

Results for Life

Monthly tips and topics for a healthier lifestyle



Fitting Fitness into a Busy Schedule



How do you feel right after you take a walk, go for a run, ride a bike or swim a few laps in the pool? Most people feel great. Who doesn't want to feel that way more often? It sounds nice in theory, but finding the time to actually make exercise happen in our busy lives is a challenge. By applying the suggestions below, you will be well on your way to making exercise a consistent part of your life and achieving that relaxed, fit and happy feeling all the time.

Long Lasting Benefits

Exercise not only makes you feel good, it also offers benefits to get excited about:

- Natural stress reducer – increases “feel good” hormones, burns off stress hormones
- Healthier insides – stronger heart and lungs, better cholesterol, cleaner blood vessels
- More fit body – decreased body fat and increased muscular definition
- Stronger, better, faster – increased energy levels, increased

Fit Tip of the Month

A Balanced Exercise Program



Alternating walking, weight lifting and yoga is a wonderful and balanced exercise plan because it incorporates three different types of exercise that our bodies need regularly. All three types - aerobic/cardio (walking, jogging, cycling, swimming, tennis, basketball) boosts the strength of your heart and lungs. Strength or resistance training (weight lifting, resistance band exercises, etc.) helps to keep your muscles and bones strong, and helps with balance and coordination. Flexibility exercises (yoga, stretching, tai chi) can improve your range of motion and reduce your risk for injury. Incorporating these three types of exercise into your fitness program ensures a well-rounded and effective method of addressing all your fitness goals.

Suzanne Toon MS
Exercise Physiologist

concentration levels, better balance and coordination, faster reaction times

How Much Do I Need?

The American College of Sports Medicine says to achieve good health our bodies require 30 minutes of moderate activity at least 3-5 times/week. The same benefits can be achieved by breaking it up into 10 minute intervals if that works better for your schedule. The American College of Sports Medicine further recommends strength training be performed 2-3 days/week for the added benefits of stronger muscles and bones, improved balance and coordination and to fire up the metabolically active tissue to aid in weight efforts (to name a few).

Practical Strategies to Make it Happen!

- *Make a weekly schedule* – on Sundays, look at your upcoming week and schedule your exercise just like you would schedule important meetings.
- *Get up and go* – studies show greater exercise consistency when performed first thing in the morning. We are less drained and have fewer competing priorities for our time. Morning exercise also wakes you up more than a cup of coffee!
- *If morning's not your thing, then right after work* – bring your workout clothing with you and change at work. Walk right from the office, or go somewhere **before** going home and get your workout in.
- Sneak exercise in during the day
 - Fit it in during lunch
 - Have walking meetings, if possible
 - Get up from your desk and stretch at least 2 times/hour
 - Do squats/lunges/desk push-ups in your office or while on a long conference call
 - Always take the stairs
 - Make your commute active – walk, bike or skate to work. Get off the bus a little earlier and walk the rest. Park at the end of the lot.
 - Walk to places as often as you can (store, post



Move Into Health Benefits of Exercise

Learn the physical, physiological and psychological advantages to exercise. Attendees will learn the different types of exercise and why each is important as well as how to get motivated and design a personal fitness plan.

Date: May 23, 2012
Time: 12:00 CST-1:00 CST

[Register Now](#)

A recorded version of the webinar will be available for viewing at a later date on the IHS member website.

Recipe of the Month



Nutty Energy Bars

Food is fuel. If you want to have energy for peak performance in athletic events, or even for daily life workouts like your job or chasing a toddler, you have to fill up your tank with quality “gasoline.” Here’s a yummy alternative to commercial energy bars. These homemade bars are perfect for hiking or biking, as well as a satisfying afternoon snack. They are relatively high in fat, but it’s healthy fat from peanuts and sunflower seeds. For variety, make this recipe with cashews and cashew butter and add a variety of dried fruits (cranberries, cherries, and dates).

office, park, train station)

- Make a 10-minute walk after lunch/dinner part of your routine
- While cooking dinner, use the countertop for push-ups, squats, calf raises, tightening your abdominals
- Be active with your kids – go bike riding, shoot hoops, jump rope, go swimming
- Be active with your friends/spouse – instead of lunch or dinner, how about a yoga class, a walk outside or a bike ride?
- Use your home or work stairs and step up and down for 10 minutes: if you can do it 2-3 times/day, even better
- Muscular strength exercises – no fancy equipment required: use soup cans and lift and lower over your head, fill up milk containers with water and use as weights, use the stairs or a chair for dips, use the wall for standing squats
- When watching TV – do jumping jacks/sit ups, bust out a dance move, etc. during the commercial breaks. Just don't head for the refrigerator.



Ways to Motivate:

- Set a goal – make it specific, set a timeline, and develop your exercise plan around achieving it
- Get an exercise buddy – schedule your workouts together
- Sign up for a class – you will have a consistent day and time scheduled which will make it a priority and make you go
- If you don't feel like working out – tell yourself to get changed and exercise for just 10 minutes. If you still don't feel like it after 10 minutes, then stop. Chances are, after 10 minutes, you'll want to keep going.

Nutty Energy Bars

Makes 12-16 bars

- ½ cup salted dry-roasted peanuts
- ½ cup roasted sunflower seed kernels or other nuts
- ½ cup raisins or other dried fruit
- 2 cups uncooked oatmeal
- 2 cups toasted rice cereal, such as Rice Krispies
- ½ cup peanut butter
- ½ cup packed brown sugar
- ½ cup honey (or ¼ cup agave syrup + ¼ cup honey)
- 1 teaspoon vanilla
- Optional: ¼ cup toasted wheat germ

Mix the first six ingredients in a medium bowl. Set aside. Combine peanut butter, brown sugar, and honey in a large bowl. Microwave on high for 2 minutes. Add vanilla and stir until blended. Add dry ingredients from medium bowl. Stir until coated. Spoon mixture into an 8-inch square pan coated with non-stick spray. Press down firmly (it helps to spray fingers with nonstick spray). Let stand about 1 hour. Cut into bars.

Nutrition Information per serving:

Calories: 225 calories

Carbohydrates: 30 g

Protein: 6 g

Total Fat: 9 g

Saturated Fat: 1.5 g

Sodium: 103 mg

(2 mg sodium if unsalted nuts, peanut butter, and sunflower seeds are used in placed of salted items)

Developed by: Chef and Registered Dietitian Cheryl Bell MS RD CDE

- Get a pedometer and track your progress
- Organize a company walking competition

Any behavior change takes some adjustment and a little time. The keys to making exercise happen are to make a plan, always be “active minded,” be consistent and have fun.

Suzanne Toon MS CPT - Exercise Physiologist

Resources:

[*American College of Sports Medicine*](#)

[*Livestrong Fitness Tools*](#)

[*President's Council on Fitness Sports and Nutrition*](#)

[*Interactive Health Solutions, Inc.*](#)



www.interactivehs.com

(800) 840-6100