



INTERPRETING YOUR RESTING 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.



Highlights:

RMR Testing

Intramural Fitness Class Schedule

HPF Lab-Rike Center

OtterFit Intern- Srah Bradley

Remember the recommended number of steps per day is 10,000 for good heart health.



Dr. Kim Fischer, Editor

Please send comments/suggestions to:

KFischer@otterbein.edu



Intramural Fitness—Group Fitness Class Schedule for Fall

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Classes begin Monday - September 20, 2010

Amanda Rammelsberg, Supervisor

Classes held in Rike Dance Room. No preregistration necessary. Space limited.

Monday 12:00-12:45pm Pilates (all fitness levels)- Kendra

5:15-6:00pm Tone and Sculpt (Intermediate)- Paige

7:00-8:00pm Kick and Tone (Intermediate)- Kailee 8

:00-9:00pm Yoga (all fitness levels)- Kailee

Tuesday 7:30-8:30pm Step to the Beat (Intermediate/Advanced)- Paige

Wednesday 12:00-12:45pm Low Impact Cardio Sculpt (Beginner/Intermediate)- Paige

5:15-6:00pm Pilates (all Fitness levels)- Kendra

7:00-8:00pm Kick and Tone (Intermediate)- Kailee

8:00-8:45pm Bands and Ball (all fitness levels)- Kailee

Thursday 7:30-8:30pm Step to the Beat (Intermediate/Advanced)- Paige

Friday 12:00-12:45pm Low Impact Cardio Sculpt (Beginner/Intermediate)- Kendra

Tone and Sculpt (Intermediate)- Get a great muscular toning workout using free weights, resistance bands and pure body weight. This class will focus on major muscle groups to give you tone and strength that you will notice!!

Step to the Beat (Intermediate/Advanced)- Cardio step aerobics with a mixture of weights and plyometrics. Great way to get your heart rate up and get into cardiovascular shape while moving to the beat of your favorite songs!

Kick and Tone (Intermediate)- Come to this class if you are looking for a fun, upbeat all over body workout! A combination of different exercises will be used to help you work your cardio, while toning up! Kickboxing, steps, weights, and aerobic balls will all be incorporated in this class.

Low Impact Cardio Sculpt (Beginner/Intermediate)- Low intensity cardio supplemented with weights and bands for a combination of fat-burning and body toning workouts!

Pilates (all fitness levels) Strengthen core muscles and balance your body. Pilates will help to align the spine, decrease tension, increase flexibility, and increase body awareness while strengthening and toning the body.

Yoga (all fitness levels)- Explore a variety of yoga poses designed to improve balance, flexibility, strength, and relaxation. Relieve muscle tension and stress integrating the mind, breath, and body.

Bands and Ball (all fitness levels)- Too busy during the day to workout? This 45 minute class will help you tone up through the use of resistance bands, body weight, and an exercise ball.



HPF Lab– Rike Center

The Department of Health and Sport Sciences has sophisticated fitness assessment equipment from Korr Medical Technology, as well as a treadmill and cycle, housed in its Human Performance lab which allows our majors to get practical experience doing fitness assessments for a variety of faculty clients. Funding for this equipment was made possible by the Dean's Office special equipment funds.

This laboratory, located in the Rike Center, will be utilized by students in several departmental courses including Kinesiology, Exercise Physiology, and Fitness Leadership. The longer-term goal is to develop a faculty and staff fitness program that will also use this fitness assessment equipment.

The interested person can take a VO2 max test that is designed to determine a person's cardiovascular fitness. With this equipment, a person's resting metabolic rate, a measure that can be used in discussion of weight management, can also be assessed.

In the past, a step test has been used to estimate cardiovascular fitness of clients. There has never been an opportunity to test for resting metabolic rate. In addition to these two measures, clients will continue to be measured for blood pressure, resting heart rate, height, weight, girths, flexibility, and muscle fitness. From a fitness assessment, a person can be guided through a safe fitness program that is commensurate with his/her initial fitness level.

Students graduating with majors in Health Promotion and Fitness, Athletic Training, and Health and Physical Education will all benefit from using this state-of-the-art assessment equipment. Student numbers have been increasing in these majors and, in order to ensure preparedness upon the completion of the major especially as this relates to graduate school admittance and securing of top-notch internship placements, students need to know how to determine and interpret VO2 max and RMR results.

Highlighting Senior HPF major and OtterFit Intern Sarah Bradley

1. What is your home town? Pleasant Hill, OH
2. What certifications do you have? AFAA, CPR
3. What are your future plans? Personal Trainer/Group Fitness Instructor in my home town.
4. Fitness Related Experience? I conducted the OtterFit program over this past summer and taught all the Group Fitness classes.
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.



Dr. Joan Rocks congratulates Sarah for her work in the OtterFit program during HSS recognition night.