

Fitness Tip of the Day: Add some variety

One thing I see every day are people coming to the AFC to workout, doing the exact same thing, in the same order, day after day.

This might work great for a week or even a month but after a while, your body catches on and it stops adapting (this means making progress). Our bodies need change to continue to progress. This could be changing exercises in the fitness room, taking a different class, using a different cardio machine or even varying how you use the equipment.

If you usually do 30 minutes of walking at 3.0 mph and a 5% incline try doing intervals of 1 minute walking at a 10% incline and 1 minute of walking a 0% incline. Don't get stuck in a rut and try new things!

The staff of the AFC is always here as well to make suggestions and show you new things to try, so come pick our brains as well.

Patrick Flynn

Fitness Director

Fitness Tip of the Day: Use a Full Range of Motion

I often see people adding weight to an exercise and with each subsequent increase the range of motion decreases. This gets

to the point where their entire set consists of a bunch of half or quarter reps.

Do yourself a favor and use a full range of motion focusing on lowering the weight under control, holding it for a slight pause at the bottom/stretch position and then raising the weight with some authority but under control.

Fitness Tip of the Week: Rest Breaks

Most people spend way too much time in-between sets resting, chatting or scrolling through social media. Unless you're training for pure strength increases you really don't need more than 60 seconds of rest in between sets.

Training with a faster pace will allow you to get more done and will keep your heart rate up as well. All this will lead to more calories burned and much more efficient workouts.

So when you head to the AFC today put in some head phones, ignore your gym buddies, leave your cell phone in your pocket and get to work!

Fitness Tip of the Day: Slow

Down!

Here's one that has helped me. Slow down when eating, add extra chews and eat mindfully.

I'm currently limiting my calories in an effort to drop body fat (I don't like to call it dieting bc your diet is simply what you eat). I've had a chronic problem with overeating at night. One thing that has helped me with this is simply slowing down at dinner. I take extra chews, put my fork down in between bites and drink more during dinner. This allows me to feel full by the end of a smaller meal and keeps me from going back for seconds or thirds...

Bonus Tip: I drink two Dear Park naturally flavored waters every night with dinner. The carbonation seems to help me feel fuller quicker and longer and they taste great!

Patrick Flynn
Fitness Director

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 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.

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.

Patrick Flynn

Fitness Director

NMB Aquatic and Fitness Center