

HEALTHY YOU

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UK Health & Wellness Program
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Feeling sluggish? Write yourself an Exercise Prescription

By Carrie Davidson, ACSM HFI, Wellness Coordinator



Do I really need to exercise to lose weight?

Yes! The keys to healthy weight loss are twofold: nutrition and exercise. Feel free to replace that “and” with a symbol: <. In order to lose weight; calories in must be less than calories out. There is no other way. Calories in is what you take in through food. Calories out is what you expend during physical activity. There is a small amount of energy needed for the body to function, which is your basal metabolic rate. Think about weight loss as a handshake. Nutrition is one hand and exercise is the other. There is no handshake without both hands.

What's best for weight loss - cardio or strength training?

You need both. Cardiovascular training expends the most calories. Besides keeping the heart healthy, cardio training has many other benefits. The American College of Sports Medicine (ACSM) recommends 30 minutes of moderate intensity cardio exercise 5 days per week for general health benefits. If you are trying to lose weight, you want to do more than the minimum. If you are new to exercise, start slowly and work your way up.

Strength training, on the other hand, helps to build lean muscle mass, among other benefits. The ACSM recommends strength training 1 set of 10-15 reps

working all major muscle groups 2-3 times per week. Remember to strength train on non-consecutive days. Stop by the Body Shop during normal operational hours and see any of our knowledgeable staff for an exercise prescription unique to you!

How often should I change my exercise routine?

When beginning a new exercise program, you could see changes in your body within 4-6 weeks. How often you change your routine depends on your reason for change. If you are bored with the routine you have been doing, change it! Most people are not going to continue to do something they do not enjoy. In order to make your exercise a habit, you must make it enjoyable. If that means changing it up often, then do it!

If you have a hit a plateau and don't seem to be making any progress after 4-6 weeks, then it might be time to change. Intervals are a great way to get over that hump of cardio training. Changing lifting exercises that target the same muscle groups are a good way to move past that sticky point of strength training. For more creative ideas, ask one of the Body Shop staff. They are here to help you.

What is a sample exercise prescription?

3 days per week for 1 hr/day. (Make sure to skip a day in-between.)

• Day 1: Cardio - Walk 20 min on TM vigorously (breathing hard with trouble talking)

Strength train - 1 set of 15 reps moderate weight: Bicep curls, tricep press, chest press, shoulder press, seated row, lat pull, leg press, hamstring curl, crunches and V-ups.

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Stretch - 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.

• **Day 2:** Cardio - Elliptical 30 min of moderate intensity (breathing hard, easy talking)

Strength train - 1 set of 15 reps moderate weight: Tric kick-backs, pec flies, squat to shoulder press, bent-over row, lunges with weights, Russian twists, plank on elbows for 30 seconds and 3 times.

Stretch - 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.

• **Day 3:** Cardio - Bike 20 min vigorously (breathing hard with trouble talking)

Strength train: repeat day 1 or day 2's strength train plan.

Stretch 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.

5 days per week 20-35 min. (Make lifts on non-consecutive days.)

• **Day 1:** Warm-up - Walk 5 minutes on TM at an easy pace

Strength Train - 1 set of 15 reps moderate weight: Bicep curls, tricep press, chest press, shoulder press, seated row, lat pull, leg press, hamstring curl, crunches and V-ups.

Cool-down/Stretch - 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.

• **Day 2:** Cardio - Walk 20 min vigorously (breathing hard with trouble talking)

*Optional - Yoga or Pilates class

• **Day 3:** Warm-up - Bike 5 minutes at any easy pace

Strength Train - 1 set of 15 reps moderate weight: Tric kick-backs, pec flies, squat to shoulder press, bent-over row, lunges with weights, Russian twists, plank on elbows for 30 seconds and 3 times.

Cool-down/Stretch - 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.

