

## Why You Shouldn't be Afraid of Resistance

### Exercise Equipment

By Jasmine D. Dorsey

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There are a myriad of reasons why strength training equipment is often recommended for beginners and why seasoned fitness pros use machines to get into top shape.

**Here's why** -with machines you can:

- Develop a keener mind-muscle connection.
- Isolate a specific muscle.
- Move through a plane that would otherwise be physically impossible with free weights.
- Build lean body mass that can help improve balance.
- Be more creative when trying to switch up your routine.

The machine advantage

- Machines are generally safer and easier to use, an advantage for beginners learning a specific movement.
- Some machines are more efficient than free weights at isolating a specific muscle or muscle group. This is important when you're strengthening a specific body part or rehabilitating an injury.
- Machines ensure correct movements for a lift, which helps prevent cheating when muscle fatigue sets in.
- Machine workouts can take less time because you can move easily from machine to machine. Changing the resistance is easy; you just insert a pin or push a button.

The machine disadvantage

- Most machines involve moving a weight along a pre-determined path, making it difficult to strengthen the stabilizer muscles.
- Machines are much more limited, with most devices allowing only one exercise.
- Most machines are geared to the average-sized person, so if you're shorter or taller than average, you may find it difficult to use some machines. However, some companies have developed equipment that is scaled down to suit smaller men and women.
- Machines often offer set weight increments (5- or 10-pound plates), limiting the adaptability.

If you are beginning a strength-training program for the first time, or have been away from your program for a few months, then it's a good idea to try the resistance-training machines for the first 10-12 weeks of your program. And **don't forget to get your doctor's approval!**



## Keep Your Fitness Program Challenging and Exciting

Changing your workout routine regularly is important because it ensures your body will constantly be challenged, which leads to continued growth and improvement. Best of all, switching your workouts keeps you learning and having fun. Here are just a few ways to keep your current exercise program stimulating:

Do one thing different every workout  
**Whether it's trying a completely new move,** doing more repetitions or sets per exercise, or trying to lift a slightly heavier weight than you did before, try to do at least one thing different every workout.

Backwards Workouts  
 Use your regular workout routine, but run through it backwards. Start with what is normally the last exercise performed and end with what is usually performed first.

Make your workout a game  
 Push yourself to see how far you can walk/run in ten minutes, see how many bicep curls you can do in one minute, or take a friend and start a little friendly competition! Even switching things up a couple of times can recharge you.

Edited by Miguel Class

# Easy, Healthy Recipes

BREAKFAST: *Berry-and-Yogurt-Topped Waffles*

Jasmine Dorsey, BA

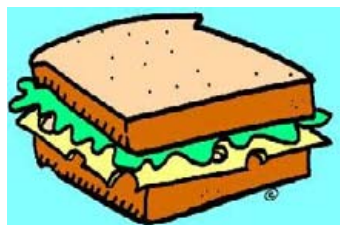
Spread  $\frac{3}{4}$  cup nonfat Greek yogurt on top of 2 toasted low-fat whole-grain waffles (try Kashi). Then evenly divide 5 sliced strawberries, 6 blackberries and chopped walnuts to top waffles. Enjoy with a 12-oz glass of milk or coffee.



Total Nutrients:

Calories: 506, Carbohydrates: 71 g, Dietary Fiber: 11 g, Sugars: 33 g, Protein: 40 g, Fat: 9 g, Saturated Fat: 1 g, Trans Fat: 0 g, Cholesterol: 6 mg, Sodium: 578 mg, Iron: 1 mg.

LUNCH: *Quick Cajun Swiss Tuna Melt*



Mix together 3 oz canned water-packed tuna (drained), 2 tbsp each diced celery and carrots, 2 tbsp nonfat Greek yogurt and 1 tbsp red wine vinegar. Sprinkle ground black pepper and Cajun spices to taste. Toast 2 slices whole-wheat bread and place 1 slice low-fat Swiss cheese on 1 slice. Assemble sandwich and top with lettuce, 1 tomato slice and second slice of bread. Enjoy with 1 apple.

