

Happy Month Everyone!

February is healthy heart month and one of the best things you can do for your heart, lungs and body is to just move! Sometimes when we think of activity excuses come up, we don't have time and we associate exercise with discomfort because when we have tried exercise before we have found it to be uncomfortable or we haven't been engaged in activity or continuous moderate movement in so long that we have no energy and or no desire to put our sneakers on and just go for a walk. If you are currently living a sedentary lifestyle I encourage you to ask your doctor if it ok for you to exercise.

'An easy way to get started is utilizing the F.I.T.T. principle. This acronym stands for Frequency, Intensity, Time and Type.

**Frequency:** As you might expect, this refers to how often you will exercise. After any form of exercise is performed your body completes a process of rebuilding and repairing. So, determining the frequency of exercise is important in order to find a balance that provides just enough stress for the body to adapt and also allows enough rest time for healing.

**Intensity:** Defined as the amount of effort or work that must be invested in a specific exercise workout. This too requires a good balance to ensure that the intensity is hard enough to overload the body but not so difficult that it results in overtraining, injury or burnout.

**Time:** Again, this is rather self-explanatory. Time is simply how long each individual session should last. This will vary based on the intensity and type.

**Type:** What type of exercise will you be doing? Will an exercise session be primarily cardiovascular, resistance training or a combination of both? And, what specific exercises will you perform.'

[http://www.workoutsforyou.com/article\\_fitt.htm](http://www.workoutsforyou.com/article_fitt.htm)

Whether you are new to exercise or are accustomed to exercise and you are still struggling with ways to motivate yourself you should check out the Cross Training Challenge. Starting February 1<sup>st</sup> the Cross Training Challenge kicks off its second round.

What is the Cross Training Challenge?

The Cross Training Challenge is an individual challenge lasting 4 months. Your goal is to complete the following categories over the span of the 4 months.

When is the Cross Training Challenge?

You can start the cross training challenge in the months of January or February.

If you start your challenge in January you will finish at the end of April.

If you start your challenge in February you will finish at the end of May.

What does this include?

Completing all hours and classes in 4 months.

- \*Treadmill 15 hours
- \*Recreational Activity 30 hours
- \*Elliptical 15 hours
- \* Running/Walking 15 hours
- \*AMT 15 hours
- \* Cycling
- \* Group Exercise 20 classes
- \* Strength Training ½ hours a day for 30 days

(for whatever reason if you can't complete one of the above categories please double up on another category)

When and Where can I sign up?

You can pick up a Cross Training Challenge blank card at any time.

Cards can be found on the back table in the Wellness Center.

Awards

The Overall Winner of the Grubb Family YMCA Cross Training Challenge will receive a gift certificate to The Peppermill in Archdale and a T-Shirt! (One Male & One Female)

Youth Participating in the Cross Training Challenge

Youth are considered to be between the ages of 11-15. Youth must be accompanied by an adult in the Wellness Center at all times. Youth must have completed their 3 youth orientations and have their yellow fitness badge in order to be in the Wellness Center.

The total hours of free weight time will be combined with the total number of strength training hours (using the Cybex equipment or functional fitness area). Youth 11-15 are not allowed to exercise in the free weight area.

If you have any questions please contact Meredith Morgan at 336-861-7788 or [mmorgan@hpymca.org](mailto:mmorgan@hpymca.org).

Ok Champs, I'll see you at the Y!

*Meredith Morgan*

Wellness Director