Winterize Your Exercise!

Bodyweight exercises- affordable, simple, and effective!

When the winter winds blow and the snow starts to fall, many exercisers move from the tennis courts, jogging trails, and bike paths, to the nearest indoor fitness center without a second thought. While fitness centers provide some excellent exercise options and group classes, a new exercise trend allows you to get in a great workout at home. Requiring very little space and virtually no equipment, bodyweight exercises may remind you of the warm-up calisthenics you once did in high school, but they have taken on a whole new look recently, and have been promoted from warm-up status to full-fledged workout.

Researchers recently had 15 young women perform a bodyweight exercise routine 4-5 times per week for 10 weeks. Each session lasted between 12-36 minutes. The women significantly improved in 7 of the 9 fitness tests that were performed. Improvements were reported for upper body strength and endurance, lower body explosive power, core muscle endurance, flexibility, and aerobic capacity. That’s an amazing list of benefits from a 20-30 minute workout you can do in your living room!

So what kinds of exercises qualify? Just about anything you come up with- but here’s a list of some of the all-time favorites: squats, push-ups, lunges, lying hip raises, side-lunges, squat thrusts, mountain climbers, crunches, and tuck jumps. The key is to keep moving from one muscle group to another. For a greater cardio benefit, don’t take a break between exercises. And now, you can even have motivating fitness expert lead you through a workout for free. On the website http://hasfit.com/ you can choose from hundreds of workouts that differ based on intensity, duration, part of the body being trained, age, and cardio benefit. Exercising through the winter has never been easier. Invite a friend or family member to join you. This year, there’s no reason the cold weather needs to derail YOUR fitness level.

Messiah Wellness Program News

Upcoming Wellness Workshops

Tues. Feb. 16, 2016, from 11:30-12:15 PM in Parmer Cinema
Presented by Matt Lewis, Ph.D. HHP Dept - “Caring for your shoulder – before and after it hurts”

Tues. Mar. 22, 2016, from 12:30-1:15 PM in Parmer Cinema
Presented by Sheila Fulton, CBC Health Education Specialist – “Headaches- what you should know”

Group Exercise Opportunities

1. Pilates – Thursdays, 11:30-12:15 PM beginning Feb. 11 (runs for 7 weeks)
2. Hydro Motion – Wednesdays, 7:00-7:45 AM, beginning Jan. 20 (runs for 7 weeks)
3. Yoga – Thursdays, 4:15-5:00 PM beginning Feb. 4 (runs for 7 weeks)
4. Zumba – Sundays, 5:00-6:00 PM, beginning Feb. 7 (runs all semester)

Pay $20.00 registration fee at the 2nd floor Larsen counter before the first session
You Can Stay Inside AND In-shape!

While many individuals find it more difficult to exercise outside in the winter, it is possible (and even enjoyable!) to try new fitness routines and various forms of exercise indoors.

Whether you are looking to become a future triathlete or just fit in your daily workout, here are a few workout ideas to get you started along the path of fitness during the winter.

SWIMMING

Swimming is a life-long form of cardiovascular exercise that is easy on the joints and builds strength, endurance, and lung capacity. A low-intensity swim burns 200 calories in 30 minutes, whereas high-intensity swimming burns 300-350 calories in 30 minutes. And if swimming is not your thing, aqua jogging and water calisthenics are also great ways to exercise.

INDOOR CYCLING

Indoor cycling is a great way to get in a low-impact winter workout, and our fitness center offers many exciting options. These include 6-10 mile rambles along the ocean, 2 minute hard-easy interval workouts, or chasing dragons on the Expresso bikes. The workouts help you burn 200-300 calories in 30 minutes, and the technology keeps you interested!

TREADMILLS

You can walk, run or combine the two when you step onto a treadmill. Treadmills offer you built-in programs or let you do your own thing. Want to develop leg strength? Increase the incline. Want to increase the CV demands? Increase the speed. Jogging helps you burn 350-400 calories in 30 minutes, while walking is an excellent low-intensity alternative.

Sources