

# “Stall Talk”

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## Top Ten Ways to Improve Your Workout

The first step in improving your health is making the time to exercise. However, doing the same workout over and over can get boring and you're unlikely to see improvements because you're always recruiting the same muscle fibers. Varying your routine can bring amazing results! Here are ten great ways to improve your workout.

1. **Change the mode or intensity of your training.** Altering your routine will help you avoid plateaus and force your body to adapt to new movements and levels of intensity. Get creative and challenge yourself!
2. **Eat properly and stay hydrated.** Without proper nutrition and fluid intake, there is no way you can have a great workout. Your body needs these fuels to build muscle and repair damaged tissue.
3. **Emphasize quality over quantity.** More intense workouts performed less often will actually produce greater results. Your body needs rest to recover and repair damaged muscle tissue and avoid injury.
4. **Incorporate mind-body training.** Mind-body fitness has been associated with improved muscular strength, flexibility, balance and coordination, as well as increased mental development and self-efficacy.
5. **Exercise at the right time for your body.** Work with your body's natural energy level-not against it. Exercise when you usually have the most energy, rather than putting your workout off until a time when you might not feel your best.
6. **Get a workout partner.** Exercising with a partner makes you accountable to someone else for each workout and can improve adherence to a program. A partner can inspire you to push yourself a little bit harder when your energy level is not at its peak.
7. **Emphasize breathing.** When strength training, take full breaths during each exercise, exhale upon exertion and inhale as you release. During cardiovascular exercise, full breaths will deliver as much oxygen as possible to the working muscles, making them more efficient.
8. **Use a heart-rate monitor.** A heart-rate monitor is a great tool to gauge how hard your body is working and can help you stay within your target heart-rate training zone.
9. **Listen to music.** Music can make a workout more fun and give you that extra burst of energy you need to work your hardest.
10. **Hire a personal trainer.** Working out with a personal trainer allows you to focus on the exercise at hand and let the trainer worry about the routine. A trainer will keep your workouts fresh and always progressing.

## Lighten up for a Healthier Spring

Spring is here, and with it an opportunity to eat healthfully without much effort. From salads to sides, entrées to desserts, healthful eating is never as easy as it is in the spring. With fresh fruits and vegetables flourishing, you only need minimal preparation to bring out maximum flavor. Here is a fresh and simple springtime favorite....

### LEMONY CRAB SALAD WITH BABY GREENS



#### Ingredients

1 pound fresh crabmeat, picked over  
3 tablespoons fresh lemon juice  
3 tablespoons extra-virgin olive oil  
1 1/2 tablespoons minced fresh Italian parsley

1 5-ounce package mixed baby greens (about 8 cups)  
1/4 cup extra-virgin olive oil

#### Preparation

In large nonmetallic bowl, toss first 4 ingredients to combine. Season to taste with salt and pepper.

Toss greens with 1/4 cup olive oil in large bowl; season to taste with salt. Divide among 4 plates. Mound crab on greens and serve. Makes 4 servings.

**Bon Appétit**

## Body Composition Analysis

Does the scale confuse you? Find out how much of your body weight is muscle, fat, and water and learn about your Basal Metabolic Rate, or how many calories your body burns per day. Testing will be offered at **BOB** in the vending/break area on the 2nd Tuesday of each month from 7:30-9:30 am. Additional locations coming soon!