Total Nutrients

Calories: 424, Carbohydrates: 78 g, Dietary Fiber: 13 g, Sugars: 25 g, Protein: 20 g, Total Fats: 5 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 5 mg, Sodium: 133 mg, Iron: 3 mg.

DINNER: *Baked Chicken with Garlic Spinach & Sweet Potato*

Bake 5 oz skinless chicken breast. Saute 2 cups fresh spinach in  $\frac{1}{2}$  tsp extra-virgin olive oil and  $\frac{1}{4}$  tsp minced garlic. Microwave 1 baked sweet potato for 5 to 8 minutes on high. Top with 2 tsp light butter. Enjoy with 1 cup strawberries.



Total Nutrients

Calories: 434, Carbohydrates: 51 g, Dietary Fiber: 9 g, Sugars: 12 g, Protein: 40 g, Total Fats: 9 g, Saturated Fat: 2 g, Trans Fat: 0 g, Cholesterol: 81 mg, Sodium: 283 mg, Iron: 5 mg.



## Getting To Know Your Graduate Associates

### Introducing.....Jasmine Dorsey



Alex Lucas

Hometown: Akron, OH

Education: **B.A. Spanish, Ohio State University '08**

Year: **First year Master's student**

Hobbies: Movies, Music, Lifting, Cooking, Sleeping

Favorite Class: Introductory Physiology and Psychology

Favorite Movies: LOTR, 300, Inception

Favorite Book: The Bible

Favorite Exercises: Squat, Squat Thrust, Chin-up

Favorite Quote: **"Don't judge each day by the harvest you reap but by the seeds that you plant"**

### ***Greetings everyone!***

My name is Alex Lucas and I am one of the new graduate students that will be helping out here at the Faculty/Staff Fitness Program. I was born and grew up in Zimbabwe, Southern Africa, (some of you may remember it as Rhodesia back in the day). Following high school I moved to South Africa where I went to university for my undergraduate. I initially focused on more sport related, orthopedic rehabilitation, treating injuries and prescribing conditioning programs. Two years ago I started grad school in the **US, completing my Master's degree at Wake Forest in North Carolina.** I am really looking forward to working here at OSU and becoming part of the team. Aside from the academic and clinical side of things I enjoy the outdoors, specifically fishing and wildlife. Socializing with good company and having a good time. Look forward to meeting you all in the next few months!



Hometown: Grass Valley, CA

Education: B.S. Clinical Exercise Physiology, *Cal St. University, Chico*

M.S. Human Physiology (Cardiovascular Control), *University of Oregon*

Experience: Personal trainer/strength coach—USA Weightlifting collegiate lifter (94kg class), Vascular sonographer—**Women's health research, Exercise physiologist**—Cardiac Rehabilitation, Cardiology tech—inpatient/outpatient cardiology

Hobbies: Olympic weightlifting, Russian kettlebell training, mountain/road cycling, fishing, sea kayaking, motorcycles, landscape photography, ghost towns, gardening, cooking/baking healthy foods, nerding out at school.

Research Interests: Female hormones and vascular function, autonomic cardiovascular control.

Favorite Class: Advanced Cardiovascular Physiology.

Favorite Movies: *The Big Lebowski*, *Better off Dead*.

Favorite Book: *Cardiovascular Control* (Rowell, LB)

Favorite Exercise: High hang power snatch.

Favorite Quote: **"No one is completely useless, they can always serve as the bad example."** – Brian Oldfield

Mike Smith



Blake Holderman



Blake Holderman: **Very new master's student, eternal optimist,** Type B, a Mac guy

Home: **Dublin, OH. Home of Wendy's as well. I know the Thomas's, but not Wendy**

Education (formal): B.S. Exercise Physiology, The Ohio State University

Education (informal) aka hobbies/interests and other stuff: Wilderness First Responder, plants (cultivating/grafting), wood burning (new acquired interest), woodworking, cooking, stained glass, camping and other outdoorsy stuff, English grammar, music, piano (deserves its own category), books, trivial pursuit and similar games

