

Fitness Tip of the Week: Pre-workout meal

Here's a pretty simple one that gets over looked all the time. Eat before you workout! Not eating before had will limit how hard you can push during your workout and will also negatively impact your ability to recover from that workout. Try a meal with moderate amounts of carbs, a little bit of fat and a moderate amount of protein. My personal favorite is the following:

2 scoops of ISO 100 protein powder (available for purchase in the fitness room)

5 rice cakes

1 tablespoon of peanut butter

This may seem like a lot and depending on your body and goals it might be. So for a smaller person or someone trying to loose weight just scale things back a little. For someone trying to gain weight consider increasing things a bit.

For more help feel free to contact me @ 843-281-3745

Patrick Flynn

Fitness Director

NMBAFC

Aquatic and Fitness Center Sprint Triathlon Relay!

The Aquatic and Fitness Center is hosting a Sprint Triathlon Relay on Friday July 21st. Teams of three will compete to finish the sprint as quickly as possible. All 3 team members will begin their event at the same time. AFC staff will monitor and track time and the team with the fastest finish will win! Prizes will go to the top 3 teams.

Swim – 20 lengths

Bike – 12.4 miles

Run – 3.1 miles

All events will be done at the Aquatic and Fitness Center on predetermined equipment/swimming lanes. Contact Patrick Flynn for more info @ 843-281-3745 or simply stop by the fitness desk.

Liz Reighard's #1 Fitness Tip

Drink more water!

Here are 6 reasons that may convince you:

1. It boosts your mood according to a study done where participants who doubled their intake from 5 to 10 glasses of water felt more contented.

2. You may heal faster. Researchers found drinking 16 oz. of water after a cut improves microvascular circulation in your skin.
 3. It can lower your chance for a stroke. A study done at John Hopkins found that 44% of stroke victims were dehydrated.
 4. It can help your workouts by helping you from getting cramps and heat stroke.
 5. It increases your brain power. Mild dehydration can suppress blood vessels in your brain which leads to short term memory problems, poor attention, and slow reaction times.
 6. It can quiet a headache. Anytime your head starts hurting, drink 1-6 glasses of water slowly and you could be pain free in as little as 30 minutes.
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Fitness Tip of the Day: NEAT

NEAT is an acronym for Non-Exercise Activity Thermogenesis and it's basically a fancy way of measuring the impact moving around doing basic stuff during the day has on our metabolism. This means you need to get up and move more. FitBit has made a fortune motivating people to get up and walk around.

NEAT does have a big impact on our overall health, wellness, metabolism and body weight. Here's a couple tips.

- Park further away when shopping
- Take the stairs
- Schedule a 30 minute walk every day
- Take a quick walk to grab a drink of water every hour when at work
- Get outside and play with your kids
- Stand up desks are silly but some people love them!
- Cut your own grass (try doing it without the self propel feature)
- Do some extra house work

The possibilities are endless. This one comes down to be mindful again just like when eating. Be mindful of getting up and moving around. Do it long enough and it'll become a habit.

Fitness Tip of the Day: **Vitamin D**

Vitamin D is an essential vitamin that helps us live longer, get stronger, and keep our brains performing optimally. We get Vitamin D through direct exposure to sunlight but because few of us spend all day with our shirts off in the sun most of us aren't getting enough. Oregon State suggests less than 70% of Americans have optimal levels of vitamin D.

I recently had blood work done and asked my Doctor to check my vitamin D levels. Guess what? They were low.

I'm now supplementing with vitamin D as there is no way I can get enough direct sunlight, there's also all the potential issues that come with spending that much time in the sun...

Here's a run down of the benefits of getting enough vitamin D:

- Strong Bones
- Muscular Strength
- Increased Lean Body Mass
- Blood Sugar Regulation
- Cancer Prevention
- Reproductive Health
- Cardiovascular Health
- Brain Health
- Fetal Brain Development (that's right mama's!)
- Treatment of Depression and Brain Disorders. Many are thinking seasonal affective disorder is a result of lower vitamin D levels because of the lack of sunlight during the winter.
- Immune Function
- Prevention of Obesity
- Disease/Disorder Prevention. Including: Parkinson's, Rickets, Osteomalacia, COPD, autoimmune disorders, childhood anemia, infections, hypertension and metabolic diseases.

Patrick Flynn

Fitness Director

NMB Aquatic and Fitness Center

Fitness Tip of the Day: Walk!

I know this one may seem silly or overly simple but very few people do this and they're missing out. Find time every day for a 30 minute walk. Don't do this as a form of cardio but as a way to wind down after a stressful day. It'll get you moving a little more and for me it's a big time stress reliever.

If you have a significant other, kids or a dog bring them

along as well.

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Fitness Tip of the Day: Low Back Pain

In our society we sit a lot. We sit at work, we sit on the way to work, we sit and watch TV, we even sit when we exercise. This causes weak glutes, tight hips, a loss of mobility, and often time's pain in our lower back.

People find all kinds of things to blame for their lower back pain. Bending over, squatting down or picking something up just to name a few. All of these things could have triggered the issue but they aren't the root cause. What's worse is once people do experience some form of low back pain they often times refuse to try and train that area at all. This only exacerbates the problem.

The root cause is weak glutes, weak spinal erectors (the muscles that run down your spine), weak abs and poor mobility.

Here's a list of simple exercises I recommend to do on a daily basis for good lower back health.

Bird Dogs

Hip Circles

Planks

Superman's

Glute Bridge

Squat Holds

For info on how to perform these exercises come see me in the Fitness Room!

Patrick Flynn

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Fitness Tip of the Day: **Interval Training**

Interval training is a fairly simple concept. Push yourself really hard for about 30 seconds, rest and repeat. I suggest taking just enough rest to recover to the point of being able to push yourself again with 100% effort. I also suggest doing

anywhere between 4 and 10 “sprints.”

Keep in mind intervals will look different for everyone. For an untrained individual just starting out this could be intervals of fast and slow paced walking. For trained athletes this could be sprints of some kind.

Benefits Include:

Shorter cardio sessions

Improved blood pressure

Improved cholesterol profile

Improved cardiovascular health and conditioning

Fat loss

Muscle Gain

Improvements in insulin sensitivity

Looking better in your swimsuit...

For more info come see me in the Fitness Room

Patrick Flynn

Fitness Director

NMB Aquatic and Fitness Center

Fitness Tip of the Week: Stay Hydrated

Here's a neat trick to help you keep track of how much water you're drinking and it will also motivate you to drink more.

Grab a 1 liter bottle and put 4 to 6 rubber bands around it depending on how much water you're trying to drink (I use 6).

Every time you finish a bottle of water off you pull a rubber band off. Your goal is to have no rubber bands left on your bottle by the end of the day. Put them all back on and start

again in the morning!

Patrick Flynn

NMB Aquatic and Fitness Center

Fitness Director

Fitness Tip of the Day: Eat a Salad

Researchers at Penn State University found that people who ate a salad before their main course ate overall fewer calories than those that did not. Eating a HEALTHY salad helps us to feel fuller quicker and therefore we're less likely to overeat during our main course which often times is more calorically dense.

Keep in mind, if you eat a salad loaded with croutons, bacon bits, eggs, fried chicken and doused in ranch this strategy will not work! Eat a light salad before your main course (use vinegar instead of dressing) and then try your best to leave a little bit of food on your plate. This is an especially good strategy for when you're eating out and want to avoid overdoing it or eating too much of that bread they keep bringing out.