

MARCH

NEWSLETTER

Don't Forget!

Sign up for your Fitness for Life Testing. Email one of the Graduate Assistants - you can find their emails at the end of this Newsletter.

[Click here](#) for the medical form

What is Exercise Intensity?

What exactly does it mean when someone says "moderate intensity exercise"? One of the best ways to determine your exercise intensity is to take the "talk test". Here are some examples:

Low intensity: You can carry on a conversation.

Moderate intensity: You can say a sentence or two, but need to catch your breath

High intensity: you can only get out a few words at a time.

For more methods to monitor your exercise intensity, click [here](#).



Exercise and Immune Health

Did you know that exercise can improve the health of your immune system? Regular moderate exercise can increase the strength and function of the immune cells in your body. This means that you're less likely to get sick with flus, colds, and other viruses. But it doesn't just stop there! Regular exercise also reduces inflammation, meaning that it will lower the likelihood of developing type II diabetes, heart disease, and even some types of cancer! The recommended amount of exercise for immune health is 30-60 minutes of moderate to vigorous exercise most days of the week. However, it's important to start relatively moderate (i.e. 30 minutes per day at moderate intensity), because doing a lot more exercise than you're used to can actually increase the chances of getting a flu or cold. For more information about optimizing your immune health, check out [this link](#). And if you're interested in the science behind these recommendations, click [here](#).

National Nutrition Month

March is National Nutrition Month! Nutrition is a key component in keeping your body healthy. For lots of great nutrition tips, resources, and recipes, check out the Academy of Nutrition and Dietetics' "Eat Right" website [here](#)!

We want to hear from you!

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

Finding time to fit in exercise

Do you find yourself struggling to find time to fit in exercise? Check out the latest video from our amazing GA's [here](#)!



Food for Sleep

March 18th is World Sleep Day! Did you know that certain foods and dietary practices are associated with improved sleep? Below are some dietary tips to help with sleep.

- Eat a balanced diet rich in vegetables and fruits
- Avoid caffeine in the afternoon and evening
- Avoid high-glycemic index foods
- Talk to your doctor or a dietitian about adopting the Mediterranean or DASH diet, both of which have been associated with better sleep.

For more information on nutrition and sleep, check out [this article](#) from the Sleep Foundation.



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 workouts area, please contact one of the lab GA's/ student workers at:

- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Sean Schieferstein: s.schieferstein15@vikes.csuohio.edu
- Sydney Hembree: s.a.hembree@vikes.csuohio.edu
- Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu
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Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month! Find the exercise cards [HERE](#).