



The Fitness Guy

Myths/Facts and Exercise Prescription

Author: Mark Croy MBA,
MHCA, ATC, CSCS, CGFI

Fitness Question: What is the best exercise modality (treadmill, elliptical, jogging, biking) to help me lose weight?

Answer:

All of the above. Each of these exercise modalities are good tools to utilize in your weight loss endeavor. Important things to consider:

1. Set calorie burn goals
2. Intensity levels that you work at when you use one of these modalities
3. Amount of time you have available to exercise
4. Do you have an injury or disease that would impede your ability to use one of these modalities

Before starting an exercise routine decide your caloric burn goal. Do you want to burn 100 or 500 calories during your workout? This will dictate what intensity level to exercise at and amount of time needed to achieve your goal.

If the exercise intensities are low it will require longer periods of time to burn enough calories to achieve your weight loss goal. Higher intensity exercising will burn more calories in shorter periods of time.

Therefore, if you have time constraints due to a busy life schedule you may need to train at higher intensities to attain your caloric burn goal.

An injury or disabling disease can affect your ability to exercise at higher intensities. If this is the case it will be important that you plan more time for your exercising routine. It will require more time to burn significant enough calories to reach your goals.

Exercise Prescription:

The Barbell Front Squat.

New studies show that the barbell front squat is just as effective as the back squat. The barbell front squat activates all the ma-

ior muscles of the legs and puts less stress on the back, knees, and hips than the back squat.

Performing the Barbell Front Squat:

The lifter should position the bar across the anterior deltoids (front part of the shoulders) and clavicles. Then fully flex the elbows to position the upper arm parallel to the floor. The descending and ascending (up and down) motions are much the same as the back squat.

Kirkwood Community College Wellness News

Newsletter Date: 4/1/09

Exercise Points of Interest:

- ☺ Warm up 5-10 minutes before beginning an exercise routine.
 - ☺ Have an exercise plan. Plan your week and keep a journal of your workout progress.
 - ☺ Make sure you refuel (eat) within 2 hours of exercising.
-

Inside Story Headline

This story can fit 150-200 words.

One benefit of using your newsletter as a promotional tool is that you can reuse content from other marketing materials, such as press releases, market studies, and reports.

While your main goal of distributing a newsletter might be to sell your product or service, the key to a successful newsletter is making it useful to your readers.

A great way to add useful content to your newsletter is to develop and write your own articles, or include a calendar of upcoming events or a special offer that promotes a new prod-

uct.

You can also research articles or find "filler" articles by accessing the World Wide Web. You can write about a variety of topics but try to keep your articles short.

Much of the content you put in your newsletter can also be used for your Web site. Microsoft Publisher offers a simple way to convert your newsletter to a Web publication. So,



Caption describing picture or graphic.

when you're finished writing your newsletter, convert it to a Web site and post it.

Inside Story Headline

This story can fit 100-150 words.

The subject matter that appears in newsletters is virtually endless. You can include stories that focus on current technologies or innovations in your field.

You may also want to note business or economic trends, or make predictions for your customers or clients.

If the newsletter is distributed internally, you might comment upon new procedures or improvements to the business. Sales figures or earnings will show how your business is growing.

Some newsletters include a column that is updated every issue, for instance, an advice column, a book review, a letter from the president, or

an editorial. You can also profile new employees or top customers or vendors.

"To catch the reader's attention, place an interesting sentence or quote from the story here."

Inside Story Headline

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message



Caption describing picture or graphic.

you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are

also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

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Kirkwood Community College Wellness News

1920 Rock Island Dr
Ely, Iowa. 52227

Phone: 319-329-3466
Fax: 319-848-9021
Email: mcsportfit@southslope.net

Fitness First



This would be a good place to insert a short paragraph about your organization. It might include the purpose of the organization, its mission, founding date, and a brief history. You could also include a brief list of the types of products, services, or programs your organization offers, the geographic area covered (for example, western U.S. or European markets), and a profile of the types of customers or members served.

It would also be useful to include a contact name for readers who want more information about the organization.

Back Page Story Headline

This story can fit 175-225 words.

If your newsletter is folded and mailed, this story will appear on the back. So, it's a good idea to make it easy to read at a glance.

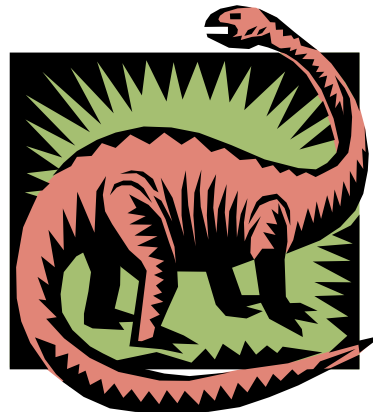
A question and answer session is a good way to quickly capture the attention of readers. You can either compile questions that you've received since the last edition or you can summarize some generic questions that are frequently asked about your organization.

A listing of names and titles of managers in your organization is a good way to give your newsletter a personal touch. If your organization is small, you may want to list the names of all

employees.

If you have any prices of standard products or services, you can include a listing of those here. You may want to refer your readers to any other forms of communication that you've created for your organization.

You can also use this space to remind readers to mark their calendars for a regular event, such as a breakfast meeting for vendors every third Tuesday of the month, or a bi-annual charity auction.



Caption describing picture or graphic.

If space is available, this is a good place to insert a clip art image or some other graphic.