Don’t surrender to exercise burnout

It happens when you’re exercising too intensely or too often: You begin finding excuses to skip the gym. It’s the dreaded EXERCISE BURNOUT!

Exercise should give you more pep than fatigue. But working out too much can leave you feeling exhausted, and it can interfere with falling and staying asleep. To prevent this, pay attention to your body. You know what feels right and what feels wrong. Know when to lighten your exercise load, but never wave the white flag of surrender!

There are many tips for preventing exercise burnout, like reminding yourself why you started an exercise program. Here are some ideas to get you back on track:

• **Rethink your exercise goals.** Sometimes you can find more success when you set smaller goals that are steps leading to a bigger aspiration. (Learn about SMART goals on page 2.) You will have a more positive mental attitude if you continually set and meet goals.

• **Vary your workout program.** It busts boredom and uses muscles in different ways. You can get stuck in a rut by doing the same thing over and over again.

• **Cross-train.** Use different equipment. Try a new fitness class. Exercise in a different location. Take your workout outside. Simply mixing up the order of your routine can challenge your muscles and fire up your mind.

• **Ask a friend to help you.** Take turns doing each other’s routines. Encouraging your friend can help you get through your motivation slump. Find new motivation by reading fitness articles or watching fitness-related television shows. Talk to other fitness enthusiasts or load new music on your digital device.

• **Don’t push too hard or expect too much too quickly.** Slow and steady can win the race! Take a break from exercising one or two days per week. Give yourself credit for what you have accomplished.

Watch out for that sneaky burnout monster. He is the gremlin of exercise, and he will try to take you down. Stay tuned to your body and mind, and – whatever you do – don’t surrender!
Muscle of the Month

Deltoids
By Cortney Otte, fitness specialist

The deltoid is a powerful triangular-shaped muscle that shapes the surface of the shoulder joint. It is named after the Greek symbol Delta – Δ. The deltoid has three parts: anterior, medial and posterior. Each moves and stabilizes the shoulder joint. Together, they help maintain good posture. This is why you should target the deltoids in your exercise routine.

Here are a few exercises that work each area of the deltoids. Hold a dumbbell in each hand while doing them.

Front and lateral raises
Lift your arms straight out in front of your body (front raise) and straight out to the side (lateral).

Reverse fly
Standing, bend forward slightly at the hips. Pull your arms back, squeezing your shoulder blades together.

Shoulder press
With your elbows bent, begin by holding the weights just above your shoulders. Straighten your arms over your head and lower to the starting position.

Upright row
While standing, hold the weights with straight arms and an overhead grip. Pull the weight toward your chin, bending your elbows outward.

Rear deltoid row
Similar to the upright row, this exercise is performed while bending slightly at the hips. Squeeze your shoulder blades together while lifting.

Myth Buster

Myth: “I just want to lose weight. Isn’t that a good-enough goal?”

Fact: It’s important to make well-rounded goals to help ensure you achieve them. SMART is a helpful acronym for goal setting:

• Specific – Make a goal that is precise to a certain number. Example: I want to lose 20 pounds in 10 weeks.
• Measurable – A goal with a specific number is more effective because it can be measured.
• Achievable – Realistic goals help set you up for success.
• Relevant – The goal should have personal meaning to motivate you to complete it.
• Time-bound – Give yourself a deadline and complete the goal within the deadline.

Make SMART goals for weight loss, bench-press repetition maximum or minutes walking on the treadmill. Our fitness experts can help you set goals at a health check appointment. You can schedule one at the front desk.
**Delay the Disease**

Delay the Disease is an evidence-based exercise program for people with Parkinson’s disease. Although there isn’t a cure for Parkinson’s, studies have shown that symptoms can be greatly improved with regular exercise.

Participants are guided through strength, flexibility and balance exercises by trained fitness specialists. Classes, which are free to Health Fitness members, are from 12:30 to 1:30 p.m. Tuesdays and Thursdays. Registration is required. For more information, please call 319-768-4191.

**Exercise Class Highlight**

**HIIT (High-Intensity Interval Training)**

Interval training combines short bursts of intense exercise – giving your full effort for 30 to 60 seconds – and 20- to 30-second rest periods. It increases your heart rate to burn fat, and it builds stronger muscles. The 50-minute class is for all ages and fitness levels.

What’s the hype about HIIT? Check it out at 4:10 p.m. Monday through Thursday in the Functional Training Area.
Pumpkin Pie
Ann Brotherson, director, Nutrition Services

For many people, it’s not Thanksgiving without pumpkin pie. But even a small piece packs calories, fat and carbohydrates. Get great pumpkin taste with more than two-thirds less calories, half the carbs and practically no fat by making pumpkin mousse.

