

THE GRAPEVINE

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Interval Training

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Lack of time is the number one reason people give for not exercising and lack of results once they do start exercising isn't far behind. Interval training is a great solution for both of these common problems.

Interval training involves alternating short bursts of intense activity with what is called active recovery, which is typically a less-intense form of the original activity.

The Swedes came up with a term for this type of training: Fartlek, which means speed play. Not only is it an efficient training method, Fartlek training can help you avoid injuries that often accompany non-stop, repetitive activity, and provides the opportunity to increase your intensity without burning yourself out in a matter of minutes.

Unlike traditional interval training, Fartlek training does not involve specifically or accurately measured intervals. Instead, intervals are based on the needs and perceptions of the participant. In other words, how you feel determines the length and speed of each interval.

THE ADVANTAGES OF INTERVALS

Interval training utilizes the body's two energy-producing systems: the aerobic and the anaerobic. The aerobic system is the one that allows you to walk or run for several miles and uses oxygen to convert carbohydrates from various sources throughout the body into energy.

The anaerobic system, on the other hand, draws energy from carbohydrates stored in the muscles (in the form of glycogen) for short bursts of activity such as sprinting, jumping or lifting heavy objects. This system does not require oxygen, nor does it provide enough energy for more than the briefest of activities. And its by-product, lactic acid, is responsible for that achy, burning sensation in your muscles that you feel after running up several flights of stairs, for example.

INTERVAL BASICS

Interval training allows you to enjoy the benefits of anaerobic activities without having to endure those burning muscles. In its most basic form, interval or Fartlek training might involve walking for two minutes, running for two, and alternating this pattern throughout the duration of a workout

The intensity (or lack thereof) of each interval is up to how you feel and what you are trying to achieve. The same is true for the length of each interval. For example, if it is your habit to walk two miles per day in 30 minutes, you can easily increase the intensity of your walk (as well as up its calorie-burning potential) by picking up the pace every few minutes and then returning to your usual speed.

A great trick is to tell yourself that you'll run a particular distance from the blue car to the green house on the corner. Then walk from the green house to the next telephone pole.

When you first start Fartlek training, each interval can be a negotiation with yourself depending on how strong or energetic you happen to feel during that particular workout. This helps to break up the boredom that often comes from doing the same thing day after day.

A MORE ADVANCED APPROACH

Despite its simplicity, it also is possible to take a very scientific approach to interval training, timing both the work and recovery intervals according to specific goals. Keep the four variables listed in the box below in mind when designing an interval-training program.

An ACE – Certified Personal Trainer can help you design an interval-training program based on your particular goals.

Four Training Variables

- ◆ Intensity (speed) of the work interval
- ◆ Duration (distance or time) of the work interval
- ◆ Duration of the rest or recovery interval
- ◆ Number of repetitions in each interval

ANNOUNCEMENTS

The results are in!

Thank you to all who participated in our recent Wellness Works Membership Survey. Congratulations to Claire Kuhl who won the \$100 Wal-Mart gift certificate for her participation in the survey! We appreciate all of our members' input and suggestions on how we can make Wellness Works the best Health and Fitness Facility in Greenwood! Here is what you said about us:

Overall Rating of Wellness Works

Excellent	72.5%
Very Good	24.9%
Fair	2.1%
Poor	0.5%

Our Group Fitness Instructors increased your satisfaction 14% over last year. Our Childcare Workers increased your satisfaction 19.5% over last year!!!

Again, many thanks for your participation in the survey. We always welcome your feedback and ideas. Please remember to use our suggestion boxes during the year. Suggestion boxes are placed at the training station and in both locker rooms.

Congratulations to Claire Kuhl. She was our lucky winner of the \$100 Wal-Mart gift card drawing held for our 2009 Membership Survey participants.

REVISED OPERATIONS POLICIES:

The Wellness Works of Self Regional Healthcare Membership Board has revised and adopted the following policies to better serve our members and to keep a professional environment for everyone to workout in.

• Cell Phone Usage

Members will be asked to refrain from using cell phones in the workout areas and locker facilities of Wellness Works of Self Regional Healthcare. In the event of an emergency or if a member **must** take a call, we are asking that the member step outside or into another area of the facility that is not presently in use, and make their call brief.

