



July 6, 2018

Add Green to Your Life!

Challenge yourself next week. Try eating one green or leafy green, vegetable per day. This is a great way to add a bulk of nutrients to your diet without much thought. It can be a cup of broccoli at dinner or spinach snuck into a smoothie. A cup of green beans at lunch or some leafy greens tossed with chopped sweet potato and some simple seasonings. Anything counts, just make sure it's green, natural, and from the earth. These foods provide us with more nutrition than any food out there. They alkalize our bodies, promote mental wellness, and protect us from major forms of disease. If you already eat one green vegetable per day, up it to two per day!

July 13, 2018

Move every hour!

What happens when we sit all day? Muscles start to degenerate, including the abdominal (abs) and gluteal (glutes) muscles. When we stand, move, or even sit up straight, our abdominal muscles keep us upright; however, when we slump in a chair, they go unused causing mushy abs. Mushy abs cause an exaggerated curvature in the spine, putting more pressure on the spine, which in turn leads to a sore back. Sitting requires our glutes to do absolutely nothing, and they get used to it. Soft glutes hinder stability, along with causing the quadriceps to perform additional work when performing a squat or any movement (the quadriceps perform the work for the glutes). What can we do? Make sure we are sitting with a straight back, abs engaged, shoulders relaxed and not leaning forward. Take a break and go for a walk every hour, get the body moving and the glutes working!

July 20, 2018

Various Forms of Flexibility Training (1 of 2)

There are numerous methods of stretching in order to achieve a greater range of motion. This tip will introduce a few of the most common methods. The first method and one of the most common form is known as static stretching. This is when the person increases a range of motion by doing to the desired stretch and then with control, hold the stretch. Static stretching is recommended to be done after a training session and/or particularly when the muscles are warm. Dynamic stretching involves moving the body through full ROM with gradual increases in the reach and speed. This form is commonly done within a warm up. This increases blood flow, warmth, and synovial fluid in the joints. Ballistic stretching is typically consists of bouncing or jerky movements to reach the muscle's ROM limits. This type of stretching is often recommended for the athletic population whose activities may require a large range of motion quickly (i.e., cheerleaders, gymnasts, punters). Lastly, the Proprioceptive Neuromuscular Facilitation method, also known as PNF was traditionally used in the physical therapy industry however, because of its benefits, the fitness industry adopted a form of it. This form consists of when the desired muscle undergoes a series of contractions followed by a relaxation. When the muscle initiates a contraction, it tends to override the Golgi tendons and muscle spindles in return allowing the muscle to stretch a little further.

July 27, 2018

Benefits of Flexibility Training (2 of 2)

Although many people perform cardiovascular and resistance training exercises, flexibility is most often neglected although it is important aspect of training. Sitting long hours, poor posture and age all contribute to increasing tightness and decrease flexibility. This tightness and/or decrease in flexibility in turn will negatively affect one's posture and quality of movement within daily tasks as well as exercises. By performing flexibility consistently, the can be a decrease in injuries. For example, say a person has tight hamstrings but then needs to sprint, causing the hamstring to stretch beyond what it's accustomed to. This can result in injuring the hamstring. Additionally, other benefits of flexibility is that it can decrease back pain, increase circulation and help the body to relax. According to American College of Sports Medicine, a minimum 2-3 days per week, although attempting daily is most likely ideal for most and recommended.



**Texas DPS
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**Wellness Tips
July 2018**