

Nutrition Facts

Refueling Your Body After a Workout

BY ERIN DAVIS, RD, CNSD, LD

Exercise without nutrition is like the "Mac" without the "cheese", it just does not work. Fueling your body after a workout will restore muscle, fluid and electrolytes for a faster recovery. For example, eating a yogurt and a banana with 16 oz of water will help replenish sweat and muscle after an hour of strength training or 45 minutes of running.

WHY AND HOW:

We eat after we exercise to restore sugar depletion, muscle breakdown and fluids lost during exercise. Muscle glycogen is sugar that is stored in the body. Sugar or carbohydrates are the body's primary fuel source. During most exercise bouts the body depletes muscle glycogen stores. Eating food and liquids that are simple carbohydrates, low in fiber, and low in fat help replenish glycogen.

Experts have found that an intake of protein after exercise helps with muscle repair. It is recommended that after working out, a carbohydrate: protein ratio of 4:1 or 3:1 or ¼ protein of total carbohydrate consumed is adequate to aid in protein synthesis (or muscle development).

Replenishing fluids helps prevent dehydration and injury. Generally, if you are adequately hydrated, the color of your urine should be pale yellow or clear. No matter what the exercise, drinking fluids during, directly after and throughout the day will aid in recovery!

WHEN:

Eat and drink your recovery meal directly after your workout or within one hour after exercise! The easiest way to do this after a workout is through fluids. Fluids that contain the proper carbohydrate to protein ratio provide rapid absorption and may help with a speedy recovery!

Examples:

Heather lifted for 1 hour. She drank water before and during her workout. After she left the locker room, it was about 30 minutes post-workout and she got out of her bag a bagel with a couple slices of turkey and a water. Heather is off to a speedy recovery.

Jakob went for a 45 minute run. Directly after his run he drank about 2 cups of water. After Jakob left the gym, he grabbed an 8 oz glass of chocolate milk. (Chocolate milk has the right carbohydrate: protein ratio needed for recovery nutrition).

Introducing: The Mindfulness Meditation Series

BY CHERIE CREMONA-SIMMONS

Fall is a demanding time of the year. Between the city's buzz, mounting school work, and demands on the job, things can get quite stressful. The Health & Wellness and Counseling Centers here at GW would like to invite you to take a break from the hustle and bustle of your busy schedule with a new series: Mindfulness Meditation.

Meditation, itself, is comprised of two main elements: controlled breathing and focused concentration. Mindfulness adds the aspect of paying attention to your experience in the present moment with a non-judgmental, openhearted presence. As you center your attention on your breathing and body movements, you can cultivate inner tranquility and focus. Though not necessarily a religious experience, the series has its roots in the Buddhist philosophy of the internal experience. An introspective journey such as this trains the body to feel its inner workings.

With that strengthened self awareness, you can achieve a lower stress level, decreased anxiety, reduced depression, improved blood pressure and heart rate, a better body chemistry, and an increased ability to focus. All of these can help you develop the ability to live every day with just a bit more calm, balance, compassion, patience, and concentration in the present.

Join us on the 2nd floor of the Lerner Health & Wellness Center to experience the journey of a 30 minute guided imagery and meditation session, followed by 15 minutes of discussion. The series begins October 7th every Tuesday and Thursday at 9am throughout the month.

The meditation series is open to all GW students on the Foggy Bottom and Mount Vernon campuses as well as Lerner Health & Wellness Center members. Take advantage of the series while it is FREE during October!

There is no preparation necessary—blankets, chairs, and mats are provided and you may come as you are. So no matter what you're wearing or where you're coming from, we encourage you to improve your overall well-being and take advantage of the Mindfulness Meditation program. The mind is a terrible thing to waste, and there is so much to gain.

Questions?

Please contact the University Counseling Center @ 202-994-5300 or counsel@gwu.edu



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Outdoor Strength Workout

BY JAMIE FARO, NSCA CERTIFIED STRENGTH & CONDITIONING SPECIALIST

The weather is beautiful outside, so why stay in the gym all the time? Below is a list of some great exercises in which you will only need the weight of your body and a watch!

➔ **FIRST**, try alternating these 2 exercises for 30 seconds each, 3 times in a row:

Squat Holds | Sink your hips down toward the ground while keeping your chest up tall and your back flat. Make sure your knees stay behind your toes and your weight is on your heels. Try to get your thighs parallel to the ground and hold it!

