



# Kindra's KORNER

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## OUR GOAL

TO PROVIDE A POSITIVE AND SAFE ENVIRONMENT WHILE CREATING HEALTHY LIFESTYLE HABITS.

## MEET THE FITNESS STAFF

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5TH DEG BLACK BELT OKINAWA SEIDOKAN  
PERSONAL TRAINER, INSTRUCTOR

**ED LANGRAN**  
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## CELEBRATE

HAPPY BIRTHDAY TO STAFF MEMBERS:

MAY: Jacci

JUNE: Jen, Robin, Julie



WWW.FACEBOOK.COM @ BILL HEDDLES 

## STRENGTH TRAINING OR CARDIO FIRST?

BY KINDRA SPIKER

Do you ever wonder where I get my inspiration for these newsletter pieces? You! That's right. Many fellow exercisers often approach me with questions, and sometimes I overhear your workout discussions, I confess. I am not eavesdropping, I promise. Regardless, I want to make your fitness experience as rewarding as possible and you an educated exerciser. Gym rats have brains too. This particular question seems to be stuck on repeat. Let's lay this to rest, shall we?

### DOES IT MATTER WHETHER YOU DO STRENGTH TRAINING OR CARDIO FIRST?

The answer is YES! Now I could just say that if you are going to do both in the same day, always do strength training first. If your brain works anything like mine, you need to know more. Understanding the scientific basis of exercise metabolism can help you become fit the smart way instead of the hard way. Let's talk a little bit about energy metabolism.

Your initial supply of energy is found in the muscles in the form of glycogen and creatine phosphate (or ATP). These provide energy for short term, high intensity exercise, or the initial phase of moderate intensity exercise. Your muscles have the capability to replenish these molecules with recovery through a process called glycolysis. You can actually feel this process happening during anaerobic, or high intensity training, such as HIIT or weight lifting. Muscle fatigue occurs after about 30 seconds of maximum intensity exercise due to a build-up of lactic acid. The muscles have to either stop and recover or drastically reduce intensity in order to prevent shut down. This is the "burn" you feel during high intensity exercise. Consequently the duration of high intensity sessions is about 30 minutes before the lactic acid build up is too much to continue and the glycogen stores are depleted.

Exercising longer than 30 minutes shifts the primary macromolecules (phospho-creatine and glycogen) that are metabolized from glucose to fatty acids. The body will use what is left of the glucose in the blood and then shift to using fat and then later to amino acids for energy. Extended periods of cardio exercise can lead to a loss of muscle mass as well as a deterioration of soft tissues. We can conclude that exercising for less than 30 minutes regardless of intensity will not result in fat burning for energy. However, do not assume that you have to always do aerobic exercise to lose fat. What happens when you do high intensity or anaerobic training, such as weight lifting, is what is called Excess Post-exercise Oxygen Consumption (EPOC). We discussed that in a previous newsletter. The body will continue to consume oxygen at a higher rate to restore the body's Ph to its pre-exercise state, which translates in to fat loss over time. Remember, high intensity exercise should not be done more than 2-4 times per week, depending on your fitness level.

So, if the body does not have creatine phosphate or muscle glycogen to utilize during weight lifting because aerobic exercise was done first, glycolysis for weight lifting is sub optimized. Studies published in the Journal of Strength and Conditioning Research showed that exercisers who did cardio first lifted less weight and did fewer reps than those who did strength training first. I know that you cardio junkies loathe lifting although you know it's necessary. The good news is you can get it out of the way first, or do it on a separate day entirely. To maximize fat burning, do higher intensity exercise first. Combining the two types of training, whether or not it's on the same day, significantly decreases fat better than either method alone. Gaining muscle by strength training increases your metabolic rate. Aerobic training is beneficial for fat burning during exercise as well as cardiovascular benefits. Think of it this way, "strength training changes your shape, and cardio changes your size." (Celebrity trainer, Lacey Stone)

A few things to keep in mind: Depending on your goals and training status, exercise can last anywhere from 30-90 minutes effectively. The intensity is inversely proportionate to the duration. Most importantly keep in mind that there is definitely a balance when it comes to exercise. If you are unsure, schedule an appointment with one of our certified trainers. Now get out and enjoy the outdoors. It has been a long winter.

# GETTING IN SHAPE IS A WALK IN THE PARK

BY GARY WEST

Confluence Lake-what a great opportunity for some exercise. It allows you to get outside to exercise and doesn't cost a cent! The lake has many opportunities to provide a well rounded workout. You are limited only by your imagination. Be creative!

Let's consider some options to add to your regular walk/run regimen around the lake. Begin your work out with a brisk walk or jog to warm up. Add in an exercise circuit that includes upper and lower body elements. Alternate stations with upper and lower body exercises, starting with lower (legs). This format is cardiovascular in nature because it pumps blood from larger muscles (legs) to smaller ones (upper body extremities).

