

November

NEWSLETTER

Importance of Sleep

Since the clocks will be falling back an hour, it is important to adjust your sleep schedule in order to continue your fitness goals. Here are a few tips on how you can prepare for the clocks to go back.

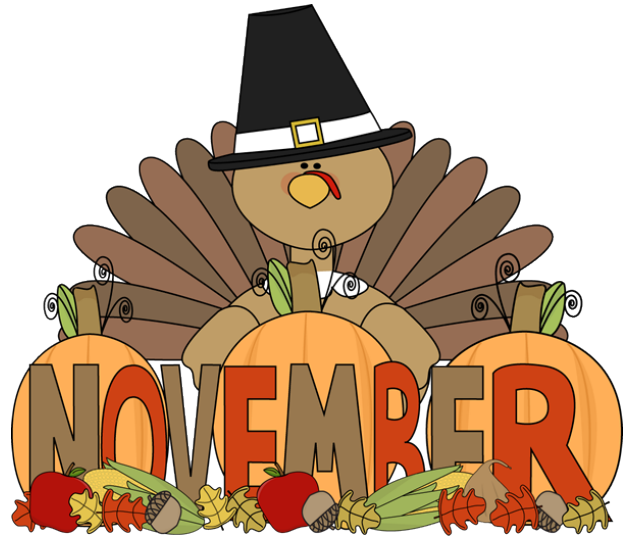
1. Gradually Transition: Try to go to bed and get up 20 minutes later three days before the change
2. Perfect Sleep Environment: Since daylight savings is out of our control and if you want the best quality sleep, ensure your room is quiet, cool, dark and comfortable

Exercise Testing

Sign up for your Fitness for Life Testing. If you joined Fitness for Life in the spring 2022 semester, you're eligible for a test this fall. Please email one of the Graduate Assistants to schedule your testing

- 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



American Diabetes Month

Diabetes is a metabolic disease that is characterized by elevated levels of blood glucose. This leads to serious damage over time to the heart, blood vessels, eyes, kidneys, and nerves. It is important to know different types of diabetes and what the symptoms are associated with each type.

Type 1 diabetes is characterized by deficient insulin production and requires daily administration of insulin shots. Symptoms include: excessive excretion of urine, thirst, weight loss and vision changes.

Type 2 diabetes results from the body's ineffectiveness use of insulin. More than 95% of people who have diabetes have Type 2. Symptoms may be similar to type 1 but are less often marked.

Exercising helps make your body more sensitive to insulin which helps manage diabetes. Participating in exercise also helps control blood sugar levels and lowers the risk of heart disease and nervous system damage.

Exercise

A common term used in exercise programming is “AMRAP” which means “as many rounds/repetitions as possible.” This format can be used to adapt a workout to fit your schedule or to change up your usual routine. Below is a sample workout that you can do from anywhere!

20-minute AMRAP

- 10 squats or squat jumps
- 10 push-up shoulder taps
- 10 alternating chair step ups
- 10 chair dips
- 30-second plank

Complete the list of exercises as many times as possible in 20 minutes. The great part about AMRAP workouts is that you can rest as needed and you know exactly how long the workout will take.

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? Starting this semester, every 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. 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, too!

Healthy Chili Recipe

It's November which means Fall is in full swing! Enjoy this chili recipe for a hearty and healthy dinner:

Ingredients:

- 2 tablespoons olive oil
- 2 medium onions, finely chopped
- 4 cloves garlic, finely chopped
- 2 pounds lean ground beef
- 1 teaspoon salt
- 1.5 tablespoons each: chili powder, ground cumin
- 2 teaspoons oregano
- 2 sweet bell peppers (red, orange, yellow, or mixed), diced
- 1 (28-ounce) can crushed tomatoes
- 2 cups water
- 2 (15-ounce) cans kidney beans or black beans, drained and rinsed
- 1 cup fresh or frozen corn kernels

Sautee the onion in the olive oil and add the garlic with the ground beef after 2-3 minutes. Break up the beef while it cooks until it is no longer pink (about 5 minutes) and then add the spices, the bell peppers, the crushed tomatoes, and the water. Simmer for 1 hour and add a bit of water if the chili is too thick. Finally, add the beans and corn and simmer for additional 30 minutes. Garnish with your favorite toppings like shredded cheese, jalapenos, sour cream, or some low-fat Greek yogurt for a healthier option!

We hope you have been enjoying the seasonal meals!

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!

Find the exercise cards [HERE](#).