Health-E-Living
Your Wellness Newsletter

May 2014

SWIMSUIT SEASON

UNIVERSITY OF MIAMI
PATTI & ALLAN HERBEET
WELLNESS CENTER
Ah, summer! The great outdoors beckons with warm weather and longer days. Make the most of the season by turning your tired indoor fitness routine into creative outdoor workouts wherever you live or vacation.

1. Fitness at a lake or ocean: Water is a perfect place to exercise in the heat and humidity of summer.
   - Swimming or treading water is an excellent, low-impact, whole-body workout.
   - Try canoeing or kayaking for an all-over body workout. These exercises are not only fun, but great for the shoulders, core, obliques, and back. They also make the legs work as stabilizers.
   - Go out waist deep and grab around for rocks or shells at the bottom of the lake or ocean and see how far you can throw them to the shore. This friendly family competition becomes a workout for the shoulders and abdominals (particularly the obliques).
   - Go snorkeling! It uses big muscle groups and the fins add increased resistance. It’s great work for the back extensors, the lower limbs and the trunk.
   - Throw a frisbee, play volleyball, or run. The sand will give you extra resistance that you wouldn’t have on a treadmill or on asphalt.

2. Fitness in the mountains: The mountains are a great summer workout location because it’s usually shadier and cooler in hilly terrain. Since you’ll be gaining altitude, you may notice a drop in temperature as you climb as well.
   - Try power walking up the mountain for a specific amount of time, then resting and repeating as a way of doing intervals.
   - Get a full-body workout by pole hiking. Using the poles allows you to involve the upper body in activity that normally works mainly the legs and glutes. It’s a great way to add some intensity to your hiking.
   - If you’ve got a mountain bike, many areas have miles of dirt trails great for the fat, nubby tires of a mountain bike. Even moderate trail cycling is a great full-body workout that doesn’t feel like exercise.

3. Stretch with the sun: On days when you know it’s going to be a scorcher, set your alarm for an early morning yoga session. You will get your workout done before it gets too hot and you will start your day on the right foot.

4. Cool off like kids: When it’s boiling outside, play some of those fun games from your childhood. Run through the sprinkler or have a squirt gun and water-balloon fight. When the sun sets, plan a late-night game of flashlight tag. These games are a guaranteed good time.

5. Swap your car for a bicycle: If you’re on vacation, rent bikes and get a closer look at the area while pedaling to your destination. Even if you’re just at home, make a trip to the grocery store or restaurant more fun by biking there.
# What's Trending

**App of the Month:**

Hot5: This free app contains pages of easy to follow 5-minute video workouts. The pick and choose system is great for beginners and fitness gurus alike. Videos range from abs to yoga, and everything in between.

**Beauty:**

Best Swimsuit for Your Body Type: [Click here](#) to find your shape and pick the suit that flaunts your assets.

**Health:**

Summer Skin Hazards: Summer can mean exposure to numerous skin hazards from stings and bites, to burns and more. [Click here](#) for a slideshow of what to look out for, prevention tips, and treatment of these hazards.

**Fitness:**

Stand Up Paddle Boarding: Stand up paddle boarding is a fun summer workout that is low impact and burns a ton of calories! [Click here](#) to learn why this sport is becoming the next big fitness trend.

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## HYDRATION FACTS

With the summer heat, especially here in Florida, it is extremely important to stay hydrated. Here are some hydration facts and tips you should keep in mind this summer:

1. Our bodies are about 75% water and blood is nearly 80% water. Even our bones are composed of more than 20% water!

2. Thirst isn’t the best indicator that you need to drink. If you get thirsty, you’re already dehydrated.

3. A good basic rule of thumb is to take your body weight (in pounds) and divide it by 2. This is the number of ounces of water that you should be drinking each day. For example, if you weigh 150 pounds, you will need 75 ounces of water per day. Divide this by 8 to get the number of 8-ounce glasses you should be drinking.

4. For short-duration (less than 60 minutes), low-to-moderate-intensity activity, water is a good choice to drink before, during and after exercise. But any time you exercise in extreme heat or for more than one hour, supplement water with a sports drink that contains electrolytes and 6 percent to 8 percent carbohydrates. This prevents “hyponatremia” (low blood sodium), which dilutes your blood.

5. Following strenuous exercise, you need more protein to build muscle, carbohydrates to refuel muscle, electrolytes to replenish what’s lost in sweat, and fluids to help rehydrate the body. Low-fat chocolate milk is a perfect, natural replacement that fills those requirements.

6. During heavy exercise, weigh yourself immediately before and after exercise. If you see an immediate loss of weight, you’ve lost valuable water. Drink 3 cups of fluid for every pound lost.
Reverse Lunge

This exercise targets muscles of the leg and core. This is one of the safest lunge patterns so it is ideal for beginners.

Step 1: Face forward with your torso straight.

