Group Exercise

Winter Schedule is in Effect

Try This!!

Zumba is Back!

Wednesdays, 5:45 - 6:30 p.m.
With Geraldine

Seminars

Raw Food Culture:
The Basics of Fermentation
Friday, March 10, Noon -1:00 p.m.
Shapiro 247 Conference Room
Presented by
Julia Brucker, Dietetic Intern

Medicaid Planning
Friday, March 24, Noon - 1:00 p.m.
Shapiro 247 Conference Room
Presented by
RTN Credit Union

Reiki Seminar
Thursday, March 30, Noon - 1:00 p.m.
Trustman Boardroom, Stoneman 2
Presented by
Joyce Delgado, Reiki Master Teacher

Call the Tanger Be Well Center at (66)7-4695 to register

March is National Nutrition Month,
An annual campaign to raise awareness of the importance of making healthy food choices and developing physical activity habits. Look for exciting events at lunch time around the cafeterias on both the East and West Campus from March 21 to March 30!

Top Mistakes Made In Strength Training: Part 1, Goblet Squat

As we approach strength training, there are many different mistakes which we make and many different reasons why we make them. One primary issue is loading weight onto people with dysfunction in one or another area and worrying more about quantity than quality of movement. Movement quality is crucial, as it affects our everyday lives. There is general consensus within the fitness training community that there are seven movement types in fitness, as well as in everyday life. They are: Knee Extension, Hip Hinge, Horizontal Push/Pull, Vertical Push/Pull, Weighted Carries, Anti-rotational and Anti-extension.

Many common issues are related to our inability to breathe fully into our diaphragm and bracing our core properly. The focus for now is going to be on some major exercises and the correct techniques to use for each.

We are going to look more precisely at the following three exercises: Goblet Squats, Deadlifts and Dead Bugs. These exercises are chosen specifically because they are the most simple and easy to incorporate into a workout regimen. We will start with Goblet Squats and discuss Deadlifts and Dead Bugs in subsequent issues of the Be Well Bulletin.

Goblet Squats: When doing a squat, the main issue is typically knees caving inward, which impedes proper depth and stability of the movement. A cue to use when squatting is to feel your whole foot grounded and to spread the floor keeping knees pushed out. This will help create the correct tension and stability in the lower body.
The Impact of Sugar and Fat on Cardiovascular Health

Q: What basic facts should I know about heart disease?

A: Heart disease, also known as cardiovascular disease (CVD), is the leading cause of death for both men and women in the United States. One in every four Americans dies from heart disease each year, and it costs the U.S. $207 billion in health care costs annually. CVD is an umbrella term for multiple types of the disease, including coronary artery disease (CAD), congestive heart failure (CHF), peripheral vascular disease (PVD), cardiomyopathy, and more. All of these diseases result in a lack of sufficient blood flow to the body, depriving tissues of oxygen and nutrients. CAD is the most common type of heart disease, and occurs due to a buildup of plaque inside blood vessels called atherosclerosis. This buildup prevents adequate blood from getting to tissues, and can even block blood flow completely. If this occurs in the heart or brain, it results in a heart attack or stroke, respectively.

Q: How does sugar increase my risk for heart disease?

A: Sugar increases your risk for heart disease in numerous ways. High blood sugar damages all blood vessels over time. This leads to thickening and decreased flexibility of blood vessels, which makes it harder for blood to flow through them; consequently the heart compensates by increasing blood pressure. High blood pressure causes the acceleration of atherosclerosis. Sugar also increases triglyceride and cholesterol levels in the blood, which is a major risk factor for heart disease. Furthermore, excess sugar contributes to obesity, which is also a main risk factor.

Q: What effects do different types of fat have on cardiovascular disease?

A: Saturated fats are solid at room temperature, and include fats from animal products (meat, poultry, dairy), as well as some vegetable oils like coconut and palm oil. In general, these fats can increase your risk of CVD because they increase blood levels of LDL cholesterol, the “bad” cholesterol. However, recent studies have shown that dairy products, although they contain saturated fat, do not increase risk of CVD, and can actually benefit health.

Unsaturated fats are liquid at room temperature, and include fats from nuts and seeds, avocados, fatty fish such as salmon, and vegetable oils such as safflower, sesame, olive, and canola oil. Poultry and eggs also contain some unsaturated fats. These fats are beneficial for the heart in that they help improve the ratio of “good” and “bad” cholesterol in the blood. Omega-3 fatty acids, found in fatty fish, walnuts, flaxseeds, and canola oil, are especially beneficial due to their anti-inflammatory effects.

Q: What can I do to lower my risk of developing heart disease?

A: Focus on increasing your consumption of unsaturated fats, for example, two to three servings of fatty fish per week. Remember that not all fats are bad for you, and even the saturated fats in dairy are beneficial for heart health. Try to lower your consumption of added sugars. As a guideline, note that women should consume no more than 6 teaspoons (24 grams) of added sugar per day, and men, no more than 9 teaspoons (36 grams) per day. Focus on eating whole, unprocessed, natural foods. And don’t forget to be physically active when you can!