



OCTOBER NEWSLETTER

TABLE OF CONTENTS

HEALTH PROMOTION ARTICLE

PG. 2-3

EXERCISE OF THE MONTH

PG. 4


HEALTHY EATING TIP

PG. 5

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Be Well Aware – Health Article



Keep Your Energy Levels in Check

What Drives Your Energy Levels

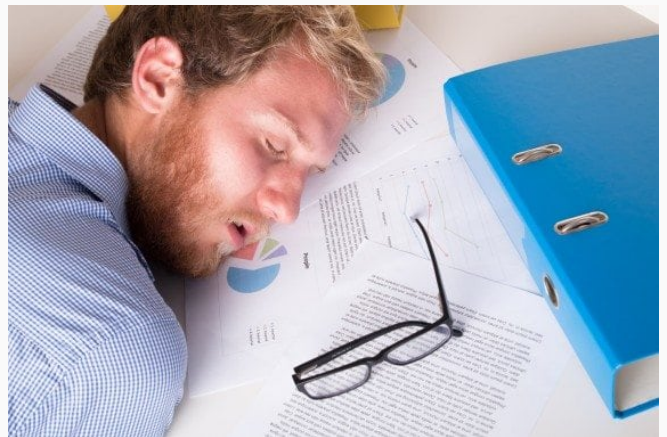
In order to find balance in your energy levels, you must first understand what contributes to rising and falling energy levels. Contributing factors can include; diet, sleep, stress, exercise, and other varying life circumstances. Read on to see how each of these factors can affect your energy in more detail.

Diet

It is important to not only take into consideration how much you're eating, but also what you are eating. Multiple studies have found that by eating breakfast, you have better energy levels throughout the day. To increase your mental focus and physical energy you need to make sure your body has the proper fuel. Make sure at each meal you are eating protein, carbs, and fats. Having all of these included will help maintain proper energy levels. For sustained energy, consider complex carbs such as whole grains, as well as lean cuts of meat, and plenty of fruits and veggies. The timing of your eating also plays a part. Be sure to eat something at least an hour before a workout to sustain your energy.

Sleep

It is recommended to get between 7-9 hours of sleep each night. On top of that, our circadian rhythm can also affect our energy levels. Circadian rhythm is regulated from the hypothalamus and is defined as your internal clock that regulates when you sleep and awake. Certain things can alter our circadian rhythm such as caffeine or sleep schedule. Monitor and limit your caffeine intake to under 400 mg a day. Going to sleep and waking up on a similar schedule each day can help maintain a consistent circadian rhythm and keep your energy levels high throughout the day.



Exercise

Exercise can either boost or drain your energy levels, so it is important to find a healthy balance. Exercising on a regular schedule can release endorphins and gets blood moving through the body, which is a natural energy stimulant. Be cautious however, of overtraining. If you do a hard workout one day, be sure to supplement with a day of recovery such as yoga or some mobility work. Not only will this keep your energy levels in check, but it will also improve performance and prep you for your next workout.

Mental Health

Your mental health plays a large contribution to your energy levels. When we experience things such as stress or anxiety, we raise both adrenaline and cortisol levels in the body. While these can be useful in life or death situations, chronically raised levels can prevent our body from being able to slow down and can limit both our physical and mental energy. On the other side, things like depression can make us feel exhausted and prevent us from completing our daily activities. If your energy and daily life is being affected by your mental health, be sure to discuss with your doctor so they can recommend the best treatment plan.



**YOUR BODY
DESERVES
THE BEST**

References:

<https://www.sleepfoundation.org/sleep-topics>

<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20046037>

<https://www.health.harvard.edu/healthbeat/eating-to-boost-energy>

Exercise of the Month



Foam Rolling for Recovery

Purpose: Improve flexibility, muscle recovery, movement efficiency and reduce pain.

Target Muscles: Piriformis, Adductors, Thoracic Spine

Equipment Needed: Foam Roller

Movement: Perform/hold movement for 30-90 seconds.

1. **Piriformis:** Sit on top of the foam roller, positioned at the back of the hip, crossing one foot over the opposite knee. Lean into the hip of the crossed leg. Slowly roll on the posterior hip area. Repeat on other side.
2. **Adductors:** Lie face down and place one thigh, knee bent over the foam roller. Slowly roll the upper, inner thigh area.
3. **Thoracic Spine:** Lie on the floor with the foam roller behind the upper back. Cross arms to opposite shoulders. Raise hips off the floor and slowly roll back and forth.



References:

<https://www.nasm.org/docs/default-source/pdf/foam-rolling--applying-the-technique-of-self-myofascial-release.pdf?status=Temp&sfvrsn=0.43279164331033826>

Health-Full Eating & Nutrition



Best Workout and Recovery Day Foods

You have a lot of options when eating. When it comes to exercise, the important thing is to replenish your stores of carbs and proteins. Carbs are your first energy source and protein helps rebuild muscle. When you have a recovery day and don't need to exercise, consider this a day where you can eat your favorite foods. Keep it in moderation, but remember to enjoy your food. Below are examples of healthy foods you can utilize before/after workouts as well as a recovery day meal.

Pre-Workout

- Peanut butter and banana
- Salad w/protein such as chicken, tofu, shrimp
- Oatmeal made with milk/nut milk and fruit



Post Workout

- Protein Smoothie- Pack in a serving of fruits and veggies with a scoop of your favorite protein powder. Blend with your favorite milk.

Post Workout (continued)

- Yogurt and granola
- Kale chips and almonds
- Water- Don't forget to rehydrate! If you do more than 60 minutes of vigorous exercise, rehydrate with electrolytes.



Recovery Day

- Burger- Beef, turkey, or veggie with a side of baked carrots.
- Pizza- Make your own! Utilize a whole wheat crust and extra veggies for added nutrition.
- Sorbet- craving something sweet? Some sorbets are made with whole fresh fruit which can add nutrition.

References:

- <https://www.acefitness.org/>
- <https://www.heart.org/>