• **Day 4:** Cardio - Bike 20 min vigorously (breathing hard with trouble talking)

*Optional - Yoga or Pilates class

• **Day 5:** Warm up - Elliptical for 5 min at any easy pace

Strength Train - Repeat day 1 or 3's strength train plan.

Cool-down/Stretch - 3 sets, hold 30 seconds each: Quad stretch, hamstring stretch, low back stretch, chest expansion, shoulder stretch, tricep stretch, and neck stretch.



Want more? Visit the
12 Months of Change blog:
<http://ukhealthyandwell.wordpress.com/>

Disclaimer: This information is not intended to replace advice from your physician. You should always check with your physician before making major changes to your diet and/or physical activity schedule.



HEALTHY YOU

Calendar

Spring Cooking Class

Join us **April 22** for “Great Grains! Beyond Rice and Pasta,” a hands-on cooking class where you will learn how to prepare a variety of whole grains. Cost is \$10 and space is limited. Register at www.uky.edu/HR/wellness/cookingclass.html.

Need help meeting your weight loss goals?

New Weight Loss Matters classes begin Tuesday, March 24, or Thursday, March 26. **The registration deadline is March 20, and class size is limited.** Register at www.uky.edu/HR/wellness/weightlossmatters.html.

Having one of those days? Get a chair massage!

The next chair massage is **April 1, from 9 a.m. to 1 p.m., at 212 Seaton Ctr.** Cost: \$5 for 10 minutes or \$10 for 20 minutes. Reservations required. Call 257-9355.

Dancing with the Hep Cats! 6-Week Specialty Class

In this 6-week specialty class, you'll learn the salsa, waltz, and swing. Classes begin **March 17 and run every Tuesday through April 21**, from 5:30-6:30 p.m., at 132 Seaton. Cost is just \$35. Class size is limited. Register at www.uky.edu/HR/wellness/bodyshop.html

Mark your calendar! Health & Wellness Retreat: May 8!

Get away from campus for a day focused on YOU. Learn how to stay healthy at any age. The event will be held Friday, **May 8, from 8 a.m. to 4:30 p.m., at the Embassy Suites.** Admission is FREE for UK employees, retirees, spouses and sponsored dependents.

Quick & Healthy Recipe

Roasted Zucchini Fries

Makes 4 – 1 cup servings

Olive oil cooking spray
4 small zucchini, trimmed and cut into 3x3/4 inch “fries”
¼ tsp sea salt or coarse kosher salt
Ground black pepper to taste
1 tbsp extra virgin olive oil
2 tbsp parmesan cheese, finely grated

Preheat oven to 450° F. Line a rimmed baking sheet with foil and coat with cooking spray. In a large bowl, combine zucchini, salt, pepper and oil. Toss to coat thoroughly. Arrange zucchini on prepared baking sheet in a single layer and roast, tossing once halfway through cooking, for 18 to 20 minutes or until tender and lightly browned. Transfer to a plate, sprinkle with parmesan and serve.

Exchanges per serving: 2 vegetable, 1 fat

Nutrients per serving: Calories 60, Calories From Fat 36, Total Fat 4 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 130 mg, Total Carbohydrate 4 g, Protein 0 g, Fiber 1 g

Quick Health Tip

Get real with yourself and **keep a food journal.** You might be surprised by what you are *really* eating and what your diet is lacking (fiber, for example). You can print free food journals at many sites online (www.uky.edu/HR/wellness/documents/newWLMdiary.pdf), design your own in Word or Excel, or purchase one such as the “Diet Minder.” This may sound like a lot of work, but it will soon become part of your routine. You'll get the best results by holding yourself accountable.

How We Can Help

Lose weight the right way with the help of our registered dietitians. Weight Loss Matters is a 10-week weight-loss program that allows you to set your own goals. Classes meet once a week and the cost is only \$50. For more information, please visit www.uky.edu/HR/wellness/weightlossmatters.html.

The UK Health & Wellness Program is part of UK's employee benefits package and is available to all UK employees, retirees, spouses and sponsored dependents.