Most Influential Person on My Sense of Humor: Adam Sandler

Favorite Musician: Josh Ritter

Favorite Book: *A Heartbreaking Work of Staggering Genius*, Dave Eggers

Favorite Quote: **"That which we give our attention to grows stronger in our lives."**





Nicholas Hanson

Hometown: Logan, IA

Education: B.S. Biology, Univ. of Nebraska at Omaha,  
M.S. Exercise Science, Univ. of Nebraska at Omaha

Year: First year Ph.D. student

Hobbies: Music, Running , drinking coffee

Favorite Class: Research Methods, Advanced Exercise  
Phys

Favorite Movies: Almost Famous, Donnie Darko &  
anything with Will Ferrell

Favorite Books: 1984, Ultramarathon Man & Born to  
Run

Favorite Exercise: running HILLS!

Favorite Quote: “The human foot is a masterpiece of  
engineering and a work of art.” Leonardo da Vinci

Brooke Starkoff

Hometown: Cleveland, OH

Education: M.Ed. Exercise Science, Cleveland State Uni-  
versity

Year: First year Ph.D. student

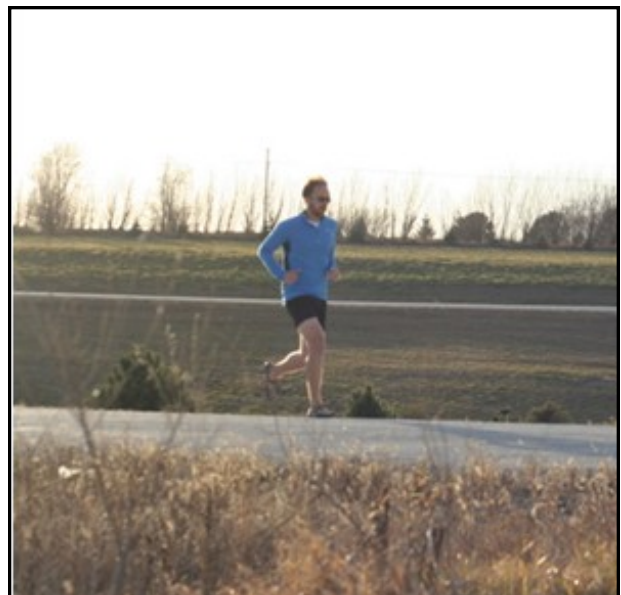
Hobbies: Triathlons, comedy, music, traveling

Favorite Movie: History of the World, Part I

Favorite Book: The Great Gatsby

Favorite Exercise: **Swim, Bike, Run...**

Favorite Quote: **“We don’t stop playing because we  
grow old; we grow old because we stop playing”** –George  
Bernard Shaw



## Featured Exercises—Stability Ball

Alisa Blazek, MA

The following is a good exercise for strengthening the lower back. Begin this exercise lying over the stability ball as shown below in Figure 1. The ball should rest at your lower abdomen/pelvis to allow free motion of the legs. Slowly lift your legs (counts of two) until your body is one straight line, keeping the ball still and your knees straight but not locked. Perform 2 - 3 sets of 10 repetitions.

