

# Bartley Center Wellness News – 70

## September 2006

1. **Walking for Wellness at HCC**
2. **Fitness Facts**
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5. **A Wellness Challenge**

Wellness News quiz:

1. The HCC track is 458 yards per lap. True/False
2. People with more education tend to be more physically active. True/False
3. The Bartley Center is open 84 hours a week, it is free for those taking credit classes. True/False
4. Who said - "The most wasted of all days is one without laughter."

Answers are below in the reading material.

## 1. Walking for Wellness at HCC

Everyone knows walking (or any other cardio activity) is good for your health. But life gets busy, the hours at work get longer, which as a result, you get more tired earlier, and lying on the couch sounds pretty nice! Life is a whirlwind of frenzy. ! Fall is setting in, the humidity is decreasing, the air is becoming cooler, and it is a perfect time to lace up those walking shoes and move on to better health!

The secret to those people who have no trouble in fitting in a walk into their daily lives is simple. Walking fits into their personal interests, activities, and responsibilities. It naturally becomes a part of their days and life. Walking is fun and practical for those people. They multitask, by having a conversation with a friend, co-worker, or relative during a walk. You can find peace in taking a walk through the woods. You can catch up on that book you've been meaning to get to – by audiobook. Walking helps balance these avid walkers' lives.

Here are a few options for walking while at HCC: (These are also listed in the Fitness and Wellness section under Recreation on the HCC website - with a map):

1. **Our rolling campus circuit road** makes HCC an inclusive environment. The road is approximately 1.3 - 1.5 miles around depending on whether you walk on the inside of the road or on the surrounding pathway. It will offer you both "risk & reward"! For those of you who haven't been active it's up and down hill terrain may be uncomfortable, if you've been fairly active than it's a great way to combine a somewhat more strenuous activity. This walk takes around 25 minutes if done casually, if jogging it can be done in the 11- 15 minute range. If you are interested in expanding the walk you can add a "Tannery Brook Loop" to the walk. The Brook route is also a way of shortening the circuit around the Campus to avoid some of the hills.

2. **Our track is 458 yards per lap**, slightly longer than a typical running track. A mile is slightly over 3 3/4 laps (3.88 laps). A mild one mile walk would take roughly 20 minutes, a more brisk walking pace would be somewhat less, and a jogged mile would be between eight and twelve minutes in duration
  
3. The Holyoke Community College **nature trails** are another alternative that is more of a hike than a walk. The terrain is more challenging, but the sights can be breathtaking. There are pathways through the woods that will introduce you to wonders of a New England woods. There is even an orienteering course that has been set up utilizing the wooded areas of the campus.

**“Enjoy the Campus hills to get some exercise”**

- Walk the Campus Road Path: approx. 1.5 miles around.
- Add the Tannery Brook to your walk by crossing in front of the Campus Center through M lot and/or E lot.
- Take a side trip to the Kids Place just opposite F lot.
- Take a hike on one of the Campus Nature Trails [for the more adventurous].
- Park in Q-Lot and walk to the main campus buildings.
- Simply walk around the track. 3.88 laps = 1 mile.
- Walk inside on one of the treadmills in the Bartley Center.
- Create your own walk.

In addition there are many “special” programs offered at the BC that encourage and promote walking as a basic foundation for a sound wellness lifestyle. Visit the facility; check the bulletin boards, and/or the website for specific programs.

### **Maximize Your Walk**

Any form of walking burns calories and improves muscle definition. But to get the most from your walk, concentrate on these main points:

1. **Choose distance over speed.** It's better to walk at a steady pace than walk too quickly and have to quit early. As your fitness level improves, you can speed up gradually.
2. **Go for the hills.** To help build your muscles, alternate inclines. Try walking up stairs, bleachers, or hills.
3. **Warm up slowly.** Walk the first few minutes at an easy pace to get your body prepared. If your start is too brisk, you risk burning only the immediate sugar supply in your body rather than the stored fat you want to lose.

## **2. Fitness Facts**

Here are some fun little facts for you to learn from and use in many different ways -- including astounding others with your knowledge! Enjoy!!!

### 1. More Than a Few.

The human body has more than 650 muscles.

### 2. Stronger by a Hair.

Each muscle fiber is thinner than a hair and can support up to 1,000 times its own weight.

### 3. Where Did the Strength Go?

By the age of 65, individuals who haven't engaged in exercise on a regular basis may incur a decrease in their muscular strength by as much as 80 percent.

