

MAY

NEWSLETTER

Don't Forget!

Be sure to submit your exercise cards. In order to receive 25 VikeHealth points for Fitness for Life, we need those exercise cards! If you have any questions about how to fill them out, feel free to contact Dr. Emily Kullman.

How to Stay Hydrated

1. If exercising for an hour or less, take a drink of water every 15 minutes or so during exercise. If you're thirsty, drink.
2. If exercising for more than an hour, drink a fluid with carbohydrates as well as electrolytes, such as Gatorade.
3. Weigh yourself before and after exercise, and drink 1.5 times the amount of weight you lost.
4. Check your urine. If it is light-colored, you are well hydrated. However, if it is dark yellow, you should drink more fluids.

[Click here](#) for the ACSM's guidelines for hydration.



Summertime Exercise

Ahhhhh...warmer weather has finally arrived, and you have plans to get out and get some physical activity this summer! If you've been in the Cleveland area for a while, you know that we can get some pretty hot and humid days. Here are some tips to make the most of your summertime outdoor exercise:

- **Timing:** Exercise early in the day to avoid high temperatures and a lot of direct sunlight.
- **Clothing:** Wear loose, light-colored, moisture-wicking clothing to help keep you cool.
- **Hydrate:** If you notice that you're sweating, it's important to hydrate during and after exercise. See the sidebar for more hydration tips.
- **Protect your skin:** A little sunlight is good for boosting Vitamin D, but if you're going to be outside for prolonged periods (>15-30 min.) wear sunscreen, even on cloudy days.
- **Listen to your body:** Getting used to exercising in the heat takes time. If you notice that your exercise feels harder than normal, or you're short of breath, take it easy.

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

Looking for Motivation?

Looking for motivation or expanding your health knowledge base this summer? There are many excellent podcasts available to help you with both diet and exercise. Check out the [Nutrition Diva](#) podcast for a plethora of tips related to eating and try the [Get Fit Guy](#) podcast to learn more about exercise. Already listen to podcasts? What are some of your favorites for health and fitness?

Try Geocaching!

Geocaching is a great way to explore the outdoors while searching for hidden "treasure". All you need is a smartphone with the free geocache app and a sense of adventure (and maybe some bug-spray). It's fun on your own or with friends or family! Learn more about geocaching [here](#).

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!

Recap on Restarting Fitness for Life

We are so glad to have been able to restart Fitness for Life this Spring semester! I wanted to give you a quick rundown of the current state of the program:

- We currently have 19 members in Fitness for Life, several who are returning members, as well as many new members.
- Average monthly mileage reported was 50 miles, with Lou Dregely averaging over 75 miles per month. Great job, Lou!
- The average monthly number of sets of resistance exercise reported was 55 sets, with Elliott Ingersoll averaging 65 sets per month. Great job, Elliott!

As we look ahead to the Fall, we hope to see the program continue to grow. If you like the program, tell your coworkers! If you don't like the program, tell me how I can make it better! I will be around all summer, so if you have any questions or want to talk about your health and fitness, please feel free to drop me a line. This Fall we welcome both new and returning members for a full retest. I hope you all have a fun and healthy summer! - *Emily*



Fitness for Life testing has concluded for the semester but will resume in the Fall. We are happy to be welcoming back several of our GA's in the Fall. See below for their contact information. We hope you have a wonderful , healthy Summer!

- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Sean Schieferstein: s.schieferstein15@vikes.csuohio.edu
- Zachary Vaughn: z.vaughn@vikes.csuohio.edu

**Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!
Find the exercise cards [HERE](#).**