

APRIL

NEWSLETTER

Workout with the Guardians

April 8th is the home opener for our Cleveland Guardians! If you're a baseball fan and interested in squeezing in some physical activity while watching the game on TV, try this fun workout that incorporates different exercises for various plays. You can do these while the Guardians are at bat and rest when the opposing team is at bat, or vice versa, or for extra challenge throughout the whole game:

Single – 10 squats

Double – 5 lunges each side

Triple – 10 hip bridges

Home Run – 10 Jumping jacks

Out – 10 crunches

Bunt – Arm circles for 30 seconds

Foul ball – 10 pushups

Strikeout – 20 Mountain climbers

Walk – High knees for 30 seconds

Stolen base – 5 burpees

Win – 30 second plank

Lose – 15 Chair triceps extension

Around Cleveland this Month

As the sunlight increases and the weather warms, more fun outdoor activities pop up around town. Engage in Eclipse Day festivities, try something new, or run/walk a charity event! Check out the list below for some ideas:

Apr 6-8 – [Eclipse Fest at GLSC](#)

Apr. 14 – [Towpath Half & 5M](#)

Apr. 20 – [Old Oak Run 5k](#)

Apr. 27 – [Try It: Handcycling](#)

CSU Athletics

Get inspired by our amazing student athletes! Check out the [CSU April athletics schedule](#). Go Vikes!!



Get Healthier With More NEAT!

No, this isn't a lecture on cleaning up your house or workspace, although those activities can contribute to NEAT! Non-Exercise Activity Thermogenesis (NEAT) refers to extra calories that we burn through regular daily activities. These include things like getting dressed in the morning, cooking, walking around at work, etc. It may not seem like this can contribute to health much, but research has indicated otherwise. Increasing NEAT can help prevent weight gain, improve metabolic health, and even decrease the risk of cardiovascular disease. Spring is a great time to focus on increasing NEAT! Take a 5-minute walk outside, or plant and maintain a garden at your residence. At work, you can try using a stability ball as a chair or use a standing desk. Improving NEAT involves incorporating more movement and reducing sedentary time during your day. You may not work up a sweat or feel like your heart rate is going up much, but these little bouts of low-intensity activity can really add up over the course of the year. To learn more about NEAT, check out this [link](#), and for a scientific review of the impact of NEAT on health, see this [review article](#).

Exercise Cards

Don't forget to turn in your exercise cards at the end of every month. Tracking your exercise is a great tool to keep you on track. Email your cards to:

e.kullman@csuohio.edu

Exercise cards can be found [here](#).

Exercise Testing

Get ready to schedule your fitness test this semester! New and returning members are eligible for testing during the Spring semester. Please contact one of the Graduate Assistants or Dr. Kullman to schedule your fitness test today!

- [Click here](#) for the medical form

Get Fit This Month!

Personal Training/Fitness Plans

Looking to get fit this year, but need some guidance on how to get started, or how to take your training to the next level? We have several highly qualified graduate assistants to help you achieve your fitness goals. Contact the GA's or Dr. K. to get started!

Workouts available on FFL website

We've added several workout plans to the Fitness for Life website to help keep you on track with your fitness goals! Plans include:

- Couch to 5k run/jog plan
- Swimming workouts
- Lifting and Crossfit
- Walking for fitness

For links to the plans, [click here!](#)

Workout Room Hours

Due to activity class schedules, the workout room (PE SB17) will be unavailable during the following times:

- M, W: 12:25-1:15pm
- T, Th: 9:10-11:05am

Please let Dr. Kullman know if you have any problems accessing the gym or locker rooms.



April is Alcohol Awareness Month

Alcoholic beverages have been part of human culture for thousands of years, but how much is too much? Well, it depends. Genetics and current health can play a large role in how your body is affected by alcohol consumption. However, consuming no alcohol is a safe bet for anyone and everyone. Most people know about the negative impact excessive alcohol consumption has on the liver, but there are other negative outcomes to be aware of. Alcohol can help you fall asleep faster, but research shows that the quality of sleep is typically reduced. Furthermore, drinking alcohol after exercise can impair recovery, which negates the benefits of the hard work you put into your workout. Beyond sleep and recovery, alcohol is a carcinogen and even modest alcohol consumption has been associated with an increased risk of colon and breast cancer. Having an occasional drink is fine for most people, but there are also several great alternatives to alcoholic beverages. If you like the socializing with friends over a drink, you could try Cleveland's own [Verbena Free Spirited Shoppe](#), which offers a wide variety of alcohol alternatives. Want to try making your own "mocktails" this spring? Check out [this site](#) which discusses the health impact of alcohol and has 10 mocktail recipes to try on your own.

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab graduate assistants at:

Marlee Kovalik: m.j.kovalik@vikes.csuohio.edu

Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!

Find the exercise cards [HERE](#).