



# Healthy Titans

## Fitness Program Newsletter

February 2009

### INSIDE THIS ISSUE:

Strength Training & Memory	2
Low Back Pain	3
Hydration During Exercise	3
Schedules	4

## Exercise & Mental Health

A recent study published in the *Journal of Sport and Exercise Psychology* examined post injury depression among competitive athletes. The study used a self-report check list and a clinical interview to compare depression among male and female athletes at one week, one month, and three months after their injury. Past studies have well documented that athletes with injuries experience greater levels of psychological distress than athletes without injuries. This study, however, used clinical interviews to diagnose depression.

The current study

looked at 164 student athletes ranging from 14 to 24 years. The athletes competed across nine varsity sports at two NCAA universities and three high schools. The athletes were considered injured if they were unable to participate in their sport for a minimum of one week. It was found that clinician-based depression was higher in injured athletes at one week and one month. Women, regardless of injury status, showed greater depression than men in clinical interviews. Since this is the first study to use a clinical interview to diagnose depression,

more research is needed to assess depression-related health and recovery among sport and other physically active participants.

As an active individual, you may have experienced similar depressed feelings when you were unable to exercise due to injury, sickness, vacation, etc. When these times happen try to focus on one day at a time and understand these times will come up once in awhile. The road and the treadmill will always be ready for you when times get better.



## Exercise Recovery

Everyone works out with intention of getting the most out of it that they can. It's important to have a healthy balance between training and recovery. Recovery is an important part of a workout that often gets overlooked. Rest is es-

sential for your body to restore and recover between workouts.

According to a recent article in *New England Sports Journal* many things should be considered when thinking about recovery. A cool down should be done after every work

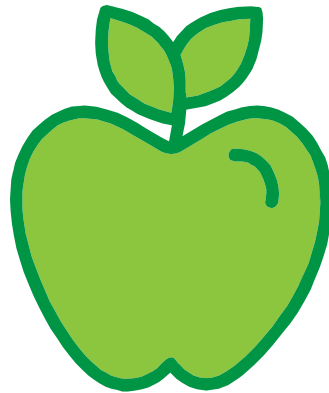
out. Low intensity activity reduces lactic acid and muscle soreness. Nutrition is also important. Your body needs to refuel and the best time to eat is 15-20 minutes after the workout.

cont. p. 2 (Recovery)

## Recovery (cont. from page 1)

Keep in mind this meal should contain a good amount of carbohydrates.

Staying hydrated is important during the



workout but also after the workout. Thirst is a poor indicator of hydration. By the time you realize that your thirsty you are most likely already dehydrated. Drink plenty of liquids. (Eating fruit is a good way to get carbs and hydration at the same time.)

It is also important to relax emotionally and psychologically as well. Take time to relax your mind and your body to be at ease and in a happy mood. The most over-

looked aspect of recovery is sleep. Individuals that workout regularly need more sleep and are encouraged to get 8-9.5 hours of sleep a night.

Over all recovery after a workout is important to get the most out of your workout. Make sure to keep in mind these aspects of workout recovery.

## Strength Training Boosts Memory

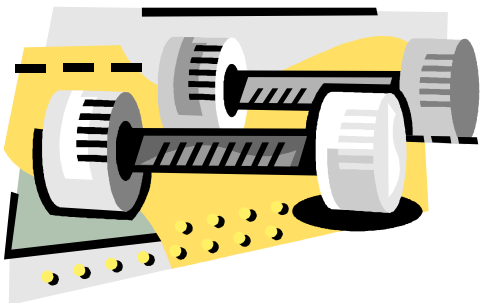
Strength training is a valuable part of an exercise program and provides many benefits. Some of these include an increase in physical performance, improved body composition, improved feelings of appearance, fewer injuries, and reduced muscle loss due to age. An additional benefit for older adults is an improvement in mem-

ory.

A 2006 study published in the *Journal of Aging and Physical Activity* examined the impact of strength training on memory size in a group of older adults. The participants who included resistance training in their 6-month exercise program showed significant improvements in their memory size. The biggest gains occurred with the people who were strength training

with higher resistance.

The results of this study suggest that strength training provides cognitive benefits along with the physical benefits. This may be particularly valuable for older adults who are at the greatest risk for dementia and Alzheimer's disease. If your current exercise program does not include strength training, adding just a small amount each week is worth doing.