Step 2: Step one foot backward approximately two feet. Immediately bend the knees and descend onto the front leg, allowing the back knee to come close to the ground. Keep the weight on the front heel and maintain a straight torso. Be sure that your front knee stays above the ankle and does not extend over your toes.

Step 3: Push back up with the back foot and return to the standing position.

Tips:
Move smoothly and keep a straight posture
Maintain most of the body weight in the front leg
Once form is perfected progress intensity by holding dumbbells.

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STUDIO CYCLING AND YOGA

Get unlimited access to Studio Cycling and Yoga classes with a semester pass! Passes have been prorated again for both Studio Cycling and Yoga. Prices are listed below:

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<th>Studio Cycling</th>
<th>Yoga</th>
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<tr>
<td>Student Member</td>
<td>$12</td>
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<td>Non-Student Member</td>
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Not sure if you are ready to commit to a full semester? Pay for a one-time pass and come back to the Sales Office within 7 days to credit that pass towards the purchase of a full semester pass!

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JUMPSTART YOUR ROUTINE

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Key West Lime Chicken

The perfect recipe for grilling on summer nights. This quick and simple recipe combines the flavors of fresh lime, zesty soy sauce, garlic and just the right amount of honey to make a fabulous marinade. Add a side of watermelon, apples, cantaloupe, or any other water based fruit for an extra source of hydration.

Ingredients:
* 3 tablespoons soy sauce
* 2 tablespoons honey
* 1 tablespoon vegetable oil
* Juice of 1 Lime
* 1 teaspoon minced garlic
* 4 skinless, boneless chicken breast halves
* 1 teaspoon freshly chopped cilantro

Directions:
1. In a small bowl combine soy sauce, honey, vegetable oil, lime juice, and garlic.
2. Place chicken breast halves (or large chunks for skewers) into the mixture, and turn to coat.
3. Cover, and marinate in the refrigerator at least 30 minutes.
4. Grill on medium high heat for 6 to 8 minutes on each side, until juices run clear.

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TIPS FOR A HEALTHIER

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finished product!
**ASK A TRAINER**

**Q** Now that it’s finally getting warmer outside, what are some things I should take into consideration before working out outside?

**A** While the rest of the country has been digging themselves out of snow and bad weather for several months, we here in sunny Miami have been basking in warmth year-round. After seeing how bad winter was for everyone else, we definitely do not take our weather for granted. For others that aren’t so fortunate to live in South Florida, you can transition from indoor to outdoor activities smoothly and safely. You picked a great month to start: May is National Physical Activity and Sport Month. Many communities have new programs for individuals and families to participate in to get them active in a fun way. Being active doesn’t require joining a gym, although we highly encourage you to join the Herbert Wellness Center if you are eligible. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven’t been active in a while, start slowly and build up. Do what you can; some physical activity is better than none. The American Heart Association recommends the following guidelines for people who are getting active this summer:

1. **Hydrate, hydrate, hydrate.** Maintain salt-water balance by drinking plenty of fluids (preferably water) before, during and after physical activity. Avoid alcoholic and caffeinated beverages.

2. **Exercise smarter, not harder.** Work out during the cooler parts of the day, preferably when the sun’s radiation is minimal — early in the morning or early in the evening. Decrease exercise intensity and duration at high temperatures or relative humidity. And don’t hesitate to take your exercise inside, to the gym, the mall or any place else where you can get in regular physical activity.

3. **Ease in to summer.** Allow your body to adapt partially to heat through repeated gradual daily exposures. “An increase in the body’s circulatory and cooling efficiency, called acclimatization, generally occurs in only four to 14 days,” Franklin said.

4. **Dress the part.** Wear minimal amounts of clothing to facilitate cooling by evaporation. “Remember, it’s not sweating that cools the body; rather, the evaporation of sweat into the atmosphere,” Franklin said. Wear lightweight, light-colored clothing in breathable fabrics such as cotton.

5. **Team up.** If you can, exercise with a friend or family member. It’s safer, and could be more fun.

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**CYCLE 101**

Want to try a studio cycling class but you don’t know where to start? Now you can try a FREE afternoon beginner class! You must be a Wellness Center member or a paying guest to participate. Classes are every Wednesday from 12:00 – 1:00 p.m. and Thursday from 11:15 – 12:00 p.m.

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**PARKING**

Wellness Center parking permits for the 2013 – 2014 year are available in the Sales Office. Permits will be prorated on May 12th to $24 and are valid through August 15, 2014. Visit the Sales Office on the 2nd floor for more details. You must have your license plate number with you at time of purchase. Students and Coral Gables employees are not eligible to purchase a Wellness Center permit.

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**Love Brick**

Congratulate your graduate in a unique and meaningful way by donating a love brick in their honor. Your love brick will be added to the history of the Love Bridge at the Patti and Allan Herbert Wellness Center.

Contact Carmen Gilbert at 305-284-8512 or cburgess@miami.edu for more information.