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311 Fitness

Health and Wellness Newsletter

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July 2011

Calendar of Events

Currently.....Schedule your free fitness profile
Currently..... New group exercise schedule is out!!
Currently..... Come out for our Anniversary celebration on July 18th.
We will be in the building lobby.

Member of the Month

Congratulations Marisa Coleman! Marisa has put in a great deal of hard work to improve her lifestyle and overall health.

How did you get started getting fit and how do you stay motivated?

I started my fitness plan in 3rd grade, and have been interested in getting fit ever since. If you work hard enough, anything is attainable. Knowing that keeps me motivated especially through the plateau times where I feel like I am not getting stronger, faster, or thinner.

What are some changes you have made to become more fit and healthy?

Counting calories and carbs became cumbersome, so I started focusing on ingredients. I try to stick with foods with whole grains and stay away from foods with lots of additives. I also added hot yoga boot camp and extra spin classes to my workout routine.

What is your fitness routine like?

My fitness routine consists of 3-10 mile daily runs, light weightlifting 2 times a week, a couple weekly spin classes, two hot yoga classes to help with strength and balance, and tons of squats and crunches!

What health and fitness goals are you currently trying to accomplish?

My current goals are to increase flexibility and balance, tone, run the half marathon in 9 minute miles, and to eat mostly pure foods.

What is the one thing that you have taken with you through your fitness journey?

Our bodies are built to perform. With strong mind, proper motivation and drive, you can attain any goal.

Exercise of the Month

Side Plank Exercise

Lie on your side with your right hand on the ground or use an exercise mat. For beginners, it is recommended to begin this exercise on your elbow.

Lift yourself up to form a plank with your right arm straight and your left arm on your side.

Target Muscles - The Core - Abdominals, Hips, Back

Instructions - Hold this position for the recommended number of reps (start with 8-12). Repeat with the other side.

Beware of Cheating! - Remember to keep your body in a straight line, tightening your abs and butt muscles. You might want to start in front of a mirror to learn the technique.



Hot-weather exercise: How to keep cool (part 1)

Outdoor exercise can be challenging when the temperature soars. Stay safe during hot-weather exercise by drinking enough fluids, wearing proper clothing and timing your workout to avoid extreme heat.

In the excitement of a pickup basketball game or the relaxation of a friendly round of golf, you might not notice the temperature rising — but your body will. If you exercise outdoors in the heat, use caution and common sense to prevent heat-related illnesses.

How hot weather affects your body - Exercising in hot weather puts extra stress on your heart and lungs. Both the exercise itself and the air temperature increase your body temperature. To dissipate heat, more blood circulates through your skin. This leaves less blood for your muscles, which increases your heart rate. If the humidity is high, your body faces added stress because sweat doesn't readily evaporate from your skin — which only pushes your body temperature higher.

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long. The result may be a heat-related illness, such as heat cramps, heat exhaustion or heatstroke.

How to avoid heat-related illnesses - To keep it cool during hot-weather exercise, keep these basic precautions in mind:

Take it slow. If you're used to exercising indoors or in cooler weather, take it easy at first. As your body adapts to the heat, gradually increase the length and intensity of your workouts. If you have a chronic medical condition or take medication, ask your doctor if you need to take additional precautions.

Drink plenty of fluids. Your body's ability to sweat and cool down depends on adequate rehydration. Drink plenty of water while you're working out — even if you don't feel thirsty. If you're planning to exercise intensely or for longer than one hour, consider sports drinks instead. These drinks can replace the sodium, chloride and potassium you lose through sweating. Avoid drinks that contain caffeine or alcohol, which actually promote fluid loss.

Hot-weather exercise: How to keep cool (part 2)

Dress appropriately. Lightweight, loose fitting clothing promotes sweat evaporation and cooling by letting more air pass over your body. Avoid dark colors, which can absorb the heat. A light-colored hat can limit your exposure to the sun.

Avoid midday sun. Exercise in the morning or evening — when it's likely to be cooler outdoors — rather than the middle of the day. If possible, exercise in the shade or in a pool.

Wear sunscreen. A sunburn decreases your body's ability to cool itself.

Have a backup plan. If you're concerned about the heat or humidity, stay indoors. Work out at the gym, walk laps inside the mall or climb stairs inside an air-conditioned building.

Know when to call it quits - During hot-weather exercise, be on the lookout for heat-related illness. Signs and symptoms may include:

- ☛ Weakness
- ☛ Headache
- ☛ Dizziness
- ☛ Muscle cramps
- ☛ Nausea or vomiting
- ☛ Rapid heartbeat

If you suspect a heat-related illness, stop exercising and get out of the heat. Drink water, and wet and fan your skin. If you don't feel better within 60 minutes, contact your doctor. If you develop a fever higher than 102 F (38.9 C) or become faint or confused, seek immediate medical help.

Regular physical activity is important — but don't let hot-weather workouts put your health at risk.

Information provide by The Mayo Clinic Staff

311 Fitness Center Updates

Small Group training Buy 6, get 3 free

6th Year Anniversary celebration, July 18. Please stop by our table in the lobby for special promotions and free giveaways.

Join us for morning bootcamp on Tuesdays outside in the park.

Fridays at 12pm try our GRID core class featuring programming from Trigger Point therapies. www.tpttherapy.com

Chicago Local Events/Races! Sign Up Today!

Chicago GORUCK Challenge. 15 mile race. www.goruckchallenge.com July 9th.

Chicago Metro Dash. Obstacle race designed from Navy Seals training. July 16th. www.metrodash.com

Please take couple of minutes and give us your feedback:

www.advocatehealth.com/wellnessfeedback

Complete this survey and be entered into a quarterly prize drawing for a \$75 Gift Card.

Group Exercise Schedule

Classes are subject to change

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Spin 3 7:15-8:15a	Morning Bootcamp 7:15-8:00a	Stretch Run 7:15-8:00a	Spin 2 7:15-8:00a	
	AbSolutions 11:40a-11:55a	Spin 1 11:45a-12:15p	AbSolutions 11:40-11:55a	Kickboxing 11:45a-12:15p	
Lunch	Muscle Up 12:00-12:30p	PIYO 12:35-1:20p	Cardio Mix 12:00-12:30p	Spin 2 12:35-1:20p	GRID Core 12:00-12:20p
	Spin 2 1:15-2:00p				
After Work	300 5:15-5:45p	Spin 2 5:15 – 6:00p	300 5:15-5:45p	PIYO 5:15-6:00p	