

May 2008

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Ask the Expert: Women and weight training



Q: I've heard conflicting arguments about women and strength training. The first is that women should lift "like men." In other words, go heavy or go home. The other is that women should lift light weights but do high reps. Is one type of routine better than the other?

A: Strength training is a hot topic right now. Women are especially at risk for osteoporosis, and weight bearing exercise is the way to combat the disease. Women who are at high risk for osteoporosis (those who have a genetic predisposition) should train at higher resistances and fewer reps with all major muscle groups, according to the American College of Sports Medicine.

The first aspect of strength training that must be realized is the difference between strength and endurance. Strength is the ability of a muscle to contract against a force or resistance. Endurance is the ability of a muscle to contract repeatedly over time. Put simply, strength is the ability to pick up a table one time. Endurance is the ability to lift a chair many times. Strength is measured in lbs or kg. An example is the 1RM or one rep max test. Endurance is measured with time. An example would be the curl-up test.

The ACSM has recommendations for both strength and endurance. Eight-12 reps at high intensity (high weight) is the recommendation to see gains in both strength and endurance. However, you can train specifically for one or the other. In order to make gains in one aspect, you must train that way. For example, if you are looking to make gains in strength, the recommendation is to lift heavy with low reps with long rests in between sets. If you are looking to make gains in endurance, the recommendation is to lift moderate or low with high reps with short rests in between sets. The general guideline from ACSM is: 1 set, 8-12 reps, working major muscle groups. With either goal, remember these tips:

1. Work each muscle group 2-3 days per week WITH A DAY OFF IN BETWEEN.
2. Use proper form.
3. Lift in a slow and controlled manner.
4. Remember to breathe during all portions of a lift.
5. Work with a partner for accountability and contagious energy.
6. Make it fun!

— Carrie Davidson, ACSM HFI, Wellness Coordinator

Calendar

Lunch & Learn

Our last FREE Lunch & Learn Session of the spring is **“Focus on Nutrition: What to Eat,”** **May 21**, from 12:10-12:50 p.m., at 127 Wethington Bldg. Register at www.uky.edu/HR/wellness/lunchandlearn.html.

Need help meeting your weight loss goals?

Did you know that about 80% of Weight Loss Matters participants who complete a 10-week cycle achieve their weight loss goals? New classes begin Tuesday, June 3, or Thursday, June 5. **The registration deadline is May 30, and class size is limited.** For more information or to print a registration form, visit www.uky.edu/HR/wellness/weightlossmatters.html.

Farmer’s Market Tuesdays Coming in June!

We’re going to the Farmers Market during lunch each **Tuesday** in June, July, and August, and we want you to come along. The bus ride is FREE, and you can’t beat the market for the freshest fruits and veggies in town. For more information, visit www.uky.edu/HR/wellness/farmersmarket.html.

Better Health: To Go

The **2008 UK Health & Wellness Conference is Friday, May 16**, from 8 a.m. to 4:30 p.m., at the UK Student Center.

What’s on the menu? A day full of practical information on how to: sleep well, decrease stress, build stronger relationships, make exercise and weight loss work for you, and stay motivated for better health.

The keynote speaker is Dr. James W. Holsinger, Jr., who will present “To Be or Not to Be – Healthy That Is.” He will discuss obesity, lack of physical activity, and stress from a prevention standpoint. For the rest of the day, you can choose from topics such as “Family Mealtime: Mission Possible,” “Exercise 101: Getting Started and Staying Fit,” “Sleep Is Not Optional,” and “Less Stress Living.”

Admission is FREE for UK employees, retirees, spouses and sponsored dependents. Space is limited. So, what are you waiting for? Register today! To view the full schedule and register, visit the conference Web site at www.uky.edu/HR/wellness/conference.html.

Please note: Body Shop Fitness will be closed May 3 for Derby/graduation. Seaton will be closed Friday night, May 23. However, Alumni will be open from 4-7 as usual May 23. Both facilities will be closed May 24-26 in observance of Memorial Day.



Body Shop Summer Hours

May 5 through August 23

- Alumni hours will remain the same.
- Seaton will have extended lunch hours from 11:30-1:30 p.m..

Summer is almost here! Are you ready? Get in shape with Body Shop Fitness.

Let Body Shop Fitness help you get in shape this summer. Why join the Body Shop? Reasonable rates, two convenient facilities, and fun group fitness options. Go to Body Bootcamp. Experience the dance fitness trend for yourself with Zumba. Relax with a yoga class. The Body Shop offers this and much more.

Check out the summer schedule at:

www.uky.edu/HR/wellness/bodyshop.html.