



Wellness Buddy Wednesday Tip

Toning = A Full Body Face-Lift

Are you interested in slowing or preventing the sagging and bulging that begins in our mid-thirties? Typically $\frac{1}{4}$ to $\frac{1}{3}$ of a pound of muscle is lost every year and replaced with body fat as a result of slowing metabolism and an increase in sedentary behavior.

Body fat is less dense than muscle. Even if body weight doesn't increase clothing may feel tighter as we age. And, it certainly doesn't look or feel good.

Strength training two or three times a week can aid in reshaping your body and boosting your energy. Specific benefits gained from strength training include 1) a thinner physique, 2) a higher metabolism, 3) increased strength, 4) more energy, 5) improved mood, 6) added bone, and 7) better balance.

Strength training doesn't require the use of weights. You can use your own body weight to challenge and build muscle.

Consider these suggestions to get the most from your work out:

- Eight to 12 repetitions is recommended for each exercise. Begin with 8 repetitions. When you can easily do 12, add a little more weight.
- Between meals or snacks is the best time to workout.
- Ease into exercise – warm up for 5 to 10 minutes prior beginning your training regimen.
- Choose the right weight. Rule of thumb: If you can't lift the weight in good form 8 times, then it's too heavy. But if you can easily lift the weight more than 12 times, it's too light.
- "Buddy up." A friend can help, observe, and encourage.
- Breathe properly. Exhale on the exertion – when you lift the weight or do the crunch – and inhale as you lower the weight or return to the starting position.
- Relax. Only the muscle you're working should be contracting.
- Make slow, controlled movements. Each repetition should take about 6 seconds; 2 seconds to lift the weight, a 2-second pause, and then another 2 seconds to lower the weight.
- Use good form. You'll get the most benefit from lifting and prevent injury.
- Posture counts. Your back, neck and head should be held straight, not stiff, to prevent muscle strain and injury. Stand tall but relax. When seated, sit up straight with your feet flat on the floor.
- Bend your elbows and knees. Don't lock your joints when lifting those weights.

- Take a break. Alternate between leg and arm exercises. Allow muscles to recover for 1-2 minutes between each set.
- Stretch. Finish with a stretching routine when muscles are warmed up to prevent injury to muscles.
- Take a day off. Muscles need rest between training sessions. It's during this rest and repair time that the muscle becomes stronger. Participate in aerobic activity 4-5 days per week and strength training 2-3 days per week.
- Tenderness may occur but won't last. If soreness occurs and persists you may need to decrease the weight.
- Vary your workout. Change your exercise to prevent hitting a plateau.
- Pain is a sign. Don't keep training when you feel pain. Rest a few days before reinitiating your regimen.

A total-body workout may include:

- ◆ Squats to tone buttocks and thighs
- ◆ Lunges to tone buttocks, thighs, front of hips, and calves
- ◆ Overhead Press to tone shoulders, back of upper arms, and lower neck and upper middle back
- ◆ Dumbbell Bench Press to tone chest, front of shoulders, and back of upper arms
- ◆ Pushups to tone chest, arms, and shoulders
- ◆ Abdominal Crunches to tone abdominals
- ◆ Triceps Extension to tone back of upper arms
- ◆ Biceps Curl to one front of upper arms
- ◆ Lying Quadriceps Stretch to tone front of thighs and front of hips
- ◆ Standing Hamstring Stretch to tone back of thighs, inner thighs, and buttocks
- ◆ Shoulder Stretch to tone shoulders and arms
- ◆ Side Bend to tone mid- and lower back and side abdominals
- ◆ Bowing Shoulder Stretch to tone mid- and lower back, shoulders, and arms

www.mayoclinic.com/health/weight-training/HQ01627 is a great site that offers video instruction. There are exercise specific links at the bottom of the page.

Have a healthy and safe day!

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