

Health and Fitness Newsletter

Fort Bragg's FMWR Sports and Fitness Monthly Newsletter

Visit us on the web at www.fortbraggmwr.com

June 5, 2009

Volume 11, Issue 6

By: Ft. Bragg FMWR Fitness Coordinator

Upcoming Events

June 11th—Ft. Bragg Army Birthday 10 Miler

May 6th– Aug 6th—Intramural Softball

May 6th—Aug 6th—Womens Intramural Softball

For any questions or comments on the information provided, please call 432-6493



- Upcoming Events
- Motivational Quote
- Are you Exercising too Much?
- Exercising in the Heat
- June's Recipe

Motivational Quote: "What you will do matters. All you need is to do it" Judy Grahn

Are you Exercising too Much?

Most people these days are worried about getting enough exercise. But, there are plenty of people who may be getting a little too much. Too much exercise may lead to overtraining which can make you susceptible to injuries and illnesses.

The typical signs of overtraining include:

- Insomnia
- Achiness or pain in the muscles and/or joints
- Fatigue
- Headaches
- Elevated morning pulse
- Sudden inability to complete workouts
- Feeling unmotivated and lacking energy
- Increased susceptibility to colds, sore throats and other illnesses
- Loss in appetite
- Decrease in performance

The cause of overtraining is simple. You're not resting enough and/or you're doing the same exercise too much! Your body needs time to recover and, don't forget, you muscles will grow when enough time is given. To cure overtraining—REST! Your body needs rest after lifting weights to allow your muscles to recover and grow. For cardio, you may be wondering if it's okay to do it every day.

That will depend on your intensity and the activity you're doing. It's not a great idea to do the same workout everyday as that can lead to both overtraining and repetitive stress injuries. If you want to exercise every day, go for it. Just make sure you schedule low-intensity workouts as well. The most important thing you can do for yourself when you experience overtraining symptoms is to rest. It's better to take a week or so off from exercise and come back fresh than to permanently injure yourself!

Exercising in the Heat

Summer is almost here, and so is the heat and humidity. But before the dog days of summer arrive, it is important to be prepared.

Exercising in the heat can be risky if you are not careful.

Heat exhaustion and heat stroke, dangerous side effects of overdoing summer exercises, come when the body can no longer sustain the pace, the heat, the humidity, or the loss of fluid. The body cools off by sweating, as long as you remain hydrated, the body is able to cool itself off. When you become dehydrated is when the problems start.

Signs of heat exhaustion include general fatigue, weakness, nausea, dizziness, muscles cramps, and an increased in body temperature.

Temperatures above 104, an inability to sweat, acute respiratory distress, and loss of consciousness can be signs of a heat stroke, which is more severe and can lead to death.

Here are nine tips to exercise smart in the heat. But make sure to talk to you doctor before a exercise regimen and issues about heat and hydration.

Tip #1 Acclimate Yourself

It is good to expose yourself regularly. If you are preparing for a event that will take place in the heat of the day. It could take up to 14 days to adjust to the temperature changes.

Tip #2 Stay Hydrated

Experts agree that hydration is the biggest concern. If your urine is the color of lemonade then you are well hydrated. If it is darker in color then you maybe dehydrated. To maintain good hydration drink 20 ounces of water 2 hours before exercising, at least 8 ounces of water shortly before getting out in the heat, the then a gulp every 15 to 20 min during exercise.

Tip #3 Slow Down

If it is hot than what you are use to cut back the pace. When the temperature hit 90 degrees, do not expect to go out and set a personal record. Also be careful about keeping up with friends who are more fit or have a higher tolerance for heat.

Tip #4 Wear Light, Breathable Clothing

Lightweight fabrics that wick away sweat are best for exercising in the heat.

Tip #5 Exercise Early or Late

If possible get your exercise in before 7 a.m. or after 6 p.m. This will add length to your day, and energy to your summer. Heat and humidity inevitably will slow you down.

Tip #6 Assess the Previous Day

If you are a regular exerciser, it is important to take into account the physical activity, fluid ingestion, and diet of the previous day.

Tip #7 Know the Route and Climate

If possible choose a route that has some shade along the way, that way you are not exposed to constant direct sunlight. Check the relative humidity that day and plan accordingly .

Tip #8 Consult the Doctor or Pharmacist

Many medications— OTC and prescription— can intensify the effects of heat related illness. Even Diuretics like caffeine and alcohol, when consumed before exercising in the heat, can accelerate the effects of dehydration.

Tip #9 Use Common Sense

Don't choose a hot summer day to try a new activity for the first time. When you don't know what to expect or how your body will react, it is best to save it for a cooler, more forgiving day.



June's Healthy Recipe—Quick and Healthy Broccoli Quiche

Ingredients

- 50g Lean Back Bacon - diced
- 3 Eggs
- 4 egg whites
- 1 cup chopped & cooked broccoli
- 1 cup 1% milk
- 1 cup shredded mozzarella cheese
- 1/2 cup shredded mozzarella cheese
- 1/4 cup finely chopped green onion

Directions

Throw all ingredients except for the extra 1/2 cup mozzarella cheese into a bowl & mix well, making sure eggs are beaten.

Spray a glass casserole dish (6 x 9") with nonfat cooking spray & then pour mixture into dish.

Bake at 350 F for about 40-45 minutes, until cooked through. When have only 5 minutes remaining in cooking time, top with the remaining shredded mozzarella cheese.

Let cool until just warm , slice up & enjoy!

Makes 6 servings

All aerobics classes are now at Towle PFC Monday-Friday— 5:00a.m- 8:00pm Saturday 9:00 a.m.—12:00 pm Hammond Hills Recreation Center on Monday , Wednesday , and Fridays at 9:30 am

Fitness Equipment Orientations now at Callahan PFC at 9:30 am and 1:30 pm. Call 432-6493 to sign-up.