Working Out 101

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What you Need to Know

- Different Types of Exercise and their Benefits
- Proper Attire
- Working out around your Eating Schedule
- Warming Up and Cooling Down
- Important Technique Tips
- How to Avoid the Crowds
- “Do Anywhere” Exercises
- Resources at OSU
Benefits of Cardio

★ Generally easier to understand and access
★ Not as much technique involved
★ Great for losing weight, initially
★ Improves endurance
★ Improves blood pressure, lung capacity, heart strength, etc.
Benefits of Resistance Training

★ Improves strength
★ Can prevent injuries in ADLs
★ Makes sure you don’t lose large, faster twitch muscle fibers
★ Increases metabolic rate with increased muscle mass
★ Helps keep weight off in the long run
How Much of Each?

-A standard, beginning workout plan is 3-5 days a week of exercise. Depending on your level of fitness, 1-2 days a week of resistance training is recommended with the other days being focused on cardio or increasing activity levels.
Proper Attire

★ Invest in good shoes!
  ○ Need support
  ○ Different shoes for different types of workouts
★ Sweat-wicking fabric prevents chafing and blisters
★ Socks that fit are key!
★ Sports bras with good support for the ladies!
★ Cold weather gear eliminates excuses
★ Good motivation ;)

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Working Out and Eating?

- Need carbs for energy
- Protein and fiber before a workout could upset stomach
- Protein after helps muscles repair
- Unless working out very intensely for specific event, eating times don’t need to be strict
- Ultimately, each eating/workout schedule is unique
Pre-Workout Food DOs/DON’Ts

DO
- Peanut Butter and Banana
- Low fiber cereal or granola bar
- Crackers/pretzels
- Fruit (Dried or Fresh)
- Yogurt and Granola
- Rice Cakes
- Half a bagel

DON’T
- Heavy meal
- Milk
- High fiber grains
- High fat content foods
  - Fast food
  - Greasy foods
Post-Workout Food DOs/DON’Ts

DO

- Hard boiled eggs/Omelets
- Chicken/Turkey/Fish/lean protein
- Oatmeal
- Potatoes/Whole Wheat Pasta
- Protein Bars
- Avocado
- Water!

DON’T

- Sugary desserts
- Sugary sports drinks
- Wait until you get really hungry to replenish what you lost!
  - We make irrational decisions when we are hungry!
Speaking of Time...

There is no “magical” time of the day to work out. Ultimately what works with your schedule is the best option!
Warming Up and Cooling Down

**Warming Up**
- Dynamic Stretches
- Cater to specific workout
- GOAL: to get blood flowing and muscles primed for action
  - Doing exercises with less resistance than what workout calls for are a good idea
- DON’T try to improve flexibility

**Cooling Down**
- Allow heart rate to return to more “normal” level
- Should target specific muscles used
- Foam rolling is amazing for the body!
- Improve flexibility while muscles are warm!
Important Technique Tips

★ Don’t use your back to lift!
★ Keep weight in your heels when you squat
★ Avoid “knees over toes”
★ No arching back in core exercises
  ○ Correct with a tight butt and pulling belly button back
★ Be aware of arm hyperextension
★ You can always add weight and reps LATER as you continue to work out, INJURY FREE!
Do Anywhere Leg Exercises
Do Anywhere Arm Exercises
Do Anywhere Core Exercises
Don’t Like Working Out Around People?

- Utilize private personal training spaces
- Don’t go to the gym at 5:00 PM!
- Use the Seretean Wellness Center
- Try “Do Anywhere” exercises at home
  - An “at-home” workout is better than no workout!
- Remember: Just being active has health benefits and you don’t need a gym to be active
  - Gardening
  - Walking
  - Etc.
Resources at OSU

https://wellness.okstate.edu/programs/fitness

★ Personal Training
★ Buddy Training
★ Small Group Training
★ Free Workout Classes
  ○ Yoga
  ○ Cycling
  ○ Dance
  ○ Barre
★ Floor Associates
Questions??