



# OtterFit News

Volume 2 Issue 1

January 22, 2010

Welcome to the first edition of the **OtterFit News** for Winter Quarter! It is the third week of the quarter and the second 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. Most of you who have continued with us from Autumn Quarter, and a few have joined us to help us continue to grow as a program and as individual trainers. There are now 52 faculty and staff participants working either individually with a student or participating in group fitness classes.

Our goal is to continue this program into the 10<sup>th</sup> 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 spring quarter. Plans are in the making. The program may be tweaked a little bit, but our hope is that there will be some students available to conduct assessments and training sessions and at least several small group fitness classes. We'll be back with you later this quarter about the opportunities! Thanks for your interest.

## Additional Training and Classes!!!!

Just a reminder...if you must miss your "usual" session, please try to reschedule for that same week or add it on to the end of the quarter. You must complete 16 sessions by the end of the quarter.

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 we invite you to attend these free classes held in the Rike Dance Room. No registration is necessary.

Both 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 and Wednesday evenings 5:15-6 p.m. and 6:15-7 p.m.. Kristin Williams is leading a Total Conditioning with Resistance Bands class on Tuesday and Thursday evenings at 5:15 p.m. and leading a Yoga class at 6:15.



## Highlights:

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**THANKS to all of the OtterFit participants!**

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**ADDITIONAL TRAINING and CLASSES!**

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**What You Need to Know: The Basics of Weight Lifting**

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**OtterFit Incentive Program**

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**Announcement**

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Editors

Please send comments/suggestions to:  
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## What You Need to Know: The Basics of Weight Lifting.



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### The Basics

When beginning a weight lifting program, you'll need to know some basic strength training principles. These principles will teach you how to make sure you're using enough weight, determine your sets and repetitions and insure you're always progressing in your workouts.

1. **Overload:** To build muscle, you need to use more resistance than your muscles are used to. This is important because the more you do, the more your body is capable of doing. You should increase your workload in order to continue improving. In plain language, this means you should be lifting **enough weight that you can ONLY complete the desired number of repetitions**. You should be able to finish your last repetition with difficulty but also with good form.
2. **Progression.** You need to increase your intensity regularly. You can do this by increasing the amount of weight lifted, changing your sets/repetitions or the exercises and/or the type of resistance. You can make these changes on a weekly or monthly basis.
3. **Specificity.** This principle means you should train for your goal. If you want to increase your strength, your program should be designed around that goal (e.g., train with heavier weights closer to your 1 RM (1 repetition maximum)). To lose weight, choose a variety of repetition ranges to target different muscle fibers.
4. **Rest and Recovery.** Rest days are just as important as workout days. It is during these rest periods that your muscles grow and change. Make certain you're not working the same muscle groups 2 days in a row.

You always want to keep a few key points in mind:

1. **Always warm up** before you start lifting weights. This helps get your muscles warm and prevent injury. You can warm up with light cardio or by doing a light set of each exercise before going to heavier weights.
2. **Lift and lower your weights slowly.** Don't use momentum to lift the weight. If you have to swing to get the weight up, chances are you're using too much weight.
3. **Breathe.** Don't hold your breath and make sure you're using full **range of motion** throughout the movement.
4. **Stand up straight.** Pay attention to your posture and engage your abdominal muscles in every movement you're doing to keep your balance and protect your spine.



## OtterFit Incentive Program

The incentive program encourages and rewards participants for exercising. The participant's activity is assigned mileage depending on the duration of the activity. The more you exercise, the more miles that are earned. As a whole, every participant's miles are combined together each week and will be used toward traveling to Long Beach, California. Participants can get weekly health advice and tips. At the end of the program the top individual mile earners will win a prize!

Highlighting Senior Health Promotion and Fitness Major and OtterFit Trainer/Group Exercise Instructor– Amy Szabo

1. What is your home town? Worthington, Ohio
2. What certifications do you have? AFAA, CPR
3. What are your future plans? I hope to obtain a job at Children's Hospital. I would really like to do research or any kind of work with children.
4. Present Work Experience? I am a Group Fitness Instructor at Otterbein and Urban Active, I am also a part-time nanny for 3 children and also work at Express.
5. What is your favorite experience with OtterFit/Group Fitness Classes? My favorite experience with Group Fitness classes are seeing how people benefit from them. The classes are a great way for people to start exercising who are not sure what to do. These classes give them motivation and encouragement to get started to be active.



## ANNOUNCEMENT



Any information or input you can provide about the OtterFit Program would be appreciated. Please email me at; [Justine.zilli@otterbein.edu](mailto:Justine.zilli@otterbein.edu)