

# September 2018 Newsletter

**COHO**  
FITNESS CENTER



## Table of Contents

**Health Promotion Article**

**Pg. 2-3**

**Exercise of the Month**

**Pg. 4**

**Healthy Eating Tip**

**Pg. 5-6**

**@CohoFitness**

**FOLLOW  
US**



**COHO Fitness Center**



**Contact  
US**

Phone: (202)482-0437

Email:

[cohofitness@teamcfw.com](mailto:cohofitness@teamcfw.com)

Web: [cohofitness.com](http://cohofitness.com)

# HEALTH

## Education

### The Importance of Steady-State Cardio

All types of physical activity are beneficial to the body. However, each form or level of intensity brings a different aspect to your physical health. For instance, high intensity interval training (HIIT) tends to burn more calories during and after the workout. This is not the only intensity level valuable to the body. What about a continuous, steady intensity of cardiovascular exercise, otherwise known as *steady-state cardio*? Though you may not feel like you are working as hard as a HIIT workout, there are still some advantages to exercising at a low- to moderate-intensity with steady-state cardio.

#### Building Endurance

Steady-state cardio can be an effective method of building cardiovascular and muscular endurance. Steady-state cardio is most commonly known for improving your cardiovascular endurance by increasing your lung capacity and blood circulation while also decreasing your resting heart rate for better cardiac health.

While sprinting and high-intensity exercise can be helpful for building muscle, long sessions of low- to moderate-intensity cardio are superior for muscular endurance as they provide a high number of repetitions, such as steps or cycle pedal strokes.

#### Appetite Control

Do not fall into the, “I burned it, I earned it,” trap. Maintaining a steady-state intensity can actually help you from feeling like you “earned” that bowl of ice cream after dinner. A study by *American Journal of Clinical Nutrition* found that the subjects ate more after a high-intensity session versus those who performed at a lower intensity.

*The American Journal of Physiology: Regulatory, Integrative and Comparative Physiology* found that a 60-minute session of

steady-state cardio increased the release of an appetite-blunting hormone and decreased the release of a hunger-promoting hormone.

#### Reduce the Risk of Injury

Training at a high-intensity all the time may wear down your body faster, reduce your energy levels and increase your risk of developing an injury during your workout. *American College of Sports Medicine (ACSM)* has established guidelines that recommend aiming for at least 5 days each week of a combination of low- to moderate- and high-intensity exercise. *ACSM* also stated that if high-intensity exercise is performed more than five days a week, you are in danger of overtraining and diminishing your hard work.

Steady-state cardio is also a great recovery workout, even on your “rest day”. Low- to moderate- intensity allows your body to take



## Better Blood Sugar and Insulin Levels

Steady-state cardio should always be a part of your workout regimen not only to increase your fitness levels, but also to improve your physiological levels, including lowering blood sugar and increasing insulin sensitivity. A recent study by *Applied Physiology, Nutrition and Metabolism* found that steady-state cardio increases your insulin sensitivity by using any excess blood sugar as energy during the workout. This also helps control your insulin levels from rapidly increasing or decreasing throughout the rest of the day. Another study even showed that steady-state cardio can decrease your blood sugar levels as much as 50 percent in the 24 hours following your workout.

Ready to start adding steady-state cardio to your workout regimen? ACSM recommends at least 30 minutes of any type of steady-state cardio. Try the “roller coaster” format by alternating between HIIT workouts (high-intensity) and steady-state cardio (low- to moderate-intensity), and low-intensity days counting as your active recovery. The key is finding a good balance between all intensities to create the ultimate workout regimen customized to your wants and needs!

### References:

<https://www.muscleandperformance.com/training-performance/must-try-steady-state-cardio-12422>  
<https://aaptiv.com/magazine/benefits-steady-state-cardio>  
<https://www.livestrong.com/slideshow/562189-7-reasons-to-do-moderate-intensity-exercise-more-often/#slide=1>  
<https://www.livestrong.com/article/557788-the-effects-of-low-intensity-cardio/>  
<http://bodybuilding-wizard.com/low-intensity-steady-state-cardio-training/>



# Exercise of the Month

September 2018

## Overhead Walking Lunges

**Purpose:** Build upper and lower body strength, increase power in legs, and improve core strength and stability

**Target Muscles:** Quadriceps, Glutes, Hamstrings, Hip Flexors

**Assisting Muscles:** Shoulders, Trapezius (back), Core muscles

**Equipment Needed:** Body Bar (or 2 dumbbells)

**Start:** Hold the Body Bar in both hands over your head with your feet positioned shoulder width apart, knees slightly bent and core engaged.

