

May 2009

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Your 1-2-3 beach ready workout



Are you dreading getting back into your bathing suit after hiding in chunky sweaters and baggy pants all winter? Get your body ready for swimwear with this 1-2-3 workout.

1. Cardio: If you are looking to drop a few pounds, then cardiovascular exercise is the most efficient for expending the greatest amount of calories in the smallest amount of time. Aim for at least 30 minutes of daily walking, biking, swimming, or any other cardio exercise you enjoy. Take the dog for a walk, jog a 5K for charity, or ride your bike to work. Just remember to keep your caloric intake the same or lower to lose weight. Once a day!

2. Resistance Training: Lifting weights helps tone your muscles for a long, lean look. Try using a moderate to high intensity weight with 2 sets of 8 (then you should feel fatigue in those muscles). Remember to target the major muscle groups: biceps, triceps, chest, shoulders, back, quads, hamstrings, glutes, abs and hips. Ask any of our Body Shop staff for ideas or exercises to target these areas. Twice a week!

3. Flexibility: Increasing your range of motion allows you to stay active for all that fun in the sun. Stretching can be done anywhere! Make sure to warm-up the muscles first with a brisk walk or taking the stairs a few times. Then stretch each major muscle group listed in step 2. The key to stretching is to not go to the point of pain, but to the point at which you feel a good stretch in the muscle. Hold each stretch for 30 seconds. Three times a week!

Find the workout that's right for you! Ask a Body Shop staff member for an "Exercise Prescription" or check out the workouts on our Web site at www.uky.edu/HR/wellness/workouts.html



Sweaters to Swimwear Fitness Challenge Stats

Congratulations to the winners of the Sweaters to Swimwear Fitness Challenge. 104 members signed up for the challenge — 22 completed 5 visits and 60 completed 10 visits to the Body Shop and/or Group Fitness classes during April! Good job!



Congratulations to Rob Sinnott, Josh “JT” Taylor, Chance Cianciola, and Kimberlee Kabbes for completing their graduate work. You will be missed by UK Health & Wellness and the Body Shop. We wish you the best of luck!

Group Fitness Class Reminders

- Meditative Yoga begins May 12.
- Yoga A moving to Seaton 207 Mon., May 11.
- Basic Yoga moving to Barker Hall Tues., May 12.



Body Shop Closings and Summer Hours

- Both gyms closed
- May 9 (UK graduation)
 - May 23-25 (Memorial Day)

Seaton Body Shop will be open additional lunch-time hours from 11:30-1:30 beginning Monday, May 11.