

March 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: What's best for fat loss



**Q:** Which is best for fat loss: exercising at a moderate rate for a longer amount of time or exercising more vigorously for a shorter time?

**A:** According to the ACSM guidelines (American College of Sports Medicine), the recommendation for overall health benefits is moderate exercise for 30 minutes or more on five or more days per week. If vigorous, then 20 minutes of exercise three or more days per week. The more exercise one engages in the more health benefits are had.

Fat loss can be associated with two factors — gaining muscle and energy expenditure. In order to make muscle or strength gains, a resistance training program should be implemented. Your weight is based simply on calories in and calories out. To lose weight: calories in < calories out. On the flip side, to gain weight: calories in > calories out. In order to maintain weight: calories in = calories out.

If you want to know more about fat loss, please see one of the Body Shop staff. We will be happy to discuss your goals and help you create an exercise plan that is right for you. However, please see the Activity Pyramid at [www.getfittn.com/fitness/fitness\\_start.htm](http://www.getfittn.com/fitness/fitness_start.htm) for general guidelines.

## March Specialty Class: Quick ways to strengthen your core

Learn how to strengthen your core in 10 minutes or less!

Please attend this informational specialty class designed to:

- Teach you multiple exercises for the abdominal and low back muscles.
- Strengthen your core quickly and efficiently (when paired with cardiovascular exercise).
- Provide you with a hassle-free workout that can be completed almost anywhere.

If you are interested in attending one of the 10 minute sessions, please meet at the front desk of the specified gym:



Kimberlee Kabbes  
ACSM, CPT  
Graduate Assistant

- Alumni Gym: Weds., March 5, 12:30 p.m.; or Mon. March 17, 11:15 a.m.
- Seaton Gym: Fri., March 7, 2:15 p.m.; or Thurs. March 20, 4:30 p.m.

## 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.

### March 26, WOW (Health Screening)

WOW is a free mobile health screening provided by the UK Health & Wellness Program. The next WOW is **March 26, from 8:00 a.m. to noon**, at Blazer Parkway. Register at [www.uky.edu/HR/wellness/healthscreening.html](http://www.uky.edu/HR/wellness/healthscreening.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 **April 15, from 11 a.m. to 3 p.m.**, at the Seaton Center. To make an appointment, call (859) 257-9355.

### Lunch & Learn

Attend our three FREE Focus on YOU: Lunch & Learn Sessions this spring. The first session, "Focus on Stress Relief: The Importance of Good Humor and Good Sleep," is March 19, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register at [www.uky.edu/HR/wellness/lunchandlearn.html](http://www.uky.edu/HR/wellness/lunchandlearn.html).

### March is National Nutrition Month

Celebrate by playing our Nutrition Bingo Game for your chance to win prizes! To print a bingo card, visit [www.uky.edu/HR/wellness/nnm.htm](http://www.uky.edu/HR/wellness/nnm.htm).

**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)**

### Capoeira Specialty Class

What is Capoeira? A Brazilian dance form incorporating self-defense maneuvers. It's a great total body workout.

UK Health & Wellness is offering a six-week session, Wednesday nights, at 6:00 p.m., from March 19-April 23, at 132 Seaton Center.

The cost is \$30 per person. All UK employees, retirees, and spouses/sponsored dependents are eligible to participate. You do NOT have to be a Body Shop member to participate. To register, visit [www.uky.edu/HR/wellness/capoeira.html](http://www.uky.edu/HR/wellness/capoeira.html).



**Body Shop Spring Break Hours**  
 Alumni hours will remain the same.  
 Seaton will have extended lunch hours from 11:30-1:30 p.m., March 10-15, in addition to 4 - 7 p.m.