



Four Time-Saving Workouts

Create a Circuit

No time to get both your cardio and strength workouts in? Combine them in a circuit-training workout. Simply alternate brief bouts (about 30 seconds to 3 minutes) of aerobic activity with 1-2 sets of strength exercise, moving quickly from one station to the next. Complete one or more circuits, depending on how much time and how many stations you have.

Speed Up, Slow Down, Repeat

High-intensity interval training (HIIT) alternates cardiovascular speed intervals (anywhere from ~8 seconds to 5 minutes) with recovery periods (equal to or longer than the speed intervals) for a workout that improves fitness in a fraction of the time. Speed intervals are typically performed at a rate of 80-95% of maximal capacity.

Grab a Kettlebell

They've been around for ages, but they're making a big comeback — kettlebells offer yet another way to combine cardio and resistance training in a short, high-intensity workout that gets the job done. An ACE-sponsored study found fit subjects undergoing 20-minute kettlebell workouts burned 13.6 calories/minute on average, not including the energy cost of anaerobic work — estimated at an additional 6.6 calories per minute. That adds up to over 400 calories in 20 minutes — roughly equivalent to running at a pace of 6 minutes per mile — in addition to building strength and aerobic fitness.

Try Nordic Walking

Head out for a brisk walk with a pole in each hand, and you could burn 20-40% more calories compared to a regular walk, according to one study. Nordic walking involves the arms and shoulders, so it uses more muscle mass — and that boosts energy output as well as oxygen consumption, building cardiovascular and muscular fitness without increasing perceived exertion.

Safety First

Because these workouts are higher-intensity, they can be higher-risk — so check with your health care provider before diving in. As with all vigorous workouts, include a gradual warm up and cool down.

Source: ACE Fitness in a Flash by Beth Shepard, M.S., ACE-CPT, ACSM-RCEP





No More Excuses for Not Exercising During the Holidays!

Bust out of your workout rut

EXCUSE: It's too cold.

EXCUSE BUSTER:

Surely, with the temperatures dropping and the holidays being just around the corner, Mother Nature becomes a great excuse to avoid the gym or experience the great outdoors. If this is the case for you, bring the gym home — literally.

EXCUSE: I don't have the time.

EXCUSE BUSTER:

With holiday gift shopping, get togethers, cooking, hosting and entertaining family members, time is more precious than ever. If you feel like you're too busy to fit in regular exercise, try combining exercise with some of your daily activities. Try parking your car further away from the entrance at the mall, set up walking business meetings or take your dog for an extended walk.

EXCUSE: I'll start fresh in January.

EXCUSE BUSTER:

The New Year does mean new beginnings, but wouldn't it be nice to start it with a head start? New Year's resolutions are full of promise, but very few people actually keep them. By staying active through December, you can avoid the common New Year pitfalls of doing too much too soon, which can often lead to burn out or injuries.

EXCUSE: I can't get motivated when it's so dark.

EXCUSE BUSTER:

If you're telling yourself, "I can't hit the running trails in the mornings, because it's still dark outside," or say "I may as well drive home after work because it's dark," it may be time to recruit an exercise buddy or hire a personal trainer. Having the accountability and companionship may be just what you need to stick to the workout on your calendar — even when it is cold and dark outside.

If you can't find a workout buddy, try a group exercise class like indoor cycling, Zumba or boot camp. The classes might add some needed variety — and fun — to your routine, too.

EXCUSE: I have so many holiday parties to attend!

EXCUSE BUSTER:

Yes, it's definitely tough to stay on track when temptations like holiday treats are always around. While there is nothing wrong with splurging a little, you're bound to feel better following a healthy diet while limiting your alcohol intake. Useful tricks for party-goers include bringing your own healthy treat like a veggie platter, eating something healthy before going to the party, drinking a glass of water with every alcoholic beverage, staying away from the dessert tray, paying close attention to portion sizes and avoiding going back for seconds.

Also, exercising before festivities helps prevent unwanted weight gain and fosters well-being, so try to fit in 30 minutes before you get ready for that party. If you don't have 30 minutes to go for a brisk walk, try breaking it up into three 10-minute walks!

Source: ACE Fitness



Quit Smoking – For Good!

If you've tried to quit smoking many times, you know that staying smoke-free is the final, longest and most important stage of the process. When you want to pick up a cigarette, use the same methods that worked for you when you went through withdrawal. Think ahead to those times when you may be tempted to smoke, and plan how you will use other ways to cope with these situations.

