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WELLNESS CENTER NEWSLETTER

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WINTER 2013

WELLNESS CENTER NEWS

Welcome Back Everyone! I hope you and your family had a wonderful and safe holiday season. The Wellness Center is here to help you get back in to a routine that will give you more energy, boost your mood and keep you going until Spring arrives.

Furthermore, the Wellness Center continues to offer a variety of classes for everyone. Additionally, the New Year is a great time to move out of your normal workout routine and try a new fitness class. Changing up your workout will shock your body and help you achieve greater fitness results, faster. I think you will be surprised just how much fun it is to try something new and challenging. Class schedules can be found online at www.colorado.feb.gov or at the Wellness Center.

While you were out celebrating the holidays, the Wellness Center experienced more updates. The showers and locker room floors were resurfaced with the very best polysparatic (epoxy) that looks great

and will last many years. Your membership dues funded the resurfacing project, and we thank you for your patience during the closures to the Wellness Center during the updating process.

A special thank you goes out to the Colorado Federal Executive Board for sponsoring the Wellness Center and allowing the Wellness Center to thrive. And to GSA for teaming up with the Wellness Center to help fund the carpet projects in the weight room and men's locker room.

The Wellness Center is better than ever. Lets make 2013 the best year yet.

Now on to exercise...



WELLNESS CENTER EXTRAS!

- *Loaner towels are available at the front desk if you forget yours*
- *The lost & found is located in the bottom drawer in the common area*
- *Sunscreen, lotion, & hair ties are provided at the front desk.*
- *Basketballs and a soccer ball can be found in the cabinet in the common area.*



TIPS TO STAY MOTIVATED TO EXERCISE

➡ Determine an attainable goal such as exercising twice on weekdays and once on the weekends. Creating realistic goals will keep you from burning out.

➡ Create rewards for achieving your goal. The reward can be a mas-

sage, a new workout outfit, or a new CD.

➡ Partner with a friend, co-worker or loved one. Choose someone that will support you.

➡ Subscribe to a fitness magazine or online fitness newsletter. New tips and exer-

cises can be inspirational and alleviate boredom.

➡ Change in to your workout clothes. Sometimes it's just a matter of getting dressed that causes the biggest barrier.

➡ Try a new fitness class. Adding variety to your

Workouts increases your likelihood of exercising

➡ Make a commitment to your dog and go for a long walk at least twice each week.

Source: active.com

EXERCISE GUIDELINES FROM HEALTH AND HUMAN SERVICES

Exercise guidelines for maintaining health and fitness are easy to follow. The guidelines call for 150 minutes every week of physical activity, and 2 days each week of full body strength training.

The great part of the guidelines are that you can break up the 150 minutes however you like. For example, you can perform 10 minutes of physical activity in the morning, 10 minutes in the afternoon and 10 minutes in the

evening, totaling up to 150 minutes for the week. You can also perform five, 30 minute sessions 5 days every week, if you prefer. Examples of physical activity are: Going for a brisk walk, shoveling snow, skiing; any moderately paced activity that increases your heart rate. Doing the dishes or vacuuming does not count as moderate physical activity. As your fitness level increases, you can cut the 150 minutes

in half to 75 minutes each week, however you must workout at a more vigorous pace. Examples of more vigorous activities would include jogging, walking an incline, or taking a high intensity aerobics class.

In addition to the physical activity guidelines, two days of full body strength training are also recommended. Working all of the major muscles in the body, including the legs, arms, chest,

Back, and core (abdominals and lower back) to achieve full body strength.

For more information on exercises guidelines to meet the requirements of special needs populations, you can find more details and suggestions, and forms for tracking daily activity at:

www.health.gov/PAGuidelines/default.aspx

BURN CALORIES WHILE LOWERING THE IMPACT ON YOUR KNEES

Your goal: Fat Loss

Carrying extra pounds makes running harder and increases your risk of overuse injuries, particularly to the knees. But a study in Medicine & Science in Sports & Exercise found that walking (not running) an uphill grade of just 3 degrees reduces leg shock by 24 percent. That's why this workout from Men's Health intensifies by incline, not speed. "It not only eases the stress on your knees, but also increases the involvement of your hips and hamstrings, which quickly elevates heart rate and calorie burn."

Warm up, then increase the belt speed to 4 mph for 3 minutes. That's enough for a fast walk. (Most people don't need to break in to a run on a flat surface until at least 4.5

mph.) Maintain that speed for the duration of the workout and simply adjust the incline according to the chart below. You will notice that the session grows more difficult as you progress, so be prepared to push harder as you go.

If its too hard, lower the grade to 0 percent for each 2-minute segment, while keeping the 1-minute intervals as shown in the chart.

If the workout is too easy, set your speed to 4.5 mph for the duration, or simply continue the wavelike progression as long as possible. (So your next step would be a 10 percent grade for 1 minute, followed by an 8 percent grade for 2 minutes.)

Interval Chart

Time	Grade
1 min	2%
2min	0%
1min	4%
2 min	2%
1 min	6%
2 min	4%
1 min	8%
2 min	6%

“WALKING AN UPHILL GRADE OF JUST 3 DEGREES REDUCES LEG SHOCK BY 24 PERCENT”

