



OtterFit News

Volume 1 Issue 1

October 15, 2009

Welcome to the first edition of the **OtterFit News!** It is the fifth week of the quarter and the fourth week since you started working with your student personal trainer.

I wanted to take this opportunity to **THANK YOU** for your support of this program. I know that the start of any such undertaking tends to be a bit "rocky" BUT I think we have successfully "matched" you with the days and times that you are available and with students who are intent on improving your health and fitness. There are now 55 committed faculty and staff participants working either individually with a student or participating in circuit training sessions led by several students.

Our goal is to continue this program into the 10th week of the quarter and follow up with another fitness assessment to determine your improvement.

Many of you have asked the students about the OtterFit program during the winter quarter. Plans are in the making. The program won't be organized the same as this quarter but my hope is that there will be some students available to conduct assessments and training sessions and at least several timely small group fitness classes. Thanks for your interest. We'll be back with you later this quarter about the opportunities!

Kim

Health and Sport Sciences Department

ADDITIONAL TRAINING and CLASSES!!!!

Just a reminder...if you must miss your "usual" session, please try to reschedule for that same week. If you want an extra workout, there are circuit training sessions available on Monday through Thursday afternoons from 5:15 -6:15 p.m. You are welcome to join in! Just come to the Clements Center.

Many of you have attended the group exercise classes led by students on any evening of the week. There is room for more participants and I invite you to attend these free classes held in the Rike Dance Room. No registration is necessary.

All three of the women leading these classes are senior Health Promotion and Fitness majors and have achieved at least one professional certification. Amy Szabo is leading a Pilates class on Monday evenings starting at 7 p.m. and Wednesday evenings beginning at 6:45 p.m. Kristin Williams is leading a Total Conditioning with Resistance Bands class on Tuesday and Thursday evenings at 6:30 p.m. and Jenna Madama, who is training many of you, is leading a Yoga class on Fridays at 5:15 – 6:15 p.m.



Highlights:

THANKS to all of the OtterFit participants!

ADDITIONAL TRAINING and CLASSES!

Announcement:

Evaluations

Interpreting YOUR Resting Metabolic Rate



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INTERPRETING YOUR RESTING METABOLIC RATE

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You were gracious to make time before school started to get a fitness assessment AND many of you were quite patient when Jenna and I had problems with the resting metabolic rate testing. Since that time we have successfully tested most everyone who is participating in the OtterFit program.

However, you might not have had the results of the resting metabolic rate test explained to you. Here's the information that might make the results you achieved, more understandable. In addition, I have given you some ideas of how you might increase your metabolic rate.

Defining RMR

First, a person's metabolic rate accounts for about 60-75% of the calories that they will "burn" in a day. These calories, about 1200-2400 PER DAY, reflect the amount of energy that it takes every day to keep the various body systems functioning with the energy they need. These calories will be used even if you remain at rest all day.

Secondly, TOTAL metabolic rate is determined by ADDING the calories "burned" through physical activity and those needed to digest the food we eat in a day TO the resting metabolic rate. Physical activity can account for 15-30% of the calories used in a day while digestion accounts for 10-15% daily. Average TOTAL metabolic rate of an individual engaged in normal daily activity ranges from 1800-3,000 calories per day.

To summarize, if a person added the calories burned from their resting metabolic rate plus those from their daily physical activity AND the calories used just to digest the food that is eaten, this would reflect the total calories used in a day or their TOTAL DAILY ENERGY EXPENDITURE.

The practical application...if a person EATS more food in a day than is BURNED through their TOTAL DAILY ENERGY EXPENDITURE, they will gain weight!

Increasing Your RMR

Since resting metabolic rate (60-75% of the daily calories expended) affects the TOTAL metabolic rate dramatically, what can you do to increase it? **One:** Get on a physical activity program that requires consistent daily movement of some sort. You don't have to join a gym BUT you need to be more physically active. Walk places instead of using your car. Mow the lawn instead of hiring out. Go up and down a flight of stairs to use the restroom at work. Walk up the stairs in places instead of using the elevator. (Here's an idea you might not have thought of: <http://www.youtube.com/watch?v=4WNws3UzU6s>) Use a treadmill, bicycle, elliptical or rowing machine, attend a group exercise class at a gym but, get moving! For those trying to lose weight or simply maintain weight, aerobic exercise/activity is necessary- preferably 50-60 minutes/day where the heart is elevated by the activity.



INTERPRETING YOUR RESTING METABOLIC RATE (con't)

Two: Engage in some weight-bearing activity that will build lean body or muscle mass. Muscle burns calories while fat does not! Try the ACSM resistance training recommendation of performing at least 8-10 strength exercises of 1 set of 12 repetitions, twice weekly. We need more muscle mass (lean body mass) than what most of us have. Not sure how to lift weights? Participate in the OtterFit program where you can work with a student personal trainer who will set up a program for you, then "do" the program twice per week. **Three:** Get off the diets! You have probably heard of "yo-yo" dieting. If your behavior has been to get on a diet, off a diet, on a diet again, you have probably lowered your resting metabolic rate as a result. The body has a "built-in" way of protecting itself from this kind of behavior. It "conserves" calories. This behavior reduces your resting metabolic rate. Instead of choosing the next caloric restrictive diet that is "in," decide to eat 5-6 small meals. Eat moderate portions (approximately 300-500 calories with each meal). Choose a protein (lean meat, fish, edamame, soy) with a carbohydrate (1/2 cup or a piece of fruit, 1 cup of vegetables) with each. Avoid processed foods like those in a box or a can and attempt to reduce the times you eat out each week. **Four:** Drink plenty of water (your body weight in ounces) and decrease the number of caffeinated beverages and fruit juices (laden with sugar) that you consume each day.



To summarize, elevating your resting metabolic rate can be a challenge. It is a harder task as we get older since we tend to become more sedentary and naturally lose muscle mass with age. Make a conscious effort to get more activity in your life, including cardiovascular for heart health and caloric burn and strength exercises to build lean body mass. Avoid the latest diet fad while working to adopt basic, consistent eating habits of smaller, more frequent meals and drinking more water. You'll enjoy the outcome of these efforts!

ANNOUNCEMENT



You will be receiving an email with questions for you to answer about your experience with the OtterFit program. Any information or input you can provide would be appreciated.