

May

The Fitness for Life Newsletter

Activities in The CLE Area

Check out some fun activities around the Cleveland area to get the blood flowing and enjoy some local sites:

Races:

May 6 – [Akron Aruna Run/Walk](#) (1 mi, 5k)

May 7 – [ThriveK: Run & Roll for All Abilities](#) (1 mi, 5k)

May 13 – [Race for the Parks](#) (5k, 10k)

May 6,13,20,27 – [Ohio and Erie Canal Reservation park-runs](#) (5k)

May 20-21 – [Cleveland Marathon](#) (5k, 10k, 13.1 mi, 26.2 mi)

Nature Walks:

May 6 – [Western Cuyahoga Audobon Society Birding Event Walk](#)

May 14 – [Mentor Marsh Mother's Day Wildflower Hike](#)

May 31 – [Evening Adventure Hike](#)

Exercise Testing

Last chance to sign up for your Fitness for Life Testing. Testing will conclude on May 4th, 2023. Please email one of the Graduate Assistants to schedule your testing - you can find their emails at the end of this Newsletter. Testing in the Spring includes both new and returning members.

[Click here](#) for the medical form



May is National Mental Health Month, a time when the nation recognizes how important mental health is to overall health and that help is never too far away. Since 1949, organizations, companies, and government entities have used May as the month to destigmatize mental and behavioral health issues and encourage Americans to make mental health a priority.

Mental health includes emotional, psychological, and social well-being – three important aspects of our everyday lives and significant contributors to daily thoughts and actions. And while mental illness, defined as a condition that involves changes in one's emotional state, thinking, or behavior, is generally looked at in a negative light, the truth is that mental illness is more common than you'd expect. Studies show that 1 in 5 US adults experiences at least one mental illness in a given year and more than 50% of adults will be diagnosed with a mental illness or disorder at some point in their lifetime; many of whom (roughly 55%) will not receive any form of treatment. Unfortunately, this often leads to substance abuse, unemployment, homelessness, or even suicide.

Luckily, there are many great organizations, such as Mental Health America, The National Institute of Mental Health, and National Alliance on Mental Illness, that work to combat mental illness and help spread positive messages about working on mental health. Check out Mental Health America's [31 Tips to Boost Your Mental Health](#) for some tips and tricks on how to preserve your own mental health to live a happier and healthier life!

The Case for More Sleep

Do you ever feel groggy in the morning or a little burnt out by the end of the workday? Do you feel yourself getting stressed out by the little things or like your memory isn't as sharp as it once was? These are some of the many symptoms of poor sleep hygiene, a condition that some 50-70 million Americans struggle with on a nightly basis. As you drift off to sleep, the body kicks into autopilot to help you recover, repair, and wake up feeling rejuvenated. But a lack of sleep often negates these benefits and can lead to a lack alertness, loss of memory function, and increased stress. And more serious health risks associated with inadequate sleep include heart disease, kidney disease, diabetes, and depression. The good news, however, is that sleeping a little longer can help offset some of these risks and enable you to live a happier and healthier life. May is Better Sleep Month, a great opportunity to evaluate your sleep schedule and decide if you want to make any changes. This might include choosing an earlier bedtime and consistent wake time, turning down the temperature in your room, putting your phone away at least 15 minutes before bed, or drinking some calming tea before drifting off to sleep. So, take one small step toward better sleep this month and consider one of the Mayo Clinic's [6 steps to better sleep](#). You never know, you might just be a morning person after all!

We want to hear from you!

If there are any specific topics that you'd like to see in the monthly newsletter, or if you have any exercise equipment requests, please let Dr. Emily Kullman know! e.kullman@csuohio.edu

Personal Training Available

Interested in getting help with your workouts? Every Monday through Thursday, graduate students can help you optimize your fitness routine. To take advantage of this feature, just email Dr. Kullman or one of the graduate assistants. All of our graduate assistants are experienced in personal training and coaching and are available to help you. Training can take place in PE SB17 or Woodling Gym. Feel free to ask about training plans, too!

Global Employee Health and Fitness Month

As May approaches, it is important to remember the benefits that exercise can have on physical and mental health. Often in the newsletter we will provide a workout for Fitness for Life members to complete in about 30 minutes. However, it is also important to consider the other 16 waking hours of the day and how activity can be prioritized outside of structured exercise. The acronym NEAT stands for "non-exercise activity thermogenesis" which is used to describe activity that is completed outside of exercise sessions. Some examples of NEAT include accumulating 10,000 steps per day, standing up and moving around each hour, completing active household tasks like cleaning and yardwork, and playing games with kids, nieces and nephews, or grandkids. These activities are beneficial for physical and mental health. Physical health is impacted by NEAT by increasing daily activity levels to prevent "sitting disease" and burning more calories throughout the day for weight management. Symptoms of mental illness have also shown to decrease when sedentary time is broken up by NEAT. Of course, checking off a structured workout for the day is great for your overall health and wellness, but a great next step towards improving your daily routine is to brainstorm ways to add non-exercise activity into your day. Check out the American Heart Association's [Six-Week Beginner Walking Plan](#) to get some extra steps in and walk your walk to better health!



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 HP Lab Graduate Assistants at:

- Joey Senders: j.senders@vikes.csuohio.edu
- Cristina Cross: c.cross22@vikes.csuohio.edu
- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Marlee Kovalik: M.j.kovalik@vikes.csuohio.edu

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

Find the exercise cards [HERE](#).