

FITNESS CENTER/HEALTH PROMOTION NEWSLETTER

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Cohesion of Fitness and Life

Here's a thought: You may want to consider working out together! Working out with a partner or as a couple can help motivate you toward your fitness goals.

The Department of Kinesiology at Indiana University demonstrated in a study that couples who go to the gym together have a 6.3% dropout rate. By contrast, when people go to the gym by themselves, they have an astonishingly higher 43% dropout rate! It does not just apply to couples; working out in a group can significantly increase your workout efficiency. Working out with friends helps you to work out for longer periods of time and to push yourself and everyone around you to achieve higher results.

When working out in a group or as a couple, people tend to increase how hard they are willing to work due to you not wanting to be the weakest link. The need to

try to be the best in the group is known as the **Köhler Effect**. For example, if you are climbing a mountain with a team, you can

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climb only as fast as the weakest link. But even as the weakest link in the group, a person is still likely to push themselves harder than if they were climbing the mountain alone. The entire team is giving more of an effort to push everyone to do their best. Just being by your partner's side gives them a boost that not only makes them want to do better, but gives you a boost as well. You can take advantage of your competitive nature to improve both your partner's fitness level.

Working out with a partner can be as simple as switching out repetitions while weight lifting, playing a game like racquetball or

tennis, or simply going on a long walk together. *Muscle and Fitness Magazine* has a great "no-weights" workout that you can do with a partner if one of you is less interested in traditional weight training. You can find the workout through this link:

<http://www.muscleanfitness.com/workouts/workout-routines/no-weights-couples-workout>.

So at the end of the day, bring your friends, partner, or spouse to the gym because they are great fitness motivators. As part of the team, they will push you to limits you never thought were possible and you will not give up as easily when they are around.

As always, your Fairchild Fitness Center has professionals standing by to help you achieve your goals!

Article Written By: Amn Dillon Sakach, Fitness Apprentice

Plan Accordingly: Duration vs. Frequency

Effective planning: injury prevention to increased performance

In my last article, I provided context as to why you would want to include a walk to run program. A walk to run program is a nice first step, but there are other elements you should consider when designing a running program that will both improve performance and reduce your risk of injury.

In this month's article we will discuss exercise frequency (how

Frequency (days/wk)	Exercise Frequency		Exercise Duration		
	Injury Incidence (%)	Aerobic Fitness Improvement (%)	Duration (min/day)	Injury Incidence (%)	Aerobic Fitness Improvement (%)
0	0	-3.4	0	0	0.7
1	0	8.3	15	22	8.7
3	12	12.9	30	24	16.1
5	39	17.4	45	54	17.0

often) and exercise duration (how long). Frequency and duration will

depend on several factors including your cardiovascular fitness level and your fitness goals. When you are designing your program you must plan accordingly.

My goal is to help you improve your aerobic fitness in the 1.5 mile run while reducing your risk of injury. Honestly, there is no one

fitness program that is superior to all others, but I can provide some

insight into a study that was conducted by **Dr. Michael Pollock**.

When viewing the graph above, you will notice the more days per week you run, the greater you improve your aerobic fitness. Five days per week will improve your aerobic fitness by 17.4%, but injury rates increase disproportionately. Running three days per week, your risk of injury is 12% and jumps to 39% when you increase to five days per week. Also, when you look at duration, your aerobic fitness improvements are doubled when you increase your run time

from 15 minutes to 30 minutes; risk of injury is only slightly increased. However, when you increase your duration to 45 minutes, your aerobic fitness is improved only slightly, **but your risk of injury doubles from 24% to 54%**.

If you can't run continuously for 30 minutes, use the Walk-to-Run program I highlighted in my last article. Also, understand that I am not suggesting you only train three to four times per week. Your body requires you to move daily, so on days you are not running, you should incorporate other exercises

including walking, swimming, biking, strength training, or flexibility and mobility training with Yoga or an alternative method of your choosing.

In summary, 30 minutes is not the magic number and three or four days of running per week will not work for everyone, but it is a good guideline to keep in mind when trying to avoid the injury bug. Until next time keep moving!

Article Written By: Will Saultes, Health Promotion Manager

FITNESS TIPS

10 Simple Weight Loss Tips

Recommended article presented by Alyson Kresser, Registered Dietitian, Health Promotion

For more information, contact the Fairchild AFB Health Promotion Office at 247-5590

- Bake your own bread, cookies, etc. You'll use more "whole" ingredients. If you bake immediately after eating a meal, you'll be less likely to sample the batter or the baked goodies.
- Go for grains. When baking or when buying, choose whole grains such as oatmeal, brown rice, whole grain bread or whole wheat crackers.
- Choose filling foods. Protein and fat help you feel full longer than do simple carbohydrates. Some good choices for filling foods include eggs, lean meats, skinless poultry and reduced-fat dairy products such as cottage cheese. If you don't eat meat or dairy you can choose beans, legumes or nuts.
- Don't skip breakfast. We've heard this for years, and it is still true. Eating breakfast helps prevent afternoon munchies, oversized portions, poor food choices and overeating later in the day.
- Drink water throughout the day. You may think you're drinking enough water – but have you measured it out? Fill a half gallon pitcher with water and drink it as the day progresses. Do this until you become accustomed to six to eight 8-ounce glasses of water per day.
- Eat your calories. Don't waste your calories on beverages – especially soft drinks and juice. Instead, drink herbal tea, unsweetened iced tea with Splenda or stevia, diet flavored-water, bottled or tap water with a spritz of lemon or lime, or diet soda.
- Get enough sleep. Getting enough rest can have a direct impact on your ability to lose weight.
- Keep your freezer stocked. Have plenty of healthy frozen meals on hand, as well as frozen veggies in case you run out. Read the labels and try to choose meals with about 300 to 350 calories.
- Make half your plate veggies. Veggies and fruit are all nutrient-rich, low-calorie and filling. Skip the dips and dressings and choose salsa, soups, pasta sauce and steamed or roasted veggies. When choosing fruit, leave the skin on for more nutrients.
- Start with a salad. Instead of having a salad WITH your meal, have your salad BEFORE your meal. Try spray salad dressing to use less dressing. Skip the shredded cheese and cream-based dressings. Even fast food restaurants have reasonably-priced salads, so eat one guilt-free!

Source: <http://www.usaffitfamily.com/page29435563>

One step in the direction of healthy eating is finding great recipes. Listed below are some sites recommended by Fairchild's dietitian. The Health Promotion Office also offers a monthly healthy cooking class that is open to all DoD beneficiaries. Please call 247-5590 for more info.

<http://www.eatingwell.com/>

<http://www.superhealthykids.com/>

<http://www.usaffitfamily.com/home>