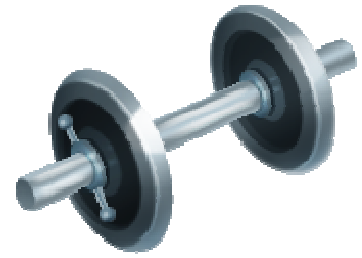
## Low Back Pain

Low back pain is one of the main health problems in our country and can be complicated and expensive to treat. If you, like many, suffer from low back pain, your quality of life may be disturbed by experiencing not only physical side effects, but also social and psychological side effects.

There is, however, good news for you. A 2009 study published in *Clinical Rehabilitation* looked at various treat-

ment methods for low back pain. The study concluded that exercise is the most effective treatment method compared to any other type of conservative treatment. Strength training, using both machines and free weights, reduces the symptoms of chronic low back pain. Within a short period of only three weeks, a strength training exercise program can reduce pain, increase muscle strength and functional outcomes,

help with psychological symptoms, and improve your overall quality of life. The best part is, exercise is a cheap and inexpensive fix that only requires a small amount of time and effort. So before you make an expensive trip to the doctor's office, see if you can get the most out of the simple benefits exercise can provide.



## Hydration During Prolonged Exercise

A popular question among active individuals is "How much water should I drink during my activity or workout session?" Everyone knows how important it is to stay hydrated, but how can you know if you are? And how much is too much? To answer these pressing questions, we turn to a recent article published in the *American Journal of Medicine and Sports*. The article states that drinking fluids during exercise (whether it be water or sports drinks) is important to prevent dehydration.

The recommended amount of fluids and when to drink, however, differs among organizations. A number of running organizations, for example, suggest

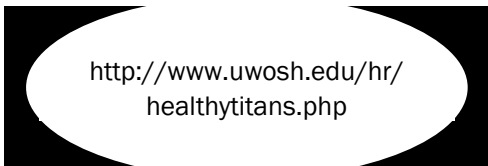
that individuals drink when they are thirsty. The American College of Sports Medicine, however, believes exercisers need to consume fluids earlier during exercise and should consume as much as can be tolerated. The running organizations suggest consuming between 400-800 mL/hour (1.75-3.5 cups/hour). Individuals who exercise at a high intensity in warmer environments should consume 800 mL/hour and individuals who exercise at a lower intensity in cooler environments should consume 400 mL/hour. 800 mL/hour, according to these organizations, is the absolute maximum and should not be exceeded. As previously stated, however, the American College of Sports Medi-

cine does not support these recommendations. The running organizations warn that if you do exceed this, you may develop a life-threatening condition known as hyponatremia, or water poisoning. To help prevent you from ever having to personally deal with hyponatremia, it is advised to drink sports drinks such as Gatorade or others that contain sodium and electrolytes, along with regular water when hydrating. Sticking to 400-800 mL/hour liquid consumption recommendation during exercise will ensure you a healthy and safe workout!





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### Healthy Titans Mission

We are dedicated to educating, motivating, and empowering UW Oshkosh employees, their family members and students to make healthy life-style choices that provide for optimal health and overall quality of life.

### Healthy Titans Vision

UW Oshkosh will be a role model among higher education institutions and employers in our community in providing innovative, collaborative and energizing programs for holistic growth in healthy lifestyles for the members of our campus community.

## Spring 2009 (February 2-May 15)

### ALBEE FITNESS & STRENGTH TRAINING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6:00-8:00 a.m.	6:00-9:00 a.m.	6:00-8:00 a.m.	6:00-9:00 a.m.	6:00-8:00 a.m.
11:00-1:30 p.m.	11:00-1:30 p.m.	11:00-1:30 p.m.	11:00-1:30 p.m.	11:00-1:30 p.m.
3:00-7:00 p.m.	3:00-7:00 p.m.	3:00-7:00 p.m.	3:00-7:00 p.m.	3:00-6:00 p.m.

### GROUP EXERCISE

	Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:15 a.m.		Step Aerobics		Muscle Mix	
11:30-12:15 p.m.	Core (Albee 202)				
11:45-12:30 p.m.	Cardio Kickboxing	Muscle Mix	Step Aerobics	Yoga Deep Water Aerobics	Step Aerobics
12:45-1:30 p.m.		Yoga		Pilates	
4:45-6:15 p.m.	Yoga				