

THE *fit* ADVISOR



SEPTEMBER 2017 • • •

Club Hours

Monday-Thursday, 5AM-10PM

Friday, 5AM-9PM

Saturday and Sunday, 6AM-8PM

Labor Day Hours Monday September 4
6AM- 4PM

Does my recovery match the intensity of my training?

By Elaine Erler, Certified Personal Trainer

Many exercise enthusiasts have experienced High Intensity Interval Training, H.I.I.T., during which the training stimulus of intermittent high heart rate to lower heart rate activities can produce results that are comparable to longer bouts of traditional training methods in significantly less training time. The important thing to remember is that training is most effective when it is customized to the individual with the correct intensity and adequate rest intervals. Intensity can be measured by using heart rate tracking devices such as the MY ZONE program, offered to Wellbridge members, or rate of perceived exertion (RPE) scales.

The mode of exercise can vary from cardiovascular forms such as running, spinning, rowing, swimming, to weight training and conditioning. The important variable is the individual's heart rate response and controlling the exercise intensity to vary that response. ACSM cites four popular H.I.I.T. protocols:

Tabata- 2:1 (20 sec. on, 10 sec. off) for eight series. Wingate- 30 seconds all out against constant resistance, followed by 4 minutes of low intensity for 4-6 series. Conventional- 1:1 (60 sec. at greater than 90% peak heart rate followed by 60 sec. of rest) for 10 series. Clinical- 4 minute work at 85-95% max heart rate followed by 3 minutes of recovery at 60-70% max heart rate for four series.

Recovery encompasses any variables that contribute to a renewed ability to meet or exceed previous performances. This includes rest intervals during and between workouts; proper hydration; adequate balance of proteins, carbohydrates and fats; quality sleep; stretching and massage. Working with a personal trainer or using a heart rate tracking device will ensure personalized programs with optimal training intensity, proper recovery and results.

Pilates

Tuesdays, 8:30AM (New time)

Sundays at 11AM (New Time)

Please welcome Jodi Woodruff. She is expanding her teaching to include Pilates!

NEW! SUP Pilates Small Group Training Starts Wednesday September 13, 2-3PM

Located at the indoor pool. Investment of 4 classes = \$80./ drop-in \$25 (space permitting) Contact Lexy at ladkins@wellbridge.com with any questions.

OPPORTUNITIES TO ENGAGE

Pilates Workshop with Whitney!

Get Your Head On Straight!

Sunday, September 24, 12-2:00PM

No Experience Necessary! Investment is \$40 for members or \$65.00 for non-members. Contact Whitney at wgrafa@wellbridge or Di at dbartko@wellbridge.com with any questions.

Welcome to Pilates Equipment

Second Saturday every month

12 -1PM

Pilates Mat -Classical

Tuesday/Thursday

Starting September 5, 8:30-9:25AM

Pilates Mat in the Group Fitness Studio NOT the Pilates Studio! Start time change, 8:30AM instead of 9AM

Pilates Mat - Classical

Sundays

Starting September 3, 11AM

Back-to-School Fitness for Parents

by Amy Revell, Certified Personal Trainer

Although it's great to get the kids out of the house and back in the classroom, it's also the time for schedule overload and afterschool activities. In preparation of a new busy school year, here are ways to ensure everyone in the family stays fit.

:: Make a calendar of your work schedule, school functions and appointments. In doing so, you can see when is the best time each day to fit in exercise. Even if you only have three 10-minute breaks throughout the day to squeeze in a workout, it's better than doing nothing.

:: Get your heart rate up in the simplest of ways. Do sit ups when you first wake up, dance during TV commercials, or take quick walking breaks throughout your day. Kids' playtime and sports practices are a great way to get in cardio. For example, instead of sitting on the bleachers while your child is at football practice, try jogging around the field.

:: Have your workout clothing and shoes laid out and ready to go the night before, or keep a gym bag in the front seat of your vehicle as a constant reminder.

:: Consider hiring a personal trainer for one-on-one training or small group training. He or she will motivate you, hold you accountable, and teach you the proper mechanics of exercises to ensure safety.

The dog days of summer are over and the school year is underway. By planning, organizing and even mixing in a quick workout here and there, you can be well on your way to a new way of life.

