage of our holiday gift to you: useful information on nutrition, fitness, Healthtrac Rewards, stress relief, and more. Enroll in programs such as Body Shop Fitness, Biggest Blue Loser, and Weight Loss Matters. Enjoy free refreshments and chances to win prizes.

### •Are you the Biggest Blue Loser?

Last year’s winners, married couple Tim and Julene Jones, each lost about 10% of their body weight during the competition! How much will you lose? More details soon.

Please note: Fit Yoga on Tuesdays from 5:15-6:30 in CTW 409 has been cancelled for the remainder of the semester.

## Ask the Expert: Holiday Eating



**Q:** How can I avoid packing on those dreaded holiday pounds?

**A:** It’s that time of year again when an endless parade of office potlucks and holiday get-togethers make healthful eating seem like an impossible goal. But it doesn’t have to be. It’s possible to enjoy your favorite holiday foods without packing on the pounds. Here are some tried-and-true strategies:

- It’s not really about what you eat, but how much you eat. It’s okay to have your favorite foods, just keep your portions small.
- Think about what you’re eating before you put it in your mouth. Do you really want it? Is it a special food you can only have this time of year? This will cut down on “mindless eating.”
- Don’t let yourself get overly hungry before a holiday meal or party. Trying to “save up” calories for special occasions usually backfires because you eat more and make poorer choices when you are hungry. Try having a light snack beforehand.
- Don’t stand near the food. You are just tempting fate! Get your food and then walk around and mingle.
- Remember that alcohol increases appetite and contributes extra calories. Opt for low –calorie drinks and save your calories for the food.
- Be prepared for social pressures and learn the art of saying “No, thank you. I’m full.” Don’t feel pressured to eat more than you want. Be assertive and know that there are other ways to be a gracious guest.
- Bring a healthful dish to share. By doing this, you are guaranteed to have at least one healthful food to eat!
- Don’t let the time from Thanksgiving to New Year’s turn into one, long eating frenzy! Try to limit your indulgences to the actual day on which the holiday takes place and return to your normal habits as soon as the day is over.

--- Karen Bryla McNeese, Ed.D., R.D.

Coming next month: Results of the Body Shop surveys.