

Health and Fitness Newsletter

Fort Bragg's FMWR Sports and Fitness Monthly Newsletter

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Upcoming Events

1-30 Mar 0900-1000 Bundle Up Walk-A-Thon—Main Parade Field

22 Feb - 23 Apr Women's Indoor Volleyball Program

5 - 7 Mar Spring Training Softball Tournament

9 Mar - 23 Apr Intramural Volleyball Program

13 Mar Bench Press Competition



Upcoming Events

Motivational Quote

20 Minute Circuit Workout

Spring Training Fitness Tips

March's Tasty Recipe

Motivational Quote: "An active mind cannot exist in an inactive body."~ General George S. Patton

20 Minute Circuit Workout

When the weather turns cold and wet, circuit training is one of the best ways to make a resistance and strength training workout that is also challenging for your heart and lungs.

This workout is a 20 minute workout that will take you to your maximum physical effort as well as your maximum heart rate. The object of this workout is not to rest in between exercises. You will see that one minute of a particular excise will burn out the targeted muscle groups as well as increase the heart rate to a fat and sugar burning zone. Try the 20 minute workout below—if it is not challenging enough for you, try it again, totaling only 40 minutes of your time in the weight room.

20 Minute Circuit Workout

(*choose light weight for max reps)

1. Bench press * or push-ups—max in 1:00
2. Squats—max in 1:00
3. Pull-ups or pull downs—1:00
4. Bike or jog—3:00
5. Military press* - 1:00
6. Lunges— 1:00 each leg
7. Bicep curls—1:00
8. Bike or jog—3:00
9. Tricep extensions—1:00
10. Leg extensions—1:00 (leg machine or repeated squats with weights)
11. Leg curl— 1:00 (leg machine or repeated lunges with weights)
12. Situps—2:00
13. Crunches—2:00
14. Stretch



Spring Training Fitness Tips

After a long winter of no activity, you might be tempted to get outside and train as soon as the weather improves. You may also be tempted to exercise at the same level you did at the end of last season. But such enthusiasm could lead to injuries. If you changed your routine for the winter, you need to get back into shape slowly. Here are some tips to keep in mind before you head out the door this spring.

- **Slowly but Steady. Don't succumb to the weekend warrior syndrome.** Try to get some exercise 3-4 times per week on alternate days. One of the best ways to get injured or sore is to go hard all weekend and do nothing during the week.
- **Monitor Your Level Of Exertion.** Use the perceived exertion scale(1 easy—10 max), the talk test, or the heart rate range to help you determine an appropriate intensity level.
- **Increase Your Training Slowly.** Increasing training (mileage, time or amount weight) more than 10 percent per week increases your risk of injury.
- **Avoid All-Out Efforts Until You Build a Solid Base of Fitness.** Depending on how much inactivity you had over the winter, it could take as long as 6 weeks to re-establish a solid fitness base. Start your exercise program with slow, steady aerobic sessions. When you add intervals or all-out efforts, make sure you allow enough rest and recovery (at least 48 hours) between those hard effort training days.
- **Follow a Training Program and Keep Records.** If you really want to build back up to optimal fitness, it helps to establish a training plan and stick with it. There are many training programs for all types of sports and having one is not only good motivation, but it helps keep you from doing too much too soon.
- **Cut Yourself Some Slack. If you took the winter off, don't expect to be back to peak fitness in a week or two. It's ok to go slow and just enjoy being outside again. There's plenty of summer left, so don't worry about going bit slower in the beginning.**
- **Train With Others at Your Fitness Level.** You can find a few people with the same fitness level and goals as you it can help kept you progressing at a good place. Training with those who are farther along will only encourage you to overdo it, get injured or feel "behind" in your training.
- **Remember to Have FUN!** Keep in mind that this is Spring Training which is a time for fun, You are not competing and not burnt out yet. So just relax and enjoy your activity.

March's Tasty Recipe—Corned Beef Hash

A Irish Favorite!

Ingredients

- 2 teaspoon(s) canola oil
- 1 large onion, chopped
- 4 cup(s) diced cooked potatoes, or frozen hash-brown potatoes
- 1 cup(s) chopped lean corned beef brisket (4 ounces)
- 1/2 cup(s) reduced-sodium chicken broth
- 1/4 cup(s) chopped fresh parsley
- Salt & freshly ground black pepper, to taste

4 large eggs

In a large cast-iron skillet, heat oil over medium-high heat. Add onion and sauté until it starts to brown, 5 to 8 minutes. Add potatoes and cook, stirring, until they brown in spots and become crusty, about 8 minutes more. Stir in corned beef and broth and cook, scraping up any browned bits, until liquid is absorbed, 5 to 8 minutes. Add parsley and season with salt and pepper.

Meanwhile, fill a large skillet with 2 inches salted water and bring to a gentle simmer. Break eggs, one at a time, onto a saucer and slide into the simmering water. Poach eggs until set to desired firmness, 4 to 5 minutes.

Divide hash among 4 plates. Place eggs on top.

Nutritional Information

Calories	320
Total Fat	13g
Saturated Fat	4g
Cholesterol	240mg
Sodium	493mg
Total Carbohydrate	36g
Protein	15g

All aerobics classes are now at Towle PFC Monday-Saturdays 5:00a.m.-7:30 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.