#### 4. Keep On Running.

About 42% of the more than 10,000 runners who finished the 1989 New York Marathon were over the age of 40. Of these, 56 runners were over 70-years-old. The oldest finisher of the race- in 6 hours and 43 minutes- was 91-years-old.

#### 5. Lite Stuff.

Your lungs are light enough to float on water.

#### 6. Almost as Fast as a Speeding Bullet.

It takes only about 23 seconds for blood to circulate throughout your entire body.

#### 7. On the Go.

Between birth and old age, you will walk about 70,000 miles. Walking is one of the best activities you can do to keep your heart-lung complex in good working condition.

#### 8. Exercise as a Drug.

Aerobic exercise is one of the best preventative medicines available and one of the cheapest.

#### 9. A Matter of Gender.

All factors considered, several cardiovascular-related, physiological differences exist between men and women-- most of which place women at a disadvantage in aerobic endurance activities.

#### 10. Smart Jocks.

People with more education tend to be more physically active.

#### 11. Smaller than a Breadbox.

The heart is a hollow, muscular organ that is roughly the size of a man's fist, averaging approximately 5 inches in length, 3.5 inches in width, and 2.5 inches in thickness. It weighs about 10.5 ounces in the male and 8.75 ounces in the female.

#### 12. Can You Spare a Part?

Although you can't just go to a human spare-parts store to buy a new replacement body part, organ transplants take every day. The cost of a transplant to replace either your heart or lung would be approximately \$100,000 each.

#### 13. On and On and On...

Placed end to end, the blood vessels in your body would stretch almost three times around the equator.

#### 14. Talk is cheap.

If you can't carry on a conversation while you're exercising, you may be training too hard.

#### 15. Keep on Exercising.

Consistent exercise teaches your body how to be an efficient fat-burner, rather than a fat-storer.

#### 16. No Thank You, I'm Full.

If you are 25 pounds overweight, you have nearly 5,000 extra miles of blood vessels through which your heart must pump blood.

#### 17. Hit What You Aim For.

Muscle is the primary target organ of aerobic training. The effects of aerobic training on muscle involves the use of oxygen as it relates to energy production.

### 18. Heart Healthy.

Research shows that cardiac rehab programs that include exercise reduce risk of death by 20 percent.

### 19. Safety Valves.

When you stand up, if you didn't have valves in your veins, all the blood in your body would literally fall downward, filling up your legs and feet.

### 20. Lung Power.

Aerobic training improves the condition and efficiency of your breathing muscles so that your body can utilize more lung capacity during exercise.

## 3. No excuses

In today's fast paced world, sometimes it can be challenging to find the time to get to the gym to workout. I am sure you have heard many people say, "There just aren't enough hours in the day." The number one excuse for not training on a regular basis is not being able to find the time. The Bartley Center is open 84 hours a week, it is free for those taking credit classes. In addition, staff and alumni are eligible to join for daily visits, for one semester, or for a year. Ninety nine percent of all excuses are not valid! If you are serious about getting in shape, if it is a top priority, nothing will get in the way of you achieving your goal. If you want something bad enough, it is amazing what you will do to get it. Here are a few things you can do to eliminate the "I don't have time" excuse.

### **Wellness Reminder: Energy In, Energy Out**

When it comes to body weight, remember this: 1 pound = 3500 calories. For every pound you want to lose, you must burn 3500 calories worth of energy. The only way to do that is to move more.

## 4. Quotes:

" Avoid having your ego so close to your position that when your position falls, your ego goes with it." – Colin Powell

"An undefined problem has an infinite number of solutions." – Robert A. Humphery

"Contrariwise', continued Tweedledee, 'if it was so, it might be, and if it were so, it would be; but as it isn't, it ain't. That's logic!" – Alice in Wonderland

"Ah, but a man's reach should exceed his grasp -- or what's a heaven for?" – Robert Browning

"Many persons have a wrong idea of what constitutes true happiness. It is not attained through self-gratification but through fidelity to a worthy purpose." - Helen Keller

"To repeat what others have said, requires education; to challenge it, requires brains." – Mary Pettibone Poole

"The most wasted of all days is one without laughter.- ee cummings

"My mother used to say that there are no strangers, only friends you haven't met yet. She's now in a maximum security twilight home in Australia." – Dame Edna Everage

## 5. A Wellness Challenge

- keep it simple: find and preserve the simplicity in well-being, live healthy by eating healthy and participating in regular, meaningful physical exercise. Not only does it sound simple, it is simple.