FEBRUARY

NEWSLETTER

The Heart Benefits of Exercise

In combination with a healthy diet, increased water intake, and good sleep, exercise can help improve your cardiovascular health and change your life. Let's talk about the benefits.

The AHA notes that exercise is shown to:

- Reduce body weight
- Reduce blood pressure
- Reduce LDL (bad) cholesterol
- Improve HDL (good) cholesterol
- Improve insulin sensitivity

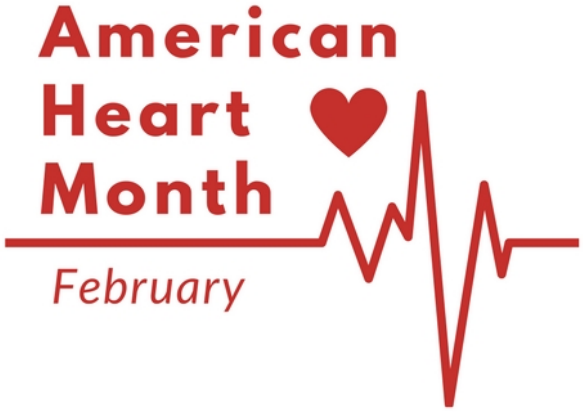
Whether performing aerobic training, strength training, or just some added movement throughout the day, exercise can help with short-term and long-term improvements in heart health and overall health.

For more heart benefits of exercise, check out Johns Hopkins Medicine's 7 Heart Benefits of Exercise!

Exercise Testing

Sign up for your Fitness for Life Testing! Please email one of the Graduate Assistants to schedule your testing - you can find their emails at the end of this Newsletter. Testing in the Spring includes both new and returning members. We hope to see you soon!

Click here for the medical form



American Heart Month

February is American Heart Month, a time when Americans join together in the fight against heart disease. Heart disease, the leading cause of death for Americans, refers to many different types of heart conditions, the most common of which is Coronary Artery Disease (CAD). The CDC notes that common risk factors for heart disease include high blood pressure, high cholesterol, and smoking, with other lifestyle choices and medical conditions (diabetes, poor diet, physical inactivity, etc.) contributing to the risk as well.

So how can you live a longer, healthier life? The American Heart Association (AHA) recommends eating a healthy diet, aiming to live tobacco free, managing conditions such as high blood pressure and high cholesterol, and exercising regularly.

This February, try to take on one positive lifestyle change and let's support each other in living a healthier and more active life!

For more information check out the AHA's 8 Things You Can Do to Prevent Heart Disease and Stroke.

Diet

Try out this great salmon recipe for an easy, heart-healthy, and delicious meal!

Ingredients:

- Boneless skinless salmon fillets: 24 ounces, about 1 inch thick
- Extra Virgin Olive oil: 2 tablespoons
- Kosher salt: 1-2 teaspoons
- Ground black pepper: 1 teaspoon
- 1/2-1 Lemon
- Pinch of cilantro (optional)

Directions:

- Remove any bones from the salmon, if necessary
- Cover the salmon lightly with oil, salt, and pepper
- Cook on 400 degrees for 12-15 minutes, or until the salmon flakes slightly
- Garnish the cooked salmon with lemon and cilantro if desired

*Optional – pair with roasted vegetables, avocados and rice or barley for a well-balanced meal!
Macros (per serving of salmon): 328 calories, 20g Fat, 0g Carbs, 37g Protein

We want to hear from you!

If there are any specific topics that you'd like to see in the monthly newsletter, or if you have any exercise equipment requests, please let Dr. Emily Kullman know! e.kullman@csuohio.edu

Personal Training Available

Interested in getting help with your workouts? Every Monday through Thursday, graduate students can help you optimize your fitness routine. To take advantage of this feature, just email Dr. Kullman or one of the graduate assistants. All of our graduate assistants are experienced in personal training and coaching and are available to help you. Training can take place in PE SB17 or Woodling Gym. Feel free to ask about training plans, too!

Health & Wellness

According to the American College of Sports Medicine (ACSM) completing 150 minutes of moderate intensity aerobic physical activity each week is beneficial for your aerobic fitness and your heart health. However, most people don't know what moderate intensity aerobic activity means. Below you will find an equation that you can use to learn your individual moderate intensity heart rate range. To take your heart rate use your pointer and middle finger and place them on the palm side of your opposite wrist between the bone on the thumb side and the tendons in the middle. With light pressure, hold your fingers in that location and count the beat of your pulse for one minute. Complete this process sitting down and relaxed to determine your resting heart rate.

1. Determine your resting heart rate (HR_{Rest})
2. Determine your max heart rate (HR_{Max}) = 220-your age
3. Use the equation below or use this link to calculate your target heart rate (HR_{Target}) $[(HR_{Max}-HR_{Rest}) \times 0.5] + HR_{Rest}=HR_{Target}$
4. Example: HR_{Rest} = 70; HR_{Max} = 170

[(170-70) x 0.5] + 70 = 120

Introducing Our New GA's!

Marlee: I chose CSU because I really enjoyed my undergraduate experience in exercise science here and was excited about the opportunity to continue learning at the graduate level. After graduation, I play to work as a strength and conditioning coach in the collegiate and professional setting.

Cristina: I chose CSU because I was looking forward to the opportunity to learn more specifically about cardiac rehab through the exercise science program and the school's proximity to the Cleveland Clinic. After graduation I plan to pursue a job as an exercise physiologist specifically focusing on cardiac rehab.

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
- Cristina Cross: c.cross22@csuohio.edu
- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Marlee Kovalik: M.j.kovalik@vikes.csuohio.edu
- Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu

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

Find the exercise cards HERE.