

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

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

JANUARY 2018

## Make a resolution you can keep \_\_\_\_\_

Health Fitness staff don't need a calendar to know what month it is. Nearly every piece of equipment in the Wellness Gym is being used, water is splashing vigorously in the pools and there's heavy breathing in group exercise classes. It's January – New Year's resolution time.

Improving fitness and health is the top resolution for many people. Fitness professionals love it! But by Valentine's Day, there often is a struggle to keep up the enthusiasm. Try these tips:

**Start gradually.** Think of your resolution as a lifelong commitment to a healthier lifestyle. You will find greater success if you ease into exercise gradually instead of starting with a radical change.

**Work out with a buddy.** Knowing someone is waiting for you at the gym can help you stick to your exercise plan. Supporting each other will provide inspiration and inspiration.

**Tell others about your commitment.** Your family, coworkers and friends can be your cheerleaders.

**Enjoy exercise.** You'll have greater success doing something you like. Health Fitness offers a variety of individual and class opportunities. Try something new, but remember to go at your own pace instead of trying to keep up with others.

If you have questions, please talk to one of our friendly exercise specialists in the gym. We're ready to help you keep your New Year's resolution!

## Help keep our equipment clean

Dirt, salt and melting snow is harmful to our exercise machines. Help us prevent damage by:

- Wearing athletic shoes that are dedicated for gym use only.
- Changing from your street shoes or boots in the seating area by the check-in desk.
- Bringing a bag for your outside shoes to help keep our floors and lockers clean.

Cleaning equipment after using it is good practice – especially during cold and flu season. Use the antibacterial wipes in the black boxes. Tissues and hand sanitizer also are available to reduce the spread of germs.

## Dates to remember

**Monday, Jan. 15** – Free blood pressure screening, 8 to 9 a.m., Wellness Plaza

**Saturday, Jan. 20** – Free guest day

**Tuesday, Jan. 23** – Matter of Balance begins

## Exercise Class **Highlight**

### **Aqua Fitness**

Our low-impact aqua fitness classes are for everyone – especially those who have joint pain when doing regular exercises. Get a good, warm- or cool-water workout using a foam “noodle,” floating dumbbells and your body weight. Although these classes are easier on your joints, they can get your heart rate going when you work hard to burn calories.



## Muscle of the **Month**

### **Muscle of the Month: Triceps brachii**

By **Nick Weitzel, fitness specialist**

The triceps brachii is a three-headed major muscle that runs along the back of the upper arm. Extending your arms and throwing objects, such as pitching a baseball or shooting a basketball require use of the triceps.

These exercises work the triceps brachii:

- Close grip bench press
- Diamond pushups
- Dips
- Dumbbell kickbacks
- Overhead extensions
- Standing rope triceps press
- Supine elbow extensions

*Nick is moving to Columbia, Missouri, in February to pursue a new career in physical therapy. We wish him well.*

## **Protect yourself and others in the pool**

By **Stacey Alvarez, certified pool operator and fitness specialist**

Shigella and Cryptosporidium – “Crypto” – are among a few tough germs that can survive for days in properly chlorinated pools. They are spread by swallowing water that has been contaminated with fecal matter (poop) containing the germ.

You share the water – and the germs in it – with everyone in the pool. Help keep our pool healthy by following these 5 do’s and don’ts:

#### **Don’t:**

- Don’t swim for two weeks after your last episode of diarrhea.
- Don’t swim if you have an open wound.
- Don’t swallow pool water. Avoid getting it in your mouth.

#### **Do:**

- After using the toilet, wash your hands with soap and water before getting in the pool.
- Take a hot, soapy shower before getting in the pool. Rinsing off for just 1 minute removes most of the dirt and germs on your body.