Squat Jumps | Squat down to the ground with chest up, back flat and knees behind your toes. Touch the ground with your hands and spring up by driving through your heels. Feet should leave the ground and hands go up to the sky. Land with soft knees (behind toes) and go right into the next one.

*Should take 3 minutes total and make your legs burn!

➔ **NEXT**, find a park bench and get ready for some upper body!

Incline Push-ups | Hands shoulder width apart on the edge of the bench with hands directly below shoulders. Feet are together with toes on the ground, lower hips and chest toward you're hands together. **3 sets of 12 reps**

Decline Push-ups | Feet up on the bench, hands on the ground shoulder width apart. Lower your chest and hips toward the ground together. **3 sets of 12 reps**

Tricep Dips | Palms of your hand on the edge of the bench with fingertips facing your body. Glutes should be touching the bench and feet on the ground (legs straight but not locked out for most difficult and knees bent for least difficult). Lower your butt toward the ground until your elbows form a 90 degree angle while keeping your glutes and back in contact with the bench. **3 sets of 15-20 reps**

➔ **FINALLY**, grab some ground for 6 minute abs: pick a new core exercise every 30 seconds for 6 minutes non-stop! Examples of exercises:

- **Curl-ups**
- **Reverse Crunch**
- **Plank**
- **Side Plank**
- **Bicycles**
- **Supermen**



Tips For a Safe and Effective Outdoor Workout

BY ERIK STROUSE, ACE CERTIFIED PERSONAL TRAINER

Now that summer is behind us, the weather is cooling down to wonderful fall temperatures. Before you know it, it will be bitter cold and uncomfortable ... but that doesn't have to stop you from getting outside! The city offers its own lifestyle where people often commute to work on bikes, and outdoor exercise is fairly popular. Here are some quick tips that you need to know for your performance and safety.

Surprisingly, when it gets cold, people tend to dehydrate themselves rather quickly. The reason for this is they bundle up with excessive clothing that is often not breathable and prevents evaporation of sweat. Without the evaporation of sweat, the body does not cool itself off, thus causing a vicious cycle of more sweating and less cooling. A great way to combat this is to wear breathable clothing such as Under Armour's cold gear apparel lineup. This material traps heat under the surface of the clothing, but still allows for evaporation of sweat. Other sport brands offer these types of clothing as well. If you do not have any of these, just be fairly modest when it comes to the amount of clothing you wear: do not go crazy.

Another important thing to take into consideration is pollution. The way you breathe can actually help reduce the amount of pollutants you ingest from the air. Remember that saying "breathe in through the nose and out through the mouth?" Well, this is a great practice. By doing this, your nasal passageways will help filter out air pollutants. It will not eliminate pollutants outright, but it will help cut back on the amounts you ingest. This will in turn help keep any potential health hazards lower than if you were to breathe in through the mouth the entire time. Also, this will help you breathe deeper breaths supplying your body with more oxygen! That's an added benefit that will increase performance.

Keep these tips in mind and have a great workout!

Ask the trainers



Name

Jamie Faro

Qualifications

- NSCA CSCS
- B.S. Exercise Science, Lasell College
- Pursuing M.S. Exercise Science; Strength Conditioning, GW

Jamie's Words of Wisdom

“Life is so busy and it is so easy to put off workouts, so schedule workouts into your daily schedule to ensure they take place without interruption!”

Q For a general strength training program, which muscle groups should I work on what days?

A If your goal is weight loss and muscle tone, plan to work every muscle group during every work out, 2 to 4 days per week with rest days in between. Vary the exercises from day to day. If your goal is strength/muscle building and you can work out more than 3 days/week, work on a split program. For example:
Day 1-Back/Biceps/Core
Day 2-Glutes/Hamstrings/Calves/Shoulders
Day 3-Chest/Triceps/Core
Day 4-Quads/Hips/Shoulders



Name

John Shackleton

Qualifications

- B.S. Exercise and Sport Science, Temple University
- Pursuing M.S. Exercise Science: Strength and Conditioning, GWU
- NSCA CSCS

John's Words of Wisdom

“Whatever your weight training goals are, always be sure to completely change up all your exercises every 4-6 weeks. By mixing up your routine periodically you will reduce the risk of finding yourself unmotivated to workout.”

Q If I want to start training for a marathon, how many days/hours a week do I need to commit?

A First you should have a running base of 4-6 miles 3x a week. As you begin serious training, you will need to increase your running distances weekly while maintaining the 3x a week schedule for 12 weeks. The actual time spent on training will depend on your running pace.