



Health *focus*

Strength Training: Not Just for Jocks



Many women, and men, are worried that strength training will lead to enormous muscles and an overly athletic build. This is one reason why strength training is often left out of workout and exercise routines. The truth is, though, that strength training is a key aspect to physical fitness and health. Bulking up will only result if someone trains very hard and at a very advanced level.

Why is strength training so important? Because it keeps our muscles, which allow us to move, strong! Strength training also helps develop strong bones, can help control weight, can reduce your risk of injury, and boost your stability and stamina. On top of that, strength training reduces body fat and helps the body burn calories more efficiently.

The best way to keep your muscles strong is by using them, and pushing them to work. If you don't, you'll slowly lose muscle mass, which is a common problem for people as they age. Improve or preserve your muscle mass by engaging in strength training for about 20-30 minutes, 2-3 times a week.

Make sure to rest at least 1 full day between exercising a specific muscle group. That day of rest is important to

building muscle and reducing injury. Muscle soreness is normal and expected, especially when starting out or increasing weight/resistance. Pain is not. Stop if you feel pain, or have sharp, sore, or swollen joints.

Choose a weight that is heavy enough so that you can get through 12 repetitions. You should just barely be able to get through the last rep. If you work at this weight, you only need to do 1 set of 12 reps to build muscle mass in a particular muscle group. It's that easy. Just make sure to keep breathing. It helps to exhale on the hardest part of the movement, usually when you're lifting, and inhale on the easier part.

Don't have a gym pass or free weights lying around? You still have many options for strength training. Resistance tubing is a great method because it is cheap, light weight, and and comes in a variety of resistances. You can also fill plastic drink bottles with water or sand. Or just use your own body weight, which is completely free! Crunches, lunges, squats, push-ups, and pull-ups are wonderful exercises.

Always keep strength training and your muscles in mind. Use 'em or lose 'em!

Announcements



- ◆ Make sure your activity logs are up to date. They are due by Thursday, September 4 if you'd like to be entered into the prize drawing for: iPod Shuffle, gift cards, massages.
- ◆ Improve your chance of winning by filling out the program survey at : <http://www.zoomerang.com/Survey/?p=WEB227YV2W9LC>

TRIVIA

So You Think You Know About the Bay Area?



Question: Antioch ships more of what vegetable than any other town in the world?

Answer: Asparagus

Antioch also ships more celery than any other place in the United States. Growing, packing, and shipping fruits and vegetables is a major industry, making it an appropriate stop on our healthy trip around the bay.

Originally founded in 1850 as Smith's Landing, Antioch is full of history, including the El Campanil theatre which dates back to 1928. A trip to Antioch can take you back in time with its historic architecture, or keep you grounded in the present. It is currently experiencing dramatic growth and development.

Healthy Recipe of the Week

Lemon Chicken

Serves 4

Ingredients

- 1 tsp cornstarch
- 1 tbsp low sodium soy sauce
- 1 lb boneless, skinless chicken breast, cut into strips
- ¼ fresh lemon juice
- ¼ low sodium soy sauce
- 1 tsp fresh ginger, minced
- 2 cloves garlic, minced
- 1 Tbsp Splenda
- 1 tsp cornstarch
- 1 Tbsp vegetable oil
- ¼ red bell pepper, cut into 2 inch strips
- ¼ green bell pepper cut into 2 inch strips

1. Mix 1 tsp cornstarch and 1 Tbsp soy sauce in a small mixing bowl. Add sliced chicken. Place in refrigerator and marinate for 10 minutes.

2. Stir the lemon juice, ¼ cup soy sauce, chicken broth, ginger, garlic, Splenda, and 1 tsp corn-starch together in a medium-sized mixing bowl.

3. Heat oil in a medium frying pan. Add chicken and cook over medium-high heat for 3-4 minutes or until just done. Add sauce and sliced peppers. Cook 1-2 minutes more or until sauce thickens and peppers are slightly tender.

Nutrition Information

Serving Size: ¼ of recipe

Amount per serving

Calories 160

Calories from Fat 40

Total Fat 4g

Saturated Fat 0g

Cholesterol 50mg

Sodium 820mg

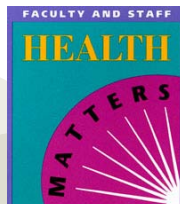
Total Carbohydrate 6g

Dietary Fiber 0g

Sugars 1g

Protein 21g

-American Diabetes Association



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