

MARCH

NEWSLETTER

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.



March into Healthy Nutrition this Spring!

Nutrition can be a tough topic to tackle. There is no “one-size-fits-all” solution to prescribing the best diet for anyone. What works for one person may not work for you. However, there are several tried-and-true practices that can help encourage healthy eating habits and improved health:

- Eat more vegetables and fruits – at least 5 servings per day.
- Pick whole grains over processed carbohydrates.
- Limit unhealthy fats, such as trans fats.
- Choose low-fat protein, such as turkey, beans, chicken, eggs, low-fat dairy, and lean beef.
- Reduce salt intake
- Keep a food diary to track your food intake
- Limit portion sizes by using smaller plates, or pre-portioning your servings.

The USDA has several great resources to help answer nutrition questions you might have. You can find these resources on the USDA website linked [here](#). Also, check out the tip sheet at the end of this newsletter.

The Scientific 7-Minute Workout

Maybe you're looking to prevent injury and enhance mobility, or you're crunched for time. This workout is a great way to supplement your overall fitness. Perform each exercise for 30 s with 10 s rest between each exercise. The exercised include:

1. Jumping jacks
2. Wall sits
3. Push-ups
4. Ab crunches
5. Chair steps
6. Squats
7. Chair triceps dips
8. Plank
9. High knees
10. Lunges
11. Push-up and rotate
12. Side plank left
13. Side plank right

As you develop fitness, try increasing the number of rounds that you complete. [Here](#) is a video to walk you through the routine!

Around Cleveland this Month

Welcome Spring this month by taking part in some fun activities around town. Harvest your own maple sugar, make a lantern and hike with it, do a charity run/walk, or learn how to build a fire! Check out the list below for some ideas:

Mar. 2/3 – [Maple Sugaring](#)

Mar. 9 – [Towpath Trail Lantern Parade](#)

Mar. 16 – [St. Malachi Run/Walk](#)

Mar. 23 – [Wilderness Skills: Fire Building](#)

CSU Athletics

Get inspired by our amazing student athletes! Check out the [CSU March Athletics Schedule](#). Go Vikes!!

Exercise Cards

Don't forget to turn in your exercise cards at the end of every month. Tracking your exercise is a great motivational tool to keep you on track. You can email cards to: e.kullman@csuohio.edu
Exercise cards can be found [here](#).



Exercise and Brain Health

Is exercise good for your brain? You bet it is! Several research studies have investigated the relationship between regular physical activity and brain health, and have consistently demonstrated that exercise improves cognitive function, including things like memory, problem solving, multitasking, and focus. Furthermore, regular exercise seems to slow cognitive decline associated with age and conditions like dementia and Alzheimer's Disease. The mechanisms responsible for this are not fully understood, but factors that seem to be at play include:

- Increased blood flow to the brain
- Reduced inflammation throughout the entire body
- Increases in neurotrophic factors that keep the nervous system healthy
- Reduced stress hormones

To obtain these benefits, its recommended to accumulate at least 150 minutes of moderate aerobic activity, or 75 minutes of vigorous aerobic activity each week. So, to keep your brain healthy, keep your body moving! For more information, check out this [article](#) from the Cleveland Clinic.

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:

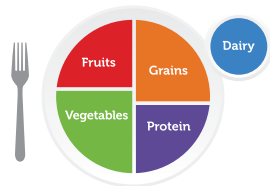
Marlee Kovalik: m.j.kovalik@vikes.csuohio.edu

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

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

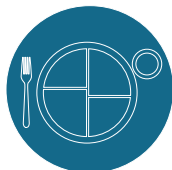
Find the exercise cards [HERE](#).

Start *simple*
with **MyPlate**



Healthy Eating for Adults

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Eat a healthy diet

Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy or fortified soy alternatives are healthy choices. Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, and eggs.



Enjoy fruits and vegetables

No matter your age, fruits and veggies provide key nutrients and dietary fiber. Their colors, flavors, and textures make meals more enjoyable.



Be mindful of your nutrient needs

Focus on dietary changes that increase your dietary fiber, calcium, and vitamin D, and decrease added sugars, saturated fat, and sodium. Make the best choice for your needs by comparing nutrition and ingredients information by reading the [Nutrition Facts label](#).



Go easy on the salt

Choose fresh foods when possible or low-sodium packaged foods. Add flavor to foods with spices and herbs and skip the salt shaker at the table.



Shift your sweet tooth

Choose foods with little or no added sugars and drink water or unsweetened sparkling water in place of soda or juice. Fruits are naturally sweet and packed with nutrients.



Strive for a healthy weight

Make food and beverage choices from all five food groups to achieve or maintain a healthy weight. Get the [MyPlate Plan](#) to find out what is right just for you.