Greetings Swimmers!

We are doing a fitness tip a day for January as part of our 25th anniversary celebration.

Here's the first one:

Water resistance provides more bang for your buck. A 30 min. workout on land averages 135 calories and a 30 minuet work out in chest deep water averages 264 calories.

Fitness tip for Jan 3rd: Exercising vigorously for at least 150 minutes per week will burn one pound of fat.

Fitness tip for 1/6: Exercising in cold weather. First; at -23 today we recommend exercising indoors. When the weather warms up to balmy double digits remember to find routes that are not icy, dress in layers and consider wearing something over your face to warm the air that you breath, don't forget to hydrate and remember that your body works harder in cold weather so take it easy on yourself. Warming up and cooling down indoors is a good idea.

Fitness tip for Jan 7th: Eating a healthy breakfast is linked to weight control and improved performance. It improves concentration and physical performance, giving you more energy and can even help lower cholesterol.

Fitness tip for Jan. 8th: Exercise in any form can help reduce stress and fight depression by boosting endorphins and distracting you from your daily worries.

Fitness tip for 1/9/13 is for our runners who like to cross train in the pool during these frigid days. Runners tend to swim like they run. Remember unlike running fast arm turnover is less important than distance per stroke. Concentrate on long, relaxed strokes and getting as much as you can out of each stroke, rather than strokes per minute. Exhale completely before turning your head to take a breath. Runners often kick to hard because they are used to using their legs. Swimming is about 90% upper body and only 10% lower body.

Fitness tip for 1/10/13 is also on cross training. Many runners turn to swimming after an injury, but it is also great on a recovery day after a hard run or race. Swimming helps to maintain endurance and build upper body strength while working a different set of muscles.   Swimming stretches the hamstrings and increases ankle flexibility which may aid in running performance.

Fitness tip for yesterday 1/13/14: I got this article from our Zumba instructor Hanna and I thought I'd use it as my fitness tip for today.

Water Zumba and other forms of water exercise can help people who are undergoing physical therapy and recovering from injuries because the support that the water gives you can take some of the weight off during exercise while still giving you a good work out.

Fitness tip for 1/14/14: Here's a tip for a snowy day; snow shoeing is great exercise. It actually burns more calories than running because you are lifting your legs higher and you burn more calories when it is cold out. Depending on the terrain and how fast you go, you can burn 400-900 calories per hour. You also build muscles. If you use poles, you will also develop your arm muscles. Even though it's such a great workout, it is still something that almost anyone can do. It does not require skill and it is actually easier on the knees than walking or running because the snow acts as a cushion.

Fitness tip for 1/15/14: A TALL DRINK OF WATER!! Following your meals with a glass of ice water may help boost calorie burning. In a small study, men and women who drank about 17 ounces of cold water after a meal temporarily experienced a 30% increase in the rate at which their bodies burned calories. The increased calorie burning was attributed to thermogenesis, a process by which the body burns calories for digestion purposes. Drinking water also prevents you from drinking other things like soda or alcoholic beverages that have lots of calories.

Fitness Tip for 1/16/14: With our lives as busy as they are it's easy to have difficulty finding time for exercise. We also want to spend more time with the kids. Why not kill 2 birds with one stone? Remember Tag, Red Light-Green Light, Red Rover and Kick the Can? Maybe your kids don't even know these games. How about jump rope or some pool game like Marco Polo, Sharks and Minnows, Monkey in the Middle, Torpedo, water polo, basketball or volley ball?

Fitness Tip for 1/17/14: So…What do you mean by "Moderate" exercise? Moderate exercise means you do an activity vigorously enough to significantly increase your heart rate and breathing for an hour, which is called "aerobic exercise". This kind of exercise trains your heart and lungs to become stronger. How hard should you exercise? Some people like to follow the talk/sing rule, which says that you should be able to talk to someone while you exercise, but you should not be working so lightly that you can sing. Another way to know if you are exercising hard enough is to calculate your Target Heart Rate range. By keeping your heart rate within the correct training range for your age, you can be sure you're getting all the benefits of aerobic exercise.

Fitness tip for 1/21/14: So…What do you mean by "strength training"? While aerobic exercise strengthens your heart and lungs, strength training strengthens your muscles and helps decrease fat and increase muscle tissue. Strength training involves using your muscles against some form of resistance, such as barbells, dumbbells, machines, the water, or even your own body weight. Weight training makes you look toned and feel strong. You should strength train 2-4 times a week, giving each muscle group a day to recover between workouts.

Fitness tip for 1/20/14: I've been bad. I got busy and my January fitness tips went by the wayside. So…I'll catch up this week. Fitness is just like this. If you fall off and stop going, don't beat yourself up over it. Just resolve to do better this week.

Fitness tip for 1/23/14: Exercise with your kids and encourage young people to be physically active. People who participated in sports and other activities as children tend to be more active as adults.

Fitness tip for 1/22/14: Exercise doesn't make you tired, it gives you more energy! This is proven in all age groups and fitness levels. It happens on a cellular level. Exercise creates more tiny organs called mitochondria. Located in our cells, they work like tiny power plants to produce energy.

Fitness tip for 1/24/14: *EAT SLOWER*. As you eat, put down your fork or you sandwich between bites. This simple pause will keep you from inhaling what's on your plate and give you time to get in touch with how full – or hungry – you are.

Fitness tip for 1/27/14: Set smaller more easily attainable goals. It's easy to get discouraged if you set the bar too high. You can always set another goal for yourself when you reach the first one. This will help increase your self-esteem.

Fitness tip for 1/28/14: Regular exercise can actually help you sleep better. Studies have shown however that it is best to exercise at least 3 hours before going to bed instead of right before bed. If you couple your exercise with exposure to natural light you will really see improvement in your quality of sleep.

Fitness tip for 1/29/14: DRINK MILK! Low fat milk contains everything your body needs after a workout. It is high in protein (9 grams per 8 oz. glass) and it is a complete protein, containing all 8 essential amino acids. Milk contains two proteins; whey which is absorbed quickly for use by muscles and casein which is absorbed more slowly providing a steady protein source. Milk is also a good source of Vitamin D, A, B2, B12, phosphorous, electrolytes and bone building calcium; all of which

need to be replaced after a workout. Not only that but it's cheap compared to other protein drinks.

Fitness tip for 1/30/14: Break up the monotony. You don't eat the same thing every day. Why should you do the same exercise daily? Variety will keep you from getting bored.

Fitness tip for 1/31/14: Enlist support. Do you want a "buddy" to keep you accountable and make exercise more fun? Maybe you need someone to volunteer to watch your children so you can get out and walk unhindered. Decide how you can best be supported in your exercise plan, and then ask for the help you need.