

10th Avenue Athletic Club Health Links

Health Links
Corporate Club Management
 ccmwellness.com

Jan/Feb 2010

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A Walk a Day

The popularity of walking as a fitness activity is growing by leaps and bounds. Low risk and easy to start, walking has proved its health benefits in numerous studies. A classic eight-year study of 13,000 people conducted at the Institute for Aerobics Research under the direction of Dr. Steven Blair found that those who walked the equivalent of 30 minutes a day had a significantly lower risk of premature death than those who rarely exercised.

A regular walking program can help:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories and keep weight down

Get Ready

A walking program is simple to start. All you need are comfortable clothes and shoes. It is a good idea to layer loose clothing, keeping in mind that exercise elevates the body's temperature. Shoes specifically designed for walking are your best option.

Every workout should begin with a brief warm-up and a few simple stretches. Walk around the house or in place for a few minutes to get the blood flowing to the muscles before you attempt to stretch them. Although walking primarily works the major muscles of the legs, don't forget to stretch your back, shoulders and arms. This will help to loosen up any tension you may be carrying and make your walk more enjoyable, as well as more effective.

Get Moving

Beginning walkers can make their workouts less strenuous by limiting how fast and far they walk. Keep the following in mind:

- Walk short distances—Begin with a five-minute stroll and gradually increase your distance.
- Forget about speed—Walk at a comfortable pace. Focus on good posture, keeping your head lifted and shoulders relaxed.
- Swing your arms naturally—Breathe deeply. If you can't catch your breath, slow down or avoid hills.
- Be sure that you can talk while walking—If you can't converse, you are walking too fast.

Get Fit!

Walking is one fitness activity that allows you numerous options. Once you have reached a point where you can walk a few miles with relative ease, you can start to vary the intensity.

January is:

**Thyroid Awareness
Month**

**Glaucoma Awareness
Month**

February is:

Heart Month

Staff Hours

Mon-Fri 6 am-9 pm

Sat 7 am-6 pm

Sun 10 am-6 pm

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Interval Training

Lack of time is the number one reason people give for not exercising. And lack of results once they do start exercising isn't far behind. Interval training is a great solution for both of these common problems.

Interval training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity.

The Swedes came up with a term for this type of training: Fartlek, which means speed play. Not only is it an efficient training method, Fartlek training can help you avoid injuries that often accompany non-stop, repetitive activity, and provides the opportunity to increase your intensity without burning yourself out in a matter of minutes.

Unlike traditional interval training, Fartlek training does not involve specifically or accurately measured intervals. Instead, intervals are based on the needs and perceptions of the participant. In other words, how you feel determines the length and speed of each interval.

Advantages of Intervals

Interval training utilizes the body's two energy-producing systems: the aerobic and the anaerobic. The aerobic system is the one that allows you to walk or run for several miles and uses oxygen to convert carbohydrates from various sources throughout the body into energy.

The anaerobic system, on the other hand, draws energy from carbohydrates stored in the muscles (in the form of glycogen) for short bursts of activity such as sprinting, jumping or lifting heavy objects. This system does not require oxygen, nor does it provide enough energy for more than the briefest of activities. And its by-product, lactic acid, is responsible for that achy, burning sensation in your muscles that you feel after running up several flights of stairs, for example.

Interval Basics

Interval training allows you to enjoy the benefits of anaerobic activities without having to endure those burning muscles. In its most basic form, interval or Fartlek training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout.

The intensity (or lack thereof) of each interval is up to how you feel and what you are trying to achieve. The same is true for the length of each interval. For example, if it is your habit to walk two miles per day in 30 minutes, you can easily increase the intensity of your walk (as well as up its calorie-burning potential) by picking up the pace every few minutes and then returning to your usual speed.

A great trick is to tell yourself that you'll run a particular distance, from the blue car to the green house on the corner, for example, and then walk from the green house to the next telephone pole.

When you first start Fartlek training, each interval can be a negotiation with yourself depending on how strong or energetic you happen to feel during that particular workout. This helps to break up the boredom and drudgery that often comes from doing the same thing day after day.

Group Exercise Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30 AM		Yoga Nicole 3		Yoga Nicole 3		
9:00 AM	FUNDamental Fitness Lori 2		FUNDamental Fit- ness Lori 2		Silver&Fit ® Excel (Level 3) Lori	Yoga Carolyn 2
10:00 AM		Silver Sneakers® Yoga Stretch Lori (45 min) 1	<u>BREASE</u> Holly (45 min)	Silver Sneakers® Yoga Stretch Lori (45 min) 1		<u>Callanetics</u> Carolyn 2
10:15 AM (45 minutes)	Silver&Fit ® Experience (Level 2) Dalene					
10:45 AM (75 min)		Chi Gong/Tai Chi Steve 1		Chi Gong/Tai Chi Steve 1		
11:15 AM (45 minutes)	Silver Sneakers® MSROM Dalene 1		Silver Sneakers® MSROM Lori 1		Silver Sneakers® MSROM Dalene 1	
11:30 AM (40 minutes)	Circuit Training Rich 1		Circuit Training Rich 1		Circuit Training Rich 1	
12:15 PM	Quick F.I.T. Dalene 3 (45 min)	Core Circuit Andree 2 (45 min)	Boot Camp Lori 3 (60 min)	Core Training Andree 2 (45 min)	Quick F.I.T. Dalene 3 (45 min)	
1:15 PM	Portland Parks & Recreation Yoga				Portland Parks & Recreation Yoga	
5:15 PM		Cardio Jam Andree 2		Nia Lloydine 2		
5:45 PM	Yoga Judy 1		Yoga Judy 1			
6:00 PM						
7:00 PM	Callanetics 2 Carolyn		Pilates 2 Andrea			



Recipe of the Month- Garlic Shrimp with Asparagus

Ingredients

- 2 tablespoons [olive oil](#)
- 2 1/2 cups sliced [asparagus](#)
- 4 cloves [garlic](#), minced
- salt and pepper
- 1 pinch [crushed red pepper flakes](#)
- 1 1/2 lbs [shrimp](#), peeled and deveined
- 1 cup [dry white wine](#)
- 2 tablespoons [lemon juice](#)



Directions

Heat oil in saute pan, add asparagus, garlic, and spices, cook for 5 minutes add shrimp, cook until shrimp turns pink.

Stir in wine and lemon juice and bring to a boil, remove from heat and serve.

10th Avenue Athletic Club

Staff

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Stewart Carter
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Club Hours
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Sun 10am-6pm

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Exercise of the month!

Overhead Cable Curl (Hercules)

To get nice toned arms it is important to work the bicep muscles at different angles performing various exercises. Most people love to train biceps; to show off those arms training them and the associated muscles is a must. This exercise targets the biceps by using a cable machine.

- Attach a handle (stirrup) attachment to two overhead cable pulleys.
- Stand between the pulleys with feet hip width, knees slightly bent or in a split stance position (one foot forward, the other behind).
- Grasp the handles with an underhand grip keeping wrists straight.
- Hold your arms straight out to your sides so your body is forming a "T" and put your hands at about the same height as the middle of your head.
- With your upper arm and elbows staying stationary, curl your hands toward your shoulders (as if you are aiming for your ears).
- Your elbows should not move up or down, and they should not go forward.
- Squeeze the bicep muscle for a moment while in curl position and then return to the starting position.
- Repeat. Do 3 sets of 10-15 repetitions depending on your goal.