**Movement Phase 1:** Keeping the Body Bar directly in line with your shoulder joint, take a comfortable step forward.

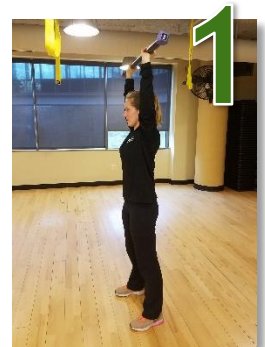
**Movement Phase 2:** Drop your hips down with both knees flexed at 90 degrees while maintaining alignment between the front ankle and knee (knee should remain behind the toes). Posture should remain upright with the arms overhead.

**Movement Phase 3:** Drive through the heel of your leading foot and extend both knees to rise back up. Step forward with your rear foot and repeat the lunge on the opposite leg.

**Repeat:** Complete 3 sets of 10 reps each leg (20 walking lunges total).

### Modification

**Beginner:** If overhead walking lunges are new to you, start with your arms overhead with little to no weight.



From Corporate Fitness Works Team Leader, Leanne  
Bishop

Corporate Fitness Works, Inc.



## Healthy Choices at the Grocery Store

Grocery shopping can understandably be a very daunting process with the amount of options we are presented with in stores. It also doesn't help that some of the worst food products appear to be the most appealing, due to eye-catching marketing strategies. But there are things you can do to make grocery shopping easier, healthier, and possibly even enjoyable.

### How to BEET Grocery Shopping

- ❑ **PLAN AHEAD:** Having a grocery list and a plan for what meals you are cooking throughout the week helps you to stay focused when shopping and may help prevent from grabbing unnecessary items. It may also save time from having to run back to the store for any missing items. Never go into a grocery store on an empty stomach, as it can result in more impulse buys that are most likely not the healthiest.

*\*Use coupons and check for weekly ads to take advantage of store specials and save money.*

- ❑ **FOLLOW THE PERIMETER:** Start off following the perimeter of the store as it contains fresh fruits, vegetables, meats, seafood, the deli, bakery, and dairy products, which can be healthy staples for all your meals. These items will be the most nutritionally beneficial and will lessen aimless shopping throughout the center aisles, where a majority of processed foods are found.
- ❑ **BUY IN SEASON:** It is a common misconception that buying fresh produce comes at a high cost financially, but it doesn't have to be. Buying produce that is in season is going to be more affordable, fresher, and likely to taste better than produce not in season. Also, taking advantage of buying frozen and low-sodium canned fruits and vegetables when needed is a great alternative. Frozen produce is flash frozen at its peak ripeness, ensuring you are given a high quality product.

*\*Buy a rainbow of colorful fruits and vegetables. Each color offers different beneficial nutrients.*



# Healthy Eating Continued...

❑ **CHOOSE REAL FOODS:** Look for products that have more real ingredients than additives, such as 100% fruit juice or 100% whole grain. Finding packaged foods that are most similar to the real food are going to involve less processing and be healthier overall. If you want more salt, sugar, or seasoning, be in control of your own consumption and add it yourself.

❑ **LOOK AT THE BOTTOM SHELF:** If you are trying to save money, look at the bottom shelf for the more affordable, generic items. Stores will strategically place the more expensive, name-brand items at eye level. Generic items offer the same type of product just with less fancy packaging.

\*Be careful of attractive marketing gimmicks on packaged foods made to draw you in, especially when shopping with children.

❑ **READ THE LABEL:** The Nutrition Facts label is your guide to knowing exactly what's in your food and how to make healthy choices. It is helpful when comparing foods and deciding which is going to be the best option. Various, misleading claims are commonly found on the front of the package, but you will get a true picture by reading the label.

## What to look for:

- Aim for >4g fiber per serving
- 100% whole-grain on the ingredients list
- Low sodium (<300 mg)
- Dairy and fruit products will naturally contain sugar, so it is more important to look at the added sugars
- Pay attention to serving size and calories per serving; eating the recommended serving helps with portion control
- Keep these low: *saturated fats, trans fats, added sugars*
- Aim for more of these: *fiber, vitamin D, calcium, and potassium*

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
→ Saturated Fat 1g	<b>5%</b>
→ Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
→ Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
<b>Vitamin D</b> 2mcg 10%	
Calcium 260mg 20%	
Iron 8mg 45%	
Potassium 235mg 6%	

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Image source:  
[www.fda.gov](http://www.fda.gov)

## Sources:

<https://www.webmd.com>

<https://www.nutrition.gov>