More dangerous, perhaps, are the unexpected strong desires to smoke that can sometimes happen months, or even years after you've quit. Rationalizations can show up then, too. To get through these without relapse, try these suggestions:

- Review your reasons for quitting and think of all the benefits to your health, your finances and your family.
- Remind yourself that there is no such thing as just one cigarette -- or even one puff.
- Ride out the desire to smoke. It will go away, but do not fool yourself into thinking you can have just one.
- Avoid alcohol. Drinking lowers your chance of success.
- If you are worried about weight gain, put some energy into planning a healthy diet and finding ways to exercise and stay active.

Recovering from Slip Ups

What if you do smoke? The difference between a slip up and a relapse is within your control. A slip is a one-time mistake that is quickly corrected. A relapse is going back to smoking. You can use the slip as an excuse to go back to smoking, or you can look at what went wrong and renew your commitment to staying away from smoking for good.

Even if you do relapse, try not to get discouraged. Very few people are able to quit for good on the first try. In fact, it takes most people several tries before they quit for good. What's important is figuring out what helped you when you tried to quit and what worked against you. You can then use this information to make a stronger attempt at quitting the next time.

Source: American Cancer Society

Tips to Help You Quit Smoking

Quit cold turkey. In the long run, it's the easiest and most effective technique of smoking cessation. Here are a few tips to help you succeed at quit smoking.

- Do not carry cigarettes.
- Quit smoking one day at a time. Do not concern yourself with next year, next month, next week or even tomorrow. Concentrate on not smoking from the time you wake up until you go to sleep.
- Work on developing the attitude that you are doing yourself a favor by not smoking. Do not dwell on the idea that you are depriving yourself of a cigarette. You are ridding yourself of full-fledged smoking because you care enough about yourself.
- Be proud that you are not smoking.
- Be aware that many routine situations will trigger the urge for a cigarette, such as drinking coffee, alcohol, social events with smoking friends, card games and the end of meals. Try to maintain your normal routine while quitting. If any event seems too tough, leave it and go back to it later. Do not feel you must give up any activity forever. Everything you did as a smoker, you will learn to do at least as well, and maybe better, as a non-smoker.
- Make a list of all the reasons you want to quit smoking. Keep this list with you, preferably where you used to carry your cigarettes. When you find yourself reaching for a cigarette, take out your list and read it.
- Drink plenty of fruit juice the first three days. It will help flush nicotine out of your system.
- To help avoid weight gain, eat vegetables and fruit instead of candy and pastries. Celery and carrots can be used as short-term substitutes for cigarettes.
- If you are concerned about weight gain, do some moderate form of regular exercise. If you have not been exercising regularly, consult your physician for a practical exercise program which is safe for you.
- If you encounter a crisis, (e.g. a fat tire, food, blizzard, family illness) while quitting, remember, smoking is no solution. Smoking will just complicate the original situation while creating another crisis, a relapse into the nicotine addiction.

Source: www.smoking-cessation.org Joel Spitzer 1987, 2000

Bowtie Pasta with Chicken, Broccoli and Feta

Yield: 4 servings 1 C pasta, 1 C sauce, 1½ Tbsp feta

Ingredients:

2 C dry whole-wheat bowtie pasta (farfalle) (8 oz)
1 Tbsp olive oil
1 tsp garlic, minced (about ½ clove)
8 oz white button mushrooms, rinsed and cut into quarters
4 C cooked broccoli florets (or 1 1-lb bag frozen broccoli, thawed)
1 C grilled boneless, skinless chicken breast, diced (about 2 small breasts)
2 C low-sodium chicken broth
1 1 tsp lemon zest and 1 Tbsp lemon juice
2 oz reduced-fat feta cheese, diced

Directions:

- 1 In a 4-quart saucepan, bring 3 quarts of water to a boil over high heat.
- 2 Add pasta, and cook according to package directions. Drain.
- 3 Heat olive oil and garlic in a large sauté pan over medium heat. Cook until soft, but not browned (about 30 seconds).
- 4 Add mushrooms and heat until lightly browned and soft.
- 5 Add broccoli, diced chicken, and chicken broth. Bring to a boil and simmer for about 3 minutes, until the broccoli and chicken are heated through.
- 6 Add pasta, and toss gently. Continue to simmer until pasta is hot, about 3–4 minutes.
- 7 Add lemon zest and juice, and toss gently.
- 8 Serve 2 cups of pasta and sauce per portion. Top each portion with 1½ tablespoons feta cheese.

Nutritional information:

Calories 421
Total fat 10 g
Total fiber 8 g
Protein 36 g
Carbohydrates 49 g

Source: *Deliciously Healthy Family Meals*

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