



# BARNES COUNTY ON THE MOVE

[www.barnesonthemove.org](http://www.barnesonthemove.org)

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## AICR Health Talk

**Q: Will an exercise journal help me be more active?**

**A:** An exercise journal is a way to track and log your exercise to see progress toward your physical activity goals and to plan your next steps. By keeping track of what types of exercise you do and when you do it, an exercise journal can help keep you accountable to yourself for the goals you set. Even if you feel discouraged by an unusually inactive day, seeing your progress can help you stay on track. Tracking also provides a reality check if one inactive day is growing into a pattern of inactivity.

Keeping an exercise journal can also be a valuable tool to problem-solve how you will deal with barriers you encounter. You'll be able to identify days, times and forms of exercise with which you seem to be most successful, and when there's a consistent pattern of missing planned activity. For example, do plans work out better for morning, lunchtime or evening exercise? Do you stick with your plans better when committed to a group or friend?

If you want to change your physical activity habits or want to maximize chances you'll stick with current habits, experiment with different kinds of exercise journals. Try a simple paper form that you can personalize to track what's important to you. Check out apps or online sources—What you track depends on your goals.



**"...an exercise journal can keep you accountable to the goals you set for yourself...seeing your progress can help you stay on track."**

Track strength-training progress by listing amount of weight and number of sets and repetitions to help you know where to start and when to advance the challenge so you keep gaining strength. To help you start and stick with exercise, keep track of what physical activities you try and what you enjoy most. Also, add notes about how you feel on the days you exercise to remind yourself of the boost in energy or mood that you feel each time you're active. Tracking could be just the help you need to make time for physical activity more often.

**Karen Collins, MS, RDN, CDN, FAND**  
American Institute for Cancer Research

## Winter Workouts

The key to sustaining an active life is finding fun things to do in every season. Aim for a goal of 30 minutes for adults and 60 minutes for kids of moderate activity daily — no matter the weather!

Don't let the cold months of winter be an excuse to cut back on your exercise routine. Consider these calorie-burning indoor activities:

- Follow an exercise video instead of a movie.
- Walk around your building during work breaks.
- Have a snowball fight.
- Walk your local mall.
- Make snow angels.
- Go ice skating.
- Go sledding.

We value scientific integrity! You can count on sources we cite for evidence-based facts & information!

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## Resistance Training Prevents Muscle Loss

When it comes to muscle: use it, lose it or build it! Muscle plays a crucial role in human health; it allows us to stand, walk, balance, lift and breathe.

Building and maintaining muscle is important for both men and women, because strong muscles help reduce back pain, prevent falls and more.

- Resistance training does not need to happen at the gym; in fact, it is easy to do anywhere.
- If you prefer exercises that do not require weights, exercises that use your own body weight are also a good option. Pushups, squats, planks, hip lifts and dips are just some of the numerous equipment-free options.
- Incorporating resistance training into a regular exercise routine is crucial for maintaining healthy muscles and bones and boosting energy and metabolism.

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### HATS OFF TO...

These employers who share the HEALTHY SPIRIT with employees by covering or assisting with ON THE MOVE memberships:

- APOC, Barnes County, Barnes County Senior Citizens
- Bridge City Dentistry, CHI Mercy Health, Dacotah Bank
- VCSU, Open Door, St. Catherine's School

## Curves

Admission is FREE for women January 2<sup>nd</sup>-14<sup>th</sup>!

**Hours:** Mon-Thu 6:00a-1:30p & 3:00-7:00p  
 Fri 6:00a-1:30p & 3:00-6:00p  
 Sat 8:30a-11:30a  
 closed Sunday

## What is Cycling?

"It's socially oriented, it's fun, and it gets you exercising," says Dr. Clare Safran-Norton, a physical therapist at Harvard-affiliated Brigham and Women's Hospital.

### Check out the main physical benefits:

- Pushing pedals provides an aerobic workout.
- It helps with everyday activities.
- Cycling builds muscle.
- Pedaling builds bone.
- It's easy on the joints.

"Resistance activities, such as pushing pedals, pull on the muscles, and then the muscles pull on the bone, which increases bone density," says Dr. Safran-Norton.

(<http://www.health.harvard.edu/staying-healthy/the-top-5-benefits-of-cycling>)

**Try cycling this month at Gaukler Wellness Center!** (See the OTM Calendar for details!)



## Benefits of Yoga

Yoga builds muscle using your own body weight while improving flexibility and reducing stress.

**Yoga classes will be offered in January at Gaukler Wellness Center.**

(See the OTM calendar for details!)

