Common Exercise Mistakes

- Don’t lean against the equipment. When using treadmills, bikes, ellipticals, and stairs, don’t lean on it. Stand up straight to give your spine the proper support!
- Don’t grip the handles too much. This can contribute to leaning against the equipment and can make the workout a little easier. If you need balance just use your finger tips!
- Make sure you are working your abdominal muscles. When doing crunches or sit-ups, be sure that you are using your abs to do the exercise and not your neck and head. Think of trying to touch your rib cage to your hip bone!
- Stretching when you are warm. If you stretch when your muscles are cold, you risk injuring them. Walk a lap and then stretch. Also, try to avoid bouncing. This can cause injury to the muscles as well!
- Stuck in a rut. Change up your exercise routine to challenge yourself! Change the exercises to work different muscles! Your body is impressive and tries to adapt!
- Water, water, water. Always remember to hydrate yourself before, during, and after exercise.

~Sara Rider, Health Promotion Student

Where is all your energy going?

Have you felt more tired than normal recently? There are many lifestyle habits that may be causing your drowsiness, some of which are listed below.

First, reduce your sugar intake. While it may taste great and perk you up in the short term, it will lead to severe drops in blood glucose levels, and thus a decrease in energy.

Too little exercise can also contribute to low energy levels. Exercise releases endorphins to make you happy and energized!

Dehydration can also lead to a lack of energy because without water, your body is less able to flush out toxins! Try adding a lemon, lime, or bit of mint leaves for taste!

You can also add a bit of optimism! If you change your attitude so that it’s positive, your energy levels will increase. So find something good in each and everyday and don’t forget to smile!
Lemon Chicken Stir-Fry

Ingredients

- 1 lemon
- 1/2 cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons cornstarch
- 1 tablespoon canola oil
- 1 pound boneless, skinless chicken breasts, trimmed and cut into 1-inch pieces
- 10 ounces mushrooms, halved or quartered
- 1 cup diagonally sliced carrots (1/4 inch thick)
- 2 cups snow peas (6 ounces), stems and strings removed
- 1 bunch scallions, cut into 1-inch pieces, white and green parts divided
- 1 tablespoon chopped garlic

Directions

1. Grate 1 teaspoon lemon zest and set aside. Juice the lemon and whisk 3 tablespoons of the juice with broth, soy sauce and cornstarch in a small bowl.
2. Heat oil in a large skillet over medium-high heat. Add chicken and cook, stirring occasionally, until just cooked through, 4 to 5 minutes. Transfer to a plate with tongs.
3. Add mushrooms and carrots to the pan and cook until the carrots are just tender, about 5 minutes. Add snow peas, scallion whites, garlic and the reserved lemon zest. Cook, stirring, until fragrant, 30 seconds. Whisk the broth mixture and add to the pan; cook, stirring, until thickened, 2 to 3 minutes. Add scallion greens and the chicken and any accumulated juices; cook, stirring, until heated through, 1 to 2 min.

You Can Do It!

- Start with being realistic. Set goals that are attainable and aren’t overwhelming.
- Try charting your progress! Being able to see the improvement in your exercise regimen will boost your drive to keep exercising!
- Don’t compare yourself to others! This is about you and your goals!
- Find an encouraging source-A friend, family member, or one of our student trainers!
- Choose an activity that makes the workout fun! Try swimming over running, walking over biking...Just be sure to enjoy it!
- Break up your workout! If you don’t have time to workout all at once, try exercising multiple times a day for less time (10-15 min. bouts)
- Remember to reward yourself! You have done great and deserve a treat, but not a sweet! Something you enjoy like a movie, a book, flowers, or even some new workout clothes!

Fun Fact of the Day!

Chewing gum while peeling onions will keep you from crying.