If a member is talking on a cell phone in the workout areas or locker facilities, a Wellness Works staff member will ask them to move to another part of the building to finish their conversation.

• Televisions

Wellness Works of Self Regional Healthcare staff will assure that the six available televisions are set on the following channels during "peak" hours of operation:

- TV#1 - channel 4
- TV#2 - channel 21
- TV#3 - channel 7
- TV#4 - channel 35
- TV#5 - channel 43
- TV #6 - channel 36

"Peak hours of operation" refers to 5:00 am – 11:00 am and 4:00 pm – 9:00 pm.

TV#6 is the designated "special request" television. Members may request staff to change this television, **during off hours**, only for broadcasts that are not being carried on the pre-selected channels listed above.

Special consideration will be given to sporting events, not televised on any of the above channels, which may be of interest to individual members (i.e. Masters, Heritage, US Open, etc.).

RELOCATION NEWS...

Wellness Works will be staying in our current building for an undisclosed period of time. We will continue to look for alternative locations but will not move in the near future. As construction progresses with the sports complex around us, Lander will be making improvements to our parking area, building, etc. Thank you for your support and patience!!



Holiday Hours

Wellness Works will be observing the following hours over the holiday season.



November 26, 2009 Closed
 November 27, 2009 5:00 am – 1:00 pm



December 24, 2009 5:00 am – 1:00 pm
 December 25, 2009 Closed



December 31, 2009 5:00 am – 1:00 pm
 January 1, 2010 Closed

Cholesterol Screenings

1st Monday of every month
 8:00 am – 11:00 am
 \$20/Wellness Works members
 \$25/Non-members

Roasted Red Pepper and Walnut Dip

Ingredients:

2 slices firm white bread, torn
 ½ teaspoon ground cumin
 1/8 teaspoon ground red pepper (cayenne)
 4 medium red peppers
 1 tablespoon olive oil
 2 tablespoons raspberry vinegar
 ½ teaspoon salt
 Toasted pita triangles
 ½ cup walnuts

Directions:

Broil peppers on top rack, turning occasionally for 10 minutes or until charred and blistered all over. Remove from broiler. Wrap foil around peppers and allow to steam at room temperature 15 minutes or until cool enough to handle.

Meanwhile, turn oven control to 350 degrees. Spread walnuts in metal baking pan and bake 8 to 10 minutes until toasted. In 1 quart saucepan, toast cumin over low heat 1 to 2 minutes, until very fragrant.

Remove peppers from foil. Peel off skin; discard skin and seeds. Cut peppers into large pieces. In food processor with knife blade attached, blend walnuts until ground. Add roasted peppers, cumin, bread, raspberry vinegar, olive oil, salt, and ground red pepper; blend until smooth. Transfer to bowl. Cover and refrigerate if not serving right away. Remove from refrigerator 30 minutes before serving. Serve with toasted pita triangles.

Nutritional Information:

(Serving Size 1 tablespoon)
 Calories : 25
 Fat: 2g
 Cholesterol: 0mg
 Sodium: 40g

Frozen Pumpkin Mousse Pie

Ingredients:

Crust:

30 small gingersnap cookies (about 7 ½ ounces)
 2 tablespoons raisins
 1 tablespoon canola oil

Filling:

1 cup canned pumpkin puree
 1/3 cup packed brown sugar
 ½ teaspoon ground cinnamon
 ¼ teaspoon ground ginger
 ¼ teaspoon freshly grated nutmeg
 2 pints (4 cups) frozen low-fat vanilla ice cream, softened

Directions:

Preheat Oven to 350° F. Coat a 9 inch deep-dish pie pan with cooking spray.

To prepare crust :

Combine gingersnaps and raisins in a food processor and pulse until finely chopped. Add oil and pulse until blended. Press evenly into the bottom and up the sides of the prepared pan.

Bake the crust until set, about 10 minutes. Transfer to a wire rack to cool completely.

To prepare filling:

Combine pumpkin, sugar, cinnamon, ginger and nutmeg in a large bowl and mix well. Add ice cream and stir until blended. Spoon the mixture into the cooled pie crust. Freeze until firm, at least 2 hours. Let the pie soften slightly in the refrigerator for 20 to 30 minutes before serving.

Nutritional Information:

(Serves 10)
 Calories: 230
 Fat: 5g
 Cholesterol: 4g
 Sodium: 179 mg