

# CORE Matters - The CORE's Members-Only Newsletter

## FOUR STEPS TO GETTING THE MOST MENTAL BENEFIT FROM YOUR WORKOUT

### Moderation is Key

A study of 1.2 million US adults showed that those who exercise for shorter sessions enjoyed better mental health than those who sweat it out during marathons workouts. The research also showed that those who work out for three to five days a week had a bigger reduction in poor mental health days than those who didn't exercise at all, or those who worked out more than five times a week. This led to the researchers recommending a sweet spot of between two and six hours of exercise a week.

### Any exercise is good, but some types are better than others

Researchers identified that some types of exercise are superior when it comes to providing mental health benefits. Team sports seem to be the winner, followed by cycle-based exercise and then aerobics based workouts at the gym. These top three suggest that, when it comes to

mental health benefits, group based activities are preferable. Yoga-based exercise is also highly regarded as a great mood booster, and a recent study indicates that yoga, specifically the mindful breathing associated with it, can be used to ease the symptoms of depression.

### Lift weights – but don't worry about how heavy the weights are

A recent analysis of clinical strength training trials highlighted that strength training is a valuable way to alleviate depression symptoms – it can have a similar effect to antidepressant medications or psychotherapy. Kinesiology's Dr. Jacob Meyer explains that it doesn't seem to matter whether or not people actually improve their strength; after a program of resistance training they still had lower symptoms of depression. "You

would think – in particular if it's a specific muscle-building physiological change that drove the anti-depressive effects – that increased strength would have to happen for someone's depressive symptoms to go down. But that didn't seem to be the case." Meyer suspects that there's a real feel-good factor associated with strength training.

### Just like all the muscles in your body, your brain needs variety

Neurological expert Maurice Curtis explains that the brain is the only organ you can't overtax, and you're not going to have a meltdown if you start challenging your grey matter by introducing new ways of moving. If you just do the same thing every day, you'll probably get good at that, but there will be aspects of life you're just not experiencing. A healthy brain needs variety to really thrive!



## A Healthy Recipe!

### Yogurt Chocolate Chip Muffins

**Ingredients Needed:** Cooking Spray, 1 3/4 cup cake flour, 1/2 tsp. baking soda, 3 tbsp. unsalted butter, 2/3 cup sugar, 3 large egg whites, 1/2 tbsp. vanilla extract, 10 oz. 0% Greek Yogurt, 9 tbsp. semi-sweet chocolate chips

Preheat oven to 375 F. Lightly coat a mini muffin tin with cooking spray. Whisk flour and baking soda in a medium bowl. Cream butter and sugar in separate bowl with hand mixer for 2 minutes. Whisk egg whites and vanilla into butter mixture. Then mix in yogurt and flour and combined for 1 minute. Fold in chocolate chips. Bake at 375 for 16-18 minutes

Nutritional Info: 187 Calories, 5.5 g. fat, 3.5g saturated fat, .5 g. fiber, .30 g. carbohydrates

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The Lemont Park District Staff wishes you a Happy and Healthy Holiday Season! Thank you for being a CORE Member!

## Great Tips to Achieve Your New Year's Fitness Goals

It's that time of year again...time to focus on your New Year's resolutions. Many people begin an exercise program but abandon it before Easter. However, you can increase your chances for long-term success if you follow these five simple tips to achieve your fitness goals.

**Determine Your Readiness** - Make sure you're both physically and mentally ready to start an exercise program. Tell your doctor you want to begin a fitness regimen and you want to make sure you're healthy enough to start. Once you have been physically cleared to proceed, consider your mental readiness. How likely are you to stick with an exercise program once you begin?

**Create a Plan** - Before you start your exercise program, answer three questions. First, when will you exercise? Identify three days and times that are convenient for you and stick with those days so you are working out at the same time each week. Second, what type of exercise will you do? The best type of exercise is one you enjoy. Don't worry about what everyone else is doing; pick an exercise that works for you. Choose from activities such as walking, cycling, running, swimming, weightlifting, skating, dancing, golf, handball, tennis and basketball. Third, how much time will you spend exercising? Start with as little as 10 minutes per session and slowly build up to at least 30 minutes per workout.

**Bring a Friend** - You may know someone who resolved to start exercising in the New Year. Begin your fitness journey together.

It will increase your chances for success and you'll have more fun. For this to work, you have to find an exercise that both of you enjoy. This might be a challenge, but it's worth it since an exercise partner provides you with a support system, a positive social experience and inspiration. There will be times when you don't feel like working out and a partner can be just the motivation you need to get going.

**Take it Easy** - Think of your resolution as a lifelong commitment to a healthier lifestyle. You are much more likely to be successful if you take it easy at the beginning. For instance, you may see people exercising at a very high intensity, but you should start with low-to-moderate intensity workouts. You may know people who train six days a week, but it's fine to start with three. You may see people engage in a diverse array of physical activities, but a 15-minute walk three days a week is a great place to begin.

**Be Realistic** - One of the biggest problems with New Year's resolutions is they can be extremely impractical. Setting goals is a great idea, but make sure they are realistic and feasible. For example, a goal to lose 12 lbs. by Easter is both reasonable and achievable. So is a goal to complete a 5K run by tax day. Conversely, a goal to complete a marathon by that date is unrealistic and potentially unsafe for newbie runners. Think of it as if you were building a house. Start slow (i.e., low intensity and duration), develop a solid foundation of fitness and then build upon that foundation as your fitness improves.

**GROUP  
FITNESS  
LAUNCH  
DATE  
CHANGED TO  
JAN. 26<sup>TH</sup>!  
8 A.M.-NOON  
AT THE CORE.**

**STOP BY TO TRY  
A NEW CLASS OR  
STAY FOR ALL!  
FREE FOR  
EVERYONE!**

**ZUMBATHON... SAVE THE DATE** for this fun 70's themed event on January 18, 2019 benefitting the Lemont Park Foundation. More info coming soon!

Lemont  
Park  
FOUNDATION

## CORE "Focus on Fitness" Features

**Need a change of pace from your normal routine? Try a new class or new piece of equipment in The CORE's Fitness Center!**  
Each month we showcase one of our Fitness Classes and a piece of equipment we encourage members to try.

### CORE-Fit Feature Class

#### 40-Minute Blast

Focus on muscles that shape your abdomen, lower back, hips, gluts, legs, upper body, shoulders & arms in this fun 40-minute fast-paced workout!

### CORE Feature Equipment

#### Stretch Trainer

Stretching is an integral part of pre and post working out. Using the guides pictured on the trainer will give you direction for optimal stretching exercises.

**\*\* Look for more Express Classes in 2019\*\***

It is recommended...If you are under doctor supervision that you discuss your exercise capabilities and limitations with your physician.

