



FITTING IN FITNESS

Metabolism: We have all heard the term, but what exactly does it mean? It is most commonly referred to as the rate at which our bodies burn calories. Genetics, gender, weight and diet affect an individual's metabolic rate.

- 🎯 Think Calories IN (carbs, fats, proteins-total caloric intake) vs. Calories OUT (exercise, lifestyle-your metabolic rate).
- 🏋️ Muscle burns up to 90 percent more calories than fat, so your metabolism stays revved up longer. Strength Train!
- 🚴 Cardio burns a high number of calories during the exercise and shortly after.
- 👉 Couple both aerobic exercise and strength training to be the most effective at maximizing your metabolism!

Cardiovascular Exercise: Cardiovascular exercise includes physical activities that use large muscle groups for a sustained period of time and increases your heart rate (brisk walking, jogging, biking, swimming, dancing, etc)

- 🏃 Cardio exercise causes you to breathe faster and more deeply, increasing the oxygen in your bloodstream.
- 🚴 Performed regularly, it strengthens the heart muscle, lowers the resting heart rate, and increases lung capacity.
- 🏃 Recent recommendations: exercise a minimum of 30 minutes at moderate intensity on most days of the week.

Strength Training: It's an important component of a balanced fitness program.

- 🏋️ Muscle tissue is partly responsible for the number of calories burned at rest (the basal metabolic rate or BMR).
- 🏋️ As muscle mass increases, BMR increases, making it easier to maintain a healthy body weight.
- 🏋️ Strength-training programs increase strength of bones, muscles and connective tissue and decrease risk of injury.

Flexibility: Aerobic and strength training activities contract and flex muscles. For balance, it's important to stretch muscles, too. Stretching is a fundamental way to improve your overall health and fitness.

- ★ Circulation, range of motion, and posture can improve; Joint stiffness and muscle tension will decrease
- ★ A complete stretching routine can take only 10 minutes. Ideally, stretch whenever you exercise, at least 3x a week.
- ★ Stretch **after** a workout. You are also less likely to injure a muscle that is warm and supple.

Sleep: The proper amount of sleep is key for your body to be effective at maintaining energy and a healthy weight.

- 👁 Wake up and go to bed at the same time every day (including weekends).
- 👁 Avoid food, alcohol, caffeine, and tobacco intake in the hours before sleep.
- 👁 Create a sleep environment—use your bed for sleep and intimacy only, remove computers and televisions.

Fit it In! Hectic schedules stretch you between work, home and the community. Fit in Fitness to be better in all your roles!

- 🕒 Schedule exercise, just like meetings and appointments. Keep your commitment to yourself.
- 🕒 Get up 30 minutes early! Start your day with a workout or even take the dog for an extra long walk.
- 🕒 Do a playground workout. Don't just watch your kids play—get involved—climb monkey bars, chase a ball, or walk.
- 🕒 Fit exercise into your lunch hour. Instead of just sitting through lunch, grab a co-worker and eat and stroll.

To enter a drawing for gift cards of up to \$500, please complete and return to your Agency Coordinator by March 22nd, 2010

For more information, please visit the CommonHealth website at: www.commonhealth.virginia.gov



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