

# APRIL

## NEWSLETTER

### Don't Forget!

Sign up for your Fitness for Life Testing. Email one of the Graduate Assistants - you can find their emails at the end of this Newsletter. **The last date for testing until the Fall semester will be April 29<sup>th</sup>.**

[Click here](#) for the medical form

### Need a Quick Workout?

Short on time, but want to get in a quick whole-body workout at your desk? Try this great 15-minute routine from Gundersen Health System that starts with a 3-minute warm-up followed by 2 rounds of an exercise circuit including: jumping jacks, lunges, squats, pushups, and planks. Complete the workout with a 2-minute cool down. Modify or shorten the workout to meet your skill level. You can find the workout at [this website](#). Stay strong!



### Tips for Injury Prevention

As the weather gets nicer, there is more motivation to get outside and get moving! As you move your training from inside to outside, or if you increase your activity to shed a few winter pounds, the risk for injury can increase. Staying injury-free is a major component to maintaining a regular exercise program. Here are a few tips to prevent injury:

- **Warm up:** This prepares your joints and cardiovascular system for harder exercise
- **Train smart:** Regardless of what you could do 10 or 20 years ago, start slow and listen to your body
- **Resistance train:** Add in a whole-body resistance training session once or twice a week
- **Do a variety of activities:** Several different forms of exercise promotes a more balanced physique
- **Rest and recover:** After exercise, rest and recovery allow your body to adapt so you come back stronger for your next workout

For more details and great tips, check out [this website](#) from Active.com

## Miss a Day, Lose a Day

Scientific studies show that when more than two days go by without the heart getting exercise, it begins to lose conditioning. This means that if you exercise on Monday, you will begin to lose the effect of your previous workout by Friday. So, at least three exercise sessions spaced out through the week are needed to get your heart fit and to keep it that way.

## We want to hear from you!

If there are any specific topics that you'd like to see in the monthly newsletter, please let Dr. Emily Kullman know!

[e.kullman@csuohio.edu](mailto:e.kullman@csuohio.edu)

## Hiking in Cleveland

Spring has sprung, and the Cleveland Metroparks has a wide variety of hiking opportunities, many of which are guided by naturalists to help you identify the local fauna and flora. For more information, check out the events calendar for the Cleveland Metroparks [here](#).

## Eating to Maximize Exercise Recovery

You put in the hard work during your workout, but how do you maximize your recovery? Nutrition plays a very important role in replenishing what your body used during exercise, as well as preparing you for your next workout. Here are some key points to maximize exercise recovery:

- Eat within 1 hour (or less) following exercise
- Ensure adequate hydration, especially if you were sweating heavily
- If you exercised at high intensity, or lifted heavy weights, be sure to eat simple carbohydrates to replenish what was burned off
- Eat some protein. Regardless of the type of exercise, protein is needed to maximize recovery from a workout

Believe it or not, one of the best recovery foods after exercise is simply a glass of chocolate milk! It is rich in both protein and carbohydrates. For more information about fueling for exercise, check out [this article](#) from the American College of Sports Medicine.



**If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workouts area, please contact one of the lab GA's/student workers at:**

- Mary Kiley: [m.j.kiley@vikes.csuohio.edu](mailto:m.j.kiley@vikes.csuohio.edu)
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**Please send exercise cards to Dr. Kullman ([e.kullman@csuohio.edu](mailto:e.kullman@csuohio.edu)) every month!  
Find the exercise cards [HERE](#).**