Examples of exercises could include: Push-ups, pull ups, and dips for upper body, and squats lunges and balance exercises for lower body. These are just some very basic options. The possibilities are almost limitless. If a circuit does not appeal to you consider altering the distance, time, speed or direction of your routes. Walk backwards for short durations on occasion to engage the hamstrings and tibialis anterior (shins). Keep in mind that uneven surfaces train you for balance, flexibility and stability of the lower legs.

In late spring or early summer the Parks Department will be installing new outdoor fitness equipment along the lake trail. They will be arranged in an upper body/lower body circuit format. Be sure to give it a try! Enjoy the weather, scenery, and fresh air that Confluence Park has to offer.

## SENIOR STRETCH

BY RODNEY GRANTHAM

As we age, connective tissues become less elastic, so while those under 35 can manage with stretching two or three times a week, those older would benefit more from stretching daily. There is plenty of research to compare different stretching techniques to advise us what works and what doesn't. Stretching provides benefits that include improved flexibility, decreases energy expenditure with movement, and injury prevention. Stretching may even help promote healing and possibly reduce the delayed onset of muscle soreness. Age related physiologic changes that will impact stretching are as follows:

- Increased fibrous connective tissue in joints resulting in stiffness
- Reduced elasticity and strength of soft tissue matrices
- Decreased capacity for healing
- Less capillary blood supply
- Muscle atrophy
- Decreased numbers of stem cells

Musculoskeletal flexibility is in large part due to connective tissue compliance and elasticity. Muscles of older individuals are more susceptible to injury during eccentric contractions (muscle is lengthened during its contraction) and are slower to recover from trauma. The diminished capacity for healing and higher risk of injury is why it is best to use static stretching techniques. A cyclic stretching technique is probably more beneficial for older individuals because of increasing muscle stiffness and collagen deposition that comes with age. The more you stretch, the more your body produces the substances needed to maintain flexibility. Reductions in joint mobility normally come with age and with this loss of flexibility comes poorer performance in activities of daily living. Maintaining this mobility is important to maintaining function. Stretching should not cause pain or serious fatigue. You may feel some discomfort that goes away when tension is released, but there should be no pain. Start slowly. Chances are it's taken years for you to get this stiff. It's not going to be fixed in a day. Drink plenty of fluids. Don't hold your breath during stretching. Relaxed breathing actually helps your muscles relax. Always be aware of the position of your spine. Any extremes in curvature can make you vulnerable to injury. Warm your muscles briefly prior to stretching by taking a short walk or using some light dumbbells.

## CRUSTY PARMESAN-HERB ZUCCHINI BITES

BY KINDRA SPIKER

- |   |                          |
|---|--------------------------|
| 4 medium, fresh zucchini, sliced in half  | Smidge of olive oil      |
| ½ cup fresh Parmesan cheese               | Salt and Pepper to taste |
| 1-2 Tbsp fresh rosemary and thyme, minced |                          |



Preheat oven to 350. Lightly brush both sides of zucchini with olive oil and place on foiled-lined baking sheet. Mix cheese and herbs together in a small bowl and sprinkle over the zucchini along with salt and pepper. Bake for 15 minutes and broil for the last 3-5 min until cheese is crispy and brown.

## EXERCISE TIP OF THE MONTH

# Relieve Bike Strain

BY GARY WEST

Try these exercises to relieve bike strain! Do each exercise 3-5 times:



**NECK RETRACTION** Pull head straight back, keeping eyes and jaw level.



**SIDE BENDERS** Slowly tilt head toward one shoulder. Hold 5 seconds. Repeat other side.



**WRIST FLEXOR STRETCH** Keeping elbow straight, grasp hand and slowly bend wrist back until a stretch is felt. Hold 15 seconds. Repeat other side.



**WRIST EXTENSOR STRETCH** Keeping elbow straight, grasp hand and slowly bend wrist forward until a stretch is felt. Hold 15 seconds. Repeat other side.



# Coming Soon!

## Ring Academy

Saturdays 2:00 - 3:30 pm  
At Bill Heddles Recreation Center

530 Gunnison River Dr, Delta, CO 81416

(970) 874 - 0923

Come flow, dance, train, and get fit with some of the hottest tricks of the hula hoop as made famous by Rachel Lust, Audrey Scherer, Shakti Sunfire, Jonathan Livingston Baxter and more!



Jen has studied ballet, figure skating, Taekwon Do, Karate, Aerial Silk and pole, and Tai Chi, and has over 15 years experience training, teaching, and performing. She currently enjoys studying the hoop artistry of Rachel Lust, Audrey Scherer, and Shakti Sunfire and creating tutorials based off of these artists' styles and moves.

**\$12 Drop In**  
**Wear Comfortable Clothes and Shoes**  
**Bring Water!**  
**All Ages and Abilities welcome!**  
**Bring your own hoop or borrow one of ours**

Ring Academy  
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www.facebook.com/ringacademy