Original recipe
Ingredients:
¾ cup granulated sugar
½ teaspoon salt
1 teaspoon ground cinnamon
½ teaspoon ground ginger
¼ teaspoon ground cloves
2 large eggs
1 15-ounce can pumpkin
1 12-ounce can evaporated milk
1 unbaked 9-inch deep-dish pie pastry

Directions:
2. Pour into pie shell.
3. Bake in preheated 425°F oven for 15 minutes. Reduce temperature to 350°F and bake for 40 to 50 minutes or until knife inserted near the center comes out clean. Cool on a wire rack for 2 hours. Serve immediately or refrigerate. Top with whipped cream before serving.

Serving size: ⅛ of pie
Calories, 230
Total fat, 9g
Cholesterol, 50mg
Carbohydrate, 32g
Protein, 5g
Sodium, 280mg

Pumpkin Mousse
1 15-ounce can pumpkin
1 cup fat-free milk
¼ teaspoon pumpkin pie spice
2 small boxes sugar-free instant vanilla pudding mix
1 8-ounce container fat-free whipped topping

Directions:
1. Using a mixer, combine pumpkin, milk and pumpkin pie spice. Add instant pudding. Fold in whipped topping.
2. Mix five minutes. Pour into serving dishes and refrigerate for 2 hours.
3. Garnish with whipped topping and mini graham crackers, ginger snaps or fruit.

This recipe also can be used as a dip.

Serving size: 1 cup
Calories, 68
Total fat, .3g
Cholesterol, 0
Carbohydrate, 14.6g
Protein, 2g
Sodium, 285mg

Important Dates

• Wednesday, Nov. 15 and Thursday, Nov. 16 – Sleep Therapy Open House, 7:30 a.m. to 5:30 p.m. Great River Health System–Heritage Medical Equipment and Supplies

• Thursday, Nov. 16 and Monday, Nov. 27 – Four-week group diabetes classes begin

• Tuesday, Nov. 21 – Blood drive, 7 a.m. to 3:30 p.m., Mercy Plaza lobby. Register HERE.

• Tuesday, Nov. 21 – Free blood pressure screenings. 11:30 a.m. to 12:30 p.m., Mercy Plaza lobby

• Thursday, Nov. 23 – Closed for Thanksgiving

• Tuesday, Dec. 5 – Free blood pressure screenings, 11:30 a.m. to 12:30 p.m., Wellness Plaza lobby

REMINDER
• Sunday hours through March – The gym is open from noon to 4 p.m., and the pool is open from noon to 3:30 p.m.

• Pool closure – The pool and the locker rooms will be closed for annual maintenance from Monday, Nov. 13 through Sunday, Nov. 26. At that time, the locker room tile and carpet, and pool deck will be replaced.
Member Spotlight

Dave Younker

My wife, Liz, and I joined Great River Health System—Health Fitness about five years ago because we needed a place to work out during the cold winter months.

Who is your inspiration?
I am inspired by my family and other runners. My wife ran a half-marathon a number of years ago. The awesome crowds, everyone cheering, seeing her determination and seeing her accomplish her goals were amazing! I thought, I have to do this!

I ran my first half-marathon in 2014. I love the support and encouragement of the running community. No matter how fast or slow, we’re all in it together. I process my day in my head when I run. I think and pray and write. It has helped me tremendously.

Describe your workouts.
This past summer, Liz encouraged me to begin personal training with Lishay Allen. I had been nursing some aches and pains in my hips and knees, but since starting personal training I have gotten stronger and faster. I feel like a more well-rounded athlete.

I use the treadmills to do my hard-running workouts, like intervals, that need to be at a faster pace for a short amount of time. With Lishay, we lift weights, work on balance and work on strengthening my fast-twitch muscles. As a long-distance runner, this has improved my overall fitness and speed. My ultimate goal is to qualify for the Boston Marathon. But I have to get faster and older – whichever comes first – to meet the qualifying standards!

What are your favorite things about working out at Health Fitness?
The staff is very helpful and the facility is clean and accessible. We recommend it to anyone. I’m a local church pastor, and I see lots of my parishioners when I come to work out. It’s a great way to connect with people.

Staff Spotlight

Sean Colemon

Sean Colemon is a fitness specialist, personal trainer, strength coach and group fitness instructor. He is known for teaching Health Fitness’ most-challenging Boot Camp and Burn It Off classes. Members say they like Sean’s motivation, and they love the way they look and feel after working out with him.

A Burlington native, Sean earned a degree in exercise science from William Penn University, where he was an outside linebacker on the school’s football team. Now, he creates and leads workouts for Southeastern Community College’s basketball team.

Sean likes to experiment with new workouts in the weight room, looking for new ways to challenge his clients and athletes. He keeps up with new training styles, and he creates unique and fun workouts. His friendliness and sense of humor make training sessions fun and enjoyable as he helps athletes and clients meet their goals.