



SEPTEMBER NEWSLETTER

10 Ways to Put More "Work" in Your Workout

1. Exercise for a longer period. To a given point, the longer you work out, the greater the exercise-related rewards you'll achieve.

2. Lift more. Use progressive overload. To properly develop your level of muscular fitness, you must place a demand on your muscles beyond the load that they normally can handle.

3. Exercise at a higher rate of speed. The faster you move your body, the more you'll perform within a given amount of time.

4. Increase the distance you cover when you exercise. The greater the distance you move when you're exercising, the more work you'll do (work = force x distance).

5. Change your grip. To the degree that your grip increases the range of

or enhances the level of isolation of the specific muscles or group of muscles being exercised, changing how and where you hold the bar (or lever) can increase the amount of work you're doing.

6. Change the position of your feet. Modifying the placement of your feet when you exercise can alter the degree of involvement of the muscles responsible for the exercise movement. This exercise modification can help increase the training stimulus for the involved muscles.

7. Vary your exercise modalities. You should occasionally incorporate more physically demanding activities or modalities into your exercise-training regimen.

8. Vary the elevation at which you exercise. One of the most challenging ways

that you can increase how hard you work when you're exercising is to increase the vertical incline at which you are moving your body. exercising on a treadmill that has an elevation feature.

9. Do negative-only or negative-accentuated training. Because you can generally lower more weight than you can lift, primarily because of the effects of gravity, one of the most effective ways to increase the amount of work you do while strength training is to perform negative-only training (i.e., do only the negative phase of the exercise).

10. Avoid off loading your body's weight while exercising on a machine. Far too many people lean on an exercise machine while working out. This can dramatically decrease the amount of work you're actually doing.

Peterson, James. *ACSM's Health & Fitness Journal* 13.5 Sep 2009

September Member of the Month!

Martin McKellar

Congratulations!!!
From your Living Well staff

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Hours of Operation

Mon.-Fri.: 5:30am-8:00pm
Sat.-Sun.: 10:00am-3:00pm

CLOSED

Sept.5th

Sept.6th

Sept.12th

Sept.19th

EXERCISE EQUIPMENT: Assessing the Advertised Claims

Infomercials and other forms of advertisement continue to make bold claims for exercise equipment. "Burns twice as many calories as a treadmill!" "Lose 4 inches from your waist in two weeks!" "Get a complete workout in just 4 minutes a day!" In most cases, the equipment can be effectively used to train clients, although the claims may be exaggerated. How do exercise professionals decipher the claims and optimize their clients' success?

Begin by remembering the following rules:

- If the claim seems incredible, it probably is not credible.
- Rely on one's knowledge of exercise physiology, not claims made by manufacturers, to explain to clients the benefits of exercise.
- Consult the scientific literature to determine if a given piece of equipment has been rigorously evaluated.

When reputable scientific literature is not available, use one's personal expertise and body awareness to assess the equipment's muscle recruitment and energy requirements.

Use reputable national recommendations, as the bases for designing exercise

Swain, David. *ACSM Health & Fitness Journal* 13.5 Sep 2009 8-11.

ORANGE & BLUE 5k/10k CHALLENGE
SATURDAY 10/03/2009 7:30a.m.
 Register online or at front desk.

GROUP FITNESS SCHEDULE

Time	Room	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am			Bootcamp		Bootcamp	
7:00am	Stadium	Stadium Stompers				Stadium Stompers
12:00pm	LW		Spin Class		Spin Class	
12:00pm	LW				5k 10k Training	
5:30pm	FLG 225/ LW	Yoga		Spin Class	Yoga	