Figure 1. Leg Lifts for Lower Back Strengthening

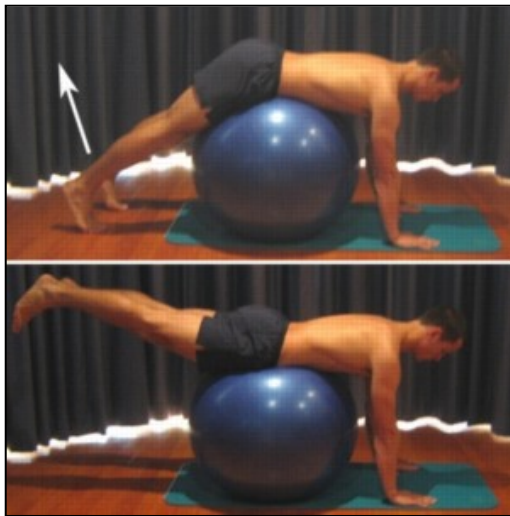
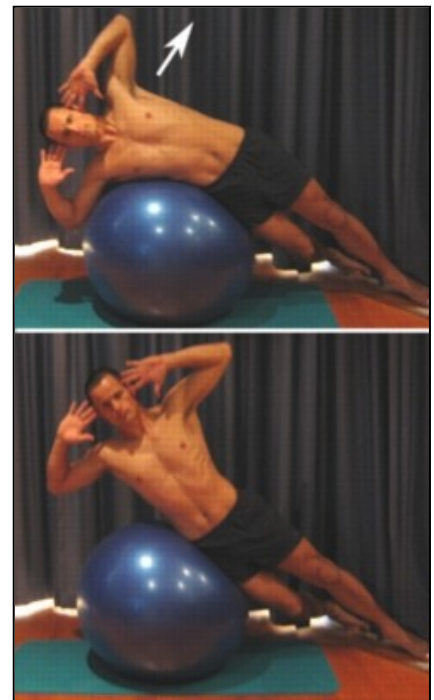


Figure 2. Side Bends for Obliques



To strengthen the oblique muscles, begin this exercise with your feet apart and against a wall as demonstrated in Figure 2. It is very important to ensure that the point of your hip is resting on the ball, and that your torso can move freely. Be sure not to have the ball too high on the torso. Slowly (counts of two) perform a side bend, keeping the ball as still as possible. You may keep one hand on the ball for support if you are a beginner. Once you feel more comfortable, place both hands behind head as shown, or both hands in the air for advanced exercisers. Perform 2 - 3 sets of 10 repetitions on each side.

Exercises and pictures adapted from: <http://www.iranreebok.com/index-2.html>

# Ask the Expert

Rebecca Nguyen, MS



*Question:* I am going to be going on vacation in a month and I realized that I am too out of shape to be able to enjoy my vacation! I have a sit-down job, a long commute, and get almost no exercise. On my vacation, I will need to do a lot of walking and I want to be able to do it without getting tired and winded or having my feet hurt. What is the best way for me to get into good enough shape to enjoy my vacation a month from now? I just started walking 1/2 hr every day before I get ready for work and realized how out of shape I really am. Can I do it in a month, or should I cancel my vacation plans?

*Answer:* A lot depends on: 1) What physical demands will be placed on your body and 2) your current level of fitness. There is no way for me to tell you whether you should cancel your vacation. What I can tell you is how best to prepare for all the walking.

The first thing to do is get a new pair of walking shoes. I always recommend going to a specialty store where the employees are trained to fit you with the appropriate shoes. It will be more costly but well worth the money. The right pair of shoes will make your physical activity feel easier, more comfortable, and reduce your risk for overuse injuries. You should also be wearing shoes that are appropriate for walking on your vacation. Sometimes the cutest shoes are not the ones that are appropriate for an all day excursion on your feet.

You have done a great job by walking every day before work. Continue doing that, and start walking 30 minutes every day after work too. At the end of your second walk, do 10 minutes of total body stretching. After the first week, consider how you feel. If you feel good, then increase your after-work walk to 45-60 minutes every 2-3 days. If 30 minutes, twice a day is still challenging, then stick with that for another week. Essentially, you should titrate your walking according to how you feel. Do not take a day off unless you are truly fatigued and/or sore. Do not increase your duration or speed unless you feel good. The more you walk, the better prepared you will be to have a fun vacation!

## Autumn Schedule

Morning General Conditioning	MWF	6:30-8:30am
Noon General Conditioning	MTWRF	11:30-1:30pm
Evening General Conditioning	MW TR	4:30-6:30pm 5:00-6:30pm
Morning Swim	MWF	7:30-8:30am
Water Aerobics	MWF	12:30-1:30pm
Boot Camp	W	12:30-1:30pm
Toning	M	5:00-6:00pm

