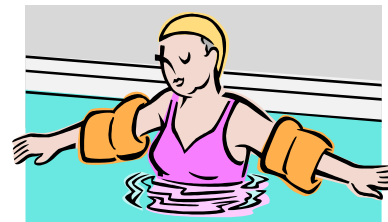


Water Fitness

Many recreational athletes use water to complete a greater volume of work with less stress to the body's bones and joints.

Benefits of Water Exercise

1. Water provides an adequate resistance overload for resistance training as well as for vigorous exercise intensities to improve cardiovascular function.
2. The minimal weight-bearing environment allows for gradual exercise intensities with risk to the lower extremities.
3. The aquatic environment medium gives exercisers the ability to explore different types of physical movement that are altogether different than those imposed by gravity.
4. The external pressure of the water medium may be suitably adapted for individuals encumbered with poor blood circulation problems. The external pressure of the water against the body enhances venous return.
5. The external pressure of the water may provide a sufficient challenge for individuals suffering from weakened respiratory muscle function.
6. The aquatic medium provides a unique opportunity for modifying range of motion patterns of many exercises and movements.
7. Functional balance and stabilization movement patterns in the water.
8. People who fear falling on land may find the aquatic environment much less intimidating.
9. The frequent changing movement patterns in the water may translate to improved posture on land because the trunk and abdominal muscles are regularly stimulated to maintain posture in the water.





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Step Training

Step training can be a challenging workout yet produce impact forces as safe as walking. To maximize the workout and minimize injuries follow these safety tips.

1. Step entirely on the top part of the platform with each step, not allowing any part of the foot to hang over an edge.
2. Most participants find progressing up to a 6-inch step height to provide a satisfactory workout. Do not flex the knees more than 90 ° with the step height. Avoid flexing the knees more than 60° if you are predisposed to patellofemoral pain.
3. Handheld weights are not recommended by several certification organizations because of the fact that long-term training effects have not demonstrated to provide superior physiological benefits.
4. To lower the step intensity quickly, stop stepping and switch to marching in place on the ground.
5. Be careful not to step too far back off the platform. This causes the body to lean slightly forward, placing extra stress on the Achilles tendon and calf. You step back about one shoe length away from the step.
6. Use good cross-training shoes and avoid pounding foot movements on the platform.
7. Vary choreography but avoid step combinations that travel forward and down off the bench.
8. Always look at the step platform when doing step aerobics; however, do not drop the head too far forward.
9. The correct posture in step training involves standing tall and bending at the knees for the ascending and descending movements. Too much hip flexion while stepping may place unwanted stresses on the spine.
10. Change the leading foot when doing the step patterns to avoid overstressing one leg. A good rule of thumb is to change the lead foot every minute or sooner.
11. Do not perform more than five consecutive repeating movements on the same leg.
12. Lunges off the step performed incorrectly can cause potential trauma to the lower leg.
13. Step training may not be suitable for everyone, especially those who suffer from knee stress.

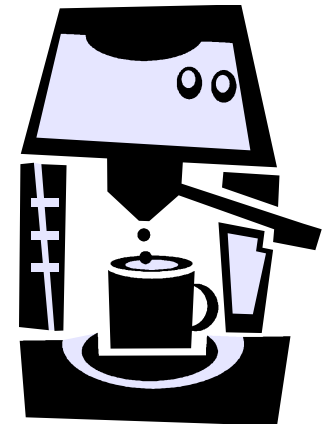
ACSM, Resource Manual, 5th ed.

Coffee, What Does The Research Say?

Dr. Donald Hensrud, MD, M.P.H., M.S.

- Coffee has a long history of being blamed for many ills — from the humorous "It will stunt your growth" to the not-so-humorous claim that it causes heart disease and cancer. But recent research indicates that coffee may not be so bad after all. So which is it — good or bad? The best answer may be that for most people the health benefits outweigh the risks.
- Recent studies have generally found no connection between coffee and an increased risk of cancer or heart disease. Why the apparent reversal in the thinking about coffee? Earlier studies didn't always take into account that known high-risk behaviors, such as smoking and physical inactivity, tended to be more common among heavy coffee drinkers at that time.
- However, the research appears to bear out some risks. High consumption of unfiltered coffee is associated with mild elevations in cholesterol levels. And another study found that two or more cups of coffee a day can increase the risk of heart disease in people with a specific — and fairly common — genetic mutation that slows the breakdown of caffeine in the body. So, how quickly you metabolize coffee may affect your health risk.
- Newer studies have also shown that coffee may have benefits, such as protecting against Parkinson's disease, type 2 diabetes and liver cancer. And it has a high content of antioxidants. But this doesn't mean you should disregard the old maxim "Everything in moderation." Although coffee may not be very harmful, other beverages such as milk and juice contain nutrients that coffee does not. Also, keep in mind that coffee accompaniments such as cream and sugar add fat and calories to your diet. Finally, heavy caffeine use — on the order of four to seven cups of coffee a day — can cause problems such as restlessness, anxiety, irritability and sleeplessness, particularly in susceptible individuals.

Mayo Clinic preventive medicine specialist [Donald Hensrud, M.D., M.P.H., M.S.](#), and colleagues answer select questions from readers.





JSC Wellness Program

July Newsletter



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July Wellness Calendar

July Wellness Challenge: Hydration

<http://explorationwellness.com/Web/docs/H2O.pdf>

July Wellness Class List:

http://www.explorationwellness.com/Web/docs/July_Signup.pdf

Workforce Solutions will be onsite to teach the Special Topics (STxxx) classes this summer! 

- GW106:** Medical Myth Busting; Does Being Cold Give You A Cold and More...
- FT106:** Fitness From Anywhere; What's New for 2010
- NT105:** Nutrition and Disease Prevention
- BC105:** Can Exercise Prevent Cancer?
- ST101:** Preparing For Your Job Search: Evaluate Your Job Skills, Research the Labor Market and Create a Plan
- ST102:** Creating Resumes
- ST103:** Networking and Telephone Techniques
- ST104:** Preparing for Transition-Personal Financial Planning

August Classes:

http://www.explorationwellness.com/Web/docs/Aug_Signup.pdf

31 Days of Wellness – Win a Kindle in August!

<http://www.explorationwellness.com/Web/docs/31Days.pdf>

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Starport Fitness Center	x30304
Exercise Evaluations an Rx	x30301, 02
Nutrition Consults, Classes	x41503
Employee Assistance (EAP)	x36130
Behavior Change Programs	x36770
Awareness & Education	x39224
Clinic Front Desk	x34111
Clinical Wellness	x46142
Health Assessment	x39224
Website/IT	x39224
Employee Rewards Program	x39224

Gilruth Fitness Center Hours:

M-F 5:30 AM-10PM

Sat: 9 AM-5PM

Sun: Noon-5PM

Sun has limited services

