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Healthy & Fit

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Megan Marler

Splish Splash

Exercise ideas for your pool to beat the heat

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More Core!

This month's core workout will get you in shape

p. 12

Playing Gym Hooky

Great tips on how to take advantage of summer weather

p. 18

Canoe the Grand

Take advantage of the area's hidden outdoor gem

p. 28

Gym hooky

It's nice outside, and going to the gym is the last thing on your mind. Here's what to do.

by Lisa Marie Metzler

The dilemma: A gorgeous, clear blue Michigan sky with the perfect temperature and a gentle, refreshing breeze. The birds are singing their praises outside the window inviting you to play outside but you're supposed to be in the gym.

The Solution: Play hooky and still get in a workout!

Tony Jones, ACE certified personal trainer and owner of the Fitness Factor in Traverse City, Mich., has some great suggestions for those days when you need a little change of scenery.

10,000 Steps

Warm-Up: 5-10 minutes of stretches.

Purchase a pedometer and easily get in 10,000 steps (about five miles) by walking in your favorite neighborhood, down a country road or a sandy shoreline. Kick it up a notch by doing some interval training. Walk briskly for a few minutes and then slow back down then work back up to a brisk walk again. Keep repeating the pattern. Walking in the sand is even more challenging because of the uneven surface. You'll stimulate the body's balance receptors and get a good workout for your legs and core.

Replaces: Cardio

Rock Climbing

This activity is fun and challenging. Michigan isn't known for many natural rock climbing areas but indoor facilities are hugely popular and can be found at www.indoorclimbing.com/michigan.html.

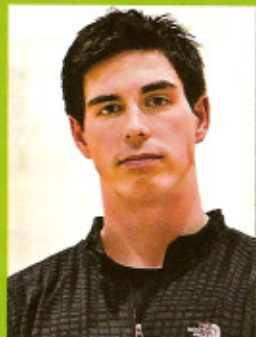
Warm-Up: Three sets of push-ups to get the muscles of the upper body loose and ready to work. Follow with three sets of jumping jacks for 30-45 seconds to slowly raise the blood pressure, heart rate and body tem-

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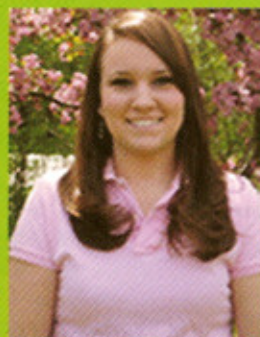
Visit it online to find healthy recipes, leave feedback, read success stories, check out racing events and much more! It's updated daily so visit often!
A quick look at our regular contributors:



MAC Trainer Justin Grinnell and tips from his Grinnell Training System



Kettlebell expert Gary Reed spreads the word about his favorite exercise.



Sherri Powers shares her tales about training for her first 5K. Can she do it?

perature. Finish the warm-up with five minutes of upper body stretches. Don't forget to stretch after the climb as well.

Replaces: Upper body training; especially the back biceps. Climb for 30-45 minutes to get a good workout in.

Kayaking

You'll probably enjoy the scenery so much it won't even feel like exercise. No Kayak? Visit www.michiganpaddlesports.com to find a rental location near you.

Warm-Up: Jog or swim for five to 10 minutes to get the legs warmed up. (The quads are used in the paddling stroke and rotation.) Then do three sets of jumping jacks for 30-45 seconds to slowly raise the blood pressure, heart rate and body temperature. Add three sets of 15 push-ups, stretch the arms and you're ready to go. Stretch again after your trip.

Replaces: Cardio and upper body training; especially the back.

Alwyn Cosgrove, C.S.C.S. of Elite Fitness Systems (www.elitefts.com) recommends these suggestions if you want to

hit the beach instead of the gym.

Beach Volleyball

More calories burned when you play in the sand.

Warm-Up: Five minutes of moderate aerobic work with some trunk and lower back rotations and bends. Make sure to focus on the shoulder girdle with the emphasis on overhead work.

Replaces: Core training—but not too much cardiovascular demand.

Swimming

A great cardiovascular and muscular workout because of the constant resistance in all planes of motion.

Warm-Up: Swim some easy laps doing different strokes to warm up the whole body.

Replaces: Total body strength training and cardiovascular work.

Water Polo

A great cardiovascular and muscular workout because of the constant resistance in all planes of motion. Combine

that with the constant treading water and a little contact and you have one of the more demanding summer fitness activities there is.

Warm-Up: Swim some easy laps doing different strokes to warm up the whole body. Also do some dry land stretches for the upper body, focusing on the shoulders and triceps.

Replaces: Total body with a heavy emphasis on core.

Play Safe and Comfortable

Before you head outside to play hooky make sure you slather on some sunscreen. The American Cancer Society recommends an SPF of 15 or higher. Hydrate yourself by drinking plenty of water before you participate in any activities. Keep plenty of water handy while you workout to avoid dehydration. Remember, you're urine should be the color of lemonade not apple juice. So drink up! As tempting as it is to just jump into the activities keep in mind that you'll probably avoid injuries and heat illnesses if you warm up and take breaks while participating in intense activities.



TODAY, SOMEONE YOU KNOW WAKES UP WITH PAIN.

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