

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River Health System-**Health Fitness Newsletter**

APRIL 2018

Run your way to fitness

Do you wonder if you could run a 5K? Walking or running across the finish line in any race brings a great feeling of accomplishment. Get started by following our guide.

Facts about 5Ks

- A 5K – the “K” stands for kilometers – is 3.1 miles.
- Many 5Ks allow walking and running.
- Some 5Ks have fun activities, like glow sticks and poofs of colored corn-starch. Some end with doughnuts or other foods and beverages.
- Many 5Ks are fundraisers for nonprofit organizations.

Choosing your first 5K is important. If you're interested in the sponsor, cause supported or fun surrounding the event, you'll have more motivation to meet your goal.

Get ready

Start with stretching, which helps prevent injuries. Begin with your lower body. The hamstrings, quadriceps and calf muscles help your knees, ankles and feet move. Stretches shouldn't be painful; you should feel only a gentle pulling sensation. Make them part of your walking and running routine.

- **Hamstring stretch** – Sit on the ground with your legs extended. Bend forward until you feel a gentle stretch.
- **Quadriceps stretch** – While balancing on one foot, bend your opposite knee and pull your heel toward your rear. You can rest your opposite hand on a wall for stability.
- **Calves** – Stand with one leg at least one foot in front of the other. Keeping the heel of your back leg on the floor, bend the knee of your front leg. You also can do this stretch while using your hands to lean forward against a wall.

continued

Lounging to 5K

Group training to prepare for your first 5K

6 to 7 p.m.

Mondays, June 4 to Sept. 24
Wellness Gym

\$32 – Health Fitness members
\$40 – Nonmembers

Follow a structured group training plan that includes:

- Running techniques
- Stretches
- Drills
- Information about footwear, nutrition, visualization, injury prevention and more

Register at the front desk or call 319-768-4191.



Get started

Walking is a great way to start your journey to running a 5K. After you can walk for 1 mile, alternate jogging for 2 minutes and walking for 3 minutes. When you're comfortable with that, reduce your walk time to 1 minute. Then eliminate walking altogether.

You don't have to run the full 5K distance the first time you run. Do your best to run a little further every day. A smartphone app can guide you or you can ask a fitness specialist in our Wellness Gym.

Add strength training

It's important to strengthen your muscles to help you endure a 5K. Strength programs include weight training for the core, lower body and upper body.

- **Core** – Do a few planks, crunches and bicycles.
- **Lower body** – Use the leg press, knee extension and knee flexion machines in the gym. Squats are the most-functional exercise for strengthening the lower body and core. Form is critical: Push your rear back and then down to the floor.
- **Upper body** – Do pushups, or try the chest press or rowing machine in the Wellness Gym. Pushups help strengthen your core, too. If you need to modify your pushups, do them against a wall or on your knees. Keep your form strong with a flat back. In the down position, your chest should be about 5 inches from the ground.

Tell us about your first or best 5K. We want to share your accomplishments! After you finish that 5K, you may fall in love with running and begin training for a 10K, half-marathon or marathon!

Dates to remember

Friday, April 6 – Guest Day

Monday, April 16 – Free blood pressure screenings

April 21 – Guest Day

“Like” us!

Exercise Class **Highlight**

Zumba and Zumba Gold

Are you looking for a fun and challenging workout? Want to be pushed to your max while moving and grooving to energetic music? Try Zumba, the Latin-inspired total-body workout developed in the 1990s by Colombian dancer and choreographer Alberto Perez.

You don't need dance experience to participate. Licensed Zumba instructor Stacey Alvarez leads participants through a routine that incorporates salsa, mambo, merengue, hip hop and tango dance moves.

Join the party! Zumba is for all ages and levels of fitness. Our Zumba Gold class recreates original Zumba movements at lower intensity. For more information about Zumba and Zumba Gold, call 768-4191 or stop by the front desk.

