

DECEMBER

NEWSLETTER

Running in the Cold

Running in the cold will cause muscles to tighten and resist efforts that would feel more fluid in warmer temperatures, such as stride length. Warming up before going on a run out in the cold will help improve performance during your run. Go through this routine inside before heading outside to run in the cold:

- Hip circles, knee circles, leg swings, squats, trunk rotations
- Jumping Jacks, Front Lunges, Side Lunges, Squat Jumps

Exercise Testing

If you signed up for Fitness for Life in Spring or Fall 22, you are eligible for fitness testing. Testing for the Fall 22 semester will conclude on Dec. 8th. Please email one of the Graduate Assistants to schedule your test!

– you can find their emails at the end of this Newsletter. Returning members – we'll see you in the spring for your fitness test!

[Click here](#) for the medical form



Setting Goals

December is here! Which means the new year is right around the corner. Get ahead of those New Years' Resolutions by planning out your health and wellness goals for 2023! Here are a few tips for setting good goals and achieving them:

Be S.M.A.R.T.

Goals should be **Specific, Measurable, Attainable, Realistic, and Time-bound**. Be realistic about setting a goal and make sure you can track it. Remember, the more specific your goal, the higher chance you can complete it.

Write Your Goals Down

Make those ideas a reality by writing them down and making them visible. Put them up on your mirror, put them on your desk, and remind yourself of them every day.

Create An Action Plan

An idea becomes a goal once a plan is put in place. Your action plan should include the overall goal and all the steps needed to get there. Be creative and cement the goal in your mind and on paper.

Take Action

Now that you have your goal and you have a plan, just start! Start and stick to your goal until you complete it. Then, set another goal and watch as you achieve anything you set your mind to!

At Home Body Strength Circuit

- 1 min: march in place to warm-up
- Squats: 20 reps
- Reverse Lunges: 12 reps on each leg
- Push-Ups (on the knees or toes): 10 to 12 reps
- Dips: 10 to 12 reps
- Walking Lunges with arms Overhead: 10 to 12 reps
- Lateral Leg Lifts: 10 to 12 reps
- Planks: hold for 30 to 60 seconds
- Glute Bridges: 10 to 12 reps
- Back Extensions: 10 to 12 reps

Exercise Cards

Don't forget to turn in your exercise cards at the end of every month. Tracking your exercise is a great motivational tool to keep you on track. You can email cards to: e.kullman@csuohio.edu
Exercise cards can be found [here](#).

Personal Training Available

Interested in getting help with your workouts? Monday through Thursday, a graduate assistant will be available in the Human Performance Lab from 11am-1pm to help optimize your fitness routine. To take advantage of this feature, just stop by the lab during the above hours. Please note – personal training will not be available Dec. 9, 2022 – Jan. 23, 2023. All of our graduate assistants have certifications for personal training. Training can take place in PE SB17 or Woodling Gym. Feel free to ask about training plans!

Recipe of the Month: Italian Sausage Stew

As winter approaches it is time to break out the recipe books for comfort food. The [American Heart Association website](#) has a large variety of recipes that are hearty and heart healthy. The website includes the option to filter by course, ingredient, and lifestyle and has a search bar to help you find specific results. One great recipe that will warm your insides and lift your spirits during the cold weather is **Italian Sausage Stew**. *Servings: 12*



Ingredients

- 2 pounds low-fat, hot, nitrate-free Italian turkey sausage (lowest sodium available, casings discarded)
- 2 cans no-salt-added, diced tomatoes (undrained)
- 3 medium bell peppers (a combination of colors preferred), chopped
- 1 large red onion (chopped)
- 6 medium garlic cloves (minced)
- 1 Tbsp plus 1 tsp dried Italian seasoning, crumbled

Directions

1. In a large bowl, stir together all the ingredients. Divide the stew between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer and freeze.
2. Thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook, covered, on low for 6 hours, or until the vegetables are tender.

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab GA's/student workers at:

- Joey Senders: j.senders@vikes.csuohio.edu
- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu
- Zachary Vaughn: z.vaughn@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!