

January 2008

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

Ask the Expert: Running leaves me in “stitches”



Q I am in the process of training for a half-marathon and keep getting a stitch in my side when I run longer than 25 minutes. I’m not sure what causes this or, more importantly, how to overcome it. Can you please shed some light on this? — Tasha

A Congrats on your training! There are some general things that usually cause a “stitch” or cramp in the side. First, eating too close to the run can cause cramps. I usually eat two hours before a run, but not any closer. So, if you are going to run at noon, I recommend not eating past 10:00 a.m.

Second, hydration can sometimes be an issue. If water balance is off either direction, I find I get a cramp — but usually if I am overly hydrated. So, sipping water before or during your run can be better than drinking a bunch of water before you run.

Finally, it can be a breathing issue. While running and having the cramp, try to breathe in through the nose and out through the mouth — DEEP breaths. Try not to breath shallowly. I hope these suggestions help. If it becomes an issue that keeps you from running, you should consult your physician. — 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.

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.

- Monday, Jan. 14, 12-1p.m., Seaton
 - Thursday, Jan. 24, 5-6:30 p.m., Alumni
 - Monday, Jan. 28, 12-1 p.m., Alumni
- More dates coming soon.

The Body Shop will be closed Saturday, Jan. 19 and Monday, Jan. 21 in observance of the MLK holiday.

Calendar

Jan. 16, Walking Wednesdays

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

Jan. 16, WOW (Health Screening)

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is Jan. 16, from 8:00 a.m. to noon, at KY Clinic South.

Feb. 9, Heart, Sole & Glove 5K

The run/walk starts at 9:30 a.m., at Coldstream Park. Ready to register? Visit our Web site:

www.uky.edu/HR/wellness/5k.html

Spring Schedule

Want to take a Group Exercise or Mind/Body Class? What are you waiting for? The Spring Schedule is now online!

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. 1, from 11 a.m. to 3 p.m., at Kentucky Clinic South. To make an appointment, call (859) 257-9355.

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

www.uky.edu/HR/wellness

Body Focus: Glutes Working with a resistance band



High Kicks Side to Side

Wrap band around upper foot and anchor with hands outstretched in front of head.



Kick leg up toward chest and return slowly to starting position.



Glute Raises

Holding band in hand for an anchor, wrap band around same foot.



Keeping leg at 90 degrees, raise leg up and out away from body.

→ Want more workouts?
Click on "Training Information" at
www.uky.edu/HR/wellness/bodyshop.html



Coming soon: Sweethearts can get fit in February with membership special!