



# Cardiovascular Benefits From Exercise

There are five major risk factors that go along cardiovascular disease. They include a sedentary lifestyle, high blood pressure, abnormal values for blood lipids, smoking, and obesity. Regular exercise can lower your risk of cardiovascular disease.

## Benefits of Regular Exercise:

- Reduction in blood pressure
- Reduction in bad and total cholesterol (LDL)
- Increase in good cholesterol (HDL)
- Increase in insulin sensitivity
- Increase in exercise tolerance
- Reduction in body weight

There are many physiological benefits from exercise as well. The following are two examples of this: improvement in the body's ability to take in and use oxygen, and improvements in muscular function and strength. It has also been shown that exercise training improves the capacity of the blood vessels to dilate in response to exercise or hormones. This goes along with better vascular wall function and an improved ability to provide oxygen to the muscles during exercise.

## Exercise, How Much is Enough:

*Recommendation for physical activity from the CDC/ACSM Consensus Statement and Surgeon General's Report:*

Every American adult should participate in 30 minutes or more of moderate intensity activity on most, and preferably all, days of the week.

- Moderate activities: activities comparable to walking briskly at about 3 to 4 miles per hour; can include a variety of occupational or recreational activities such as yard work, household task cycling, swimming.
- 30 minutes of moderate activity is equal to 600 to 1200 calories of energy expended per week.

## How to become more physically active:

If you have a hard time fitting 30 minutes of physical activity on any given day, then try to work more activities into the day by taking the stairs instead of the elevator, or try walking to the store instead of driving if it is a short distance. Another easy way to get more activity into your daily life is to try and work several shorter periods of activity such as 10 minutes into your schedule. The most important thing to do is to get started becoming more physically active.



### Recreation Services Contacts:

#### **Joe Santorine**

*Assistant Director of Athletics/  
Recreation Services*

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#### **Annette Stutzman**

*Fitness/Strength Assistant*

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### What To Look For At The KLARC:

- ⇒ **Get Fit Program:** Sign Ups—Sept. 1 through Sept. 10. Sign up at the KLARC Front Desk.
- ⇒ **Equipment Orientations:** Questions about weight and/or cardio equipment? Please attend any of the following dates:
  - Wed., Sept. 1 @ 12pm
  - Thur., Sept. 2 @ 1pm
  - Fri., Sept 3 @ 1pm
  - Tues., Sept. 7 @ 11am
  - Wed., Sept. 8 @ 12pm
  - Thurs., Sept. 9 @ 10am
- ⇒ **Group Fitness Schedule:** Regular Schedule begins Mon., Sept. 6. For up to date schedule information go to [www.bucknell.edu/x1792.xml](http://www.bucknell.edu/x1792.xml)

## New Group Fitness Offering This Fall!!!!

**Personal Training:** Are you interested in 1-on-1 personal training, want a boost in your energy levels, or are you in a workout rut? Schedule sessions with our personal trainer. Contact Connie Aucker, Membership Services Assistant, (570)577-3737 or via e-mail [aucker@bucknell.edu](mailto:aucker@bucknell.edu) to inquire about prices and scheduling times. **There is a fee.**

## Fitness/Wellness Programming for September, 2010

### Fitness 101: Equipment Orientations

Orientations for pin select Life Fitness equipment and/or cardio equipment. Sign ups are not required for scheduled sessions. Interested participants should show up at the start time in the lobby of the KLARC. Sessions may last 30-60 minutes. Please come to the sessions with an idea of what machines you would like me to go over. It will make the sessions more informative for each participant. **There will be no equipment orientations/consultations outside of the posted dates and times!**

Wednesday, September 1 @ 12pm

Thursday, September 2 @ 1pm

Friday, September 3 @ 1pm

Tuesday, September 7 @ 11am

Wednesday, September 8 @ 12pm

Thursday, September 9 @ 10am

### How To Instructional Programs:

**Wednesday, September 15: Introduction to Kettlebells– Sign Ups Are Required**

Kettlebells are a great way to get a total body workout in less time. Come to this instructional session to get questions answered on how to use kettlebells and get demonstrations of various exercises. All participants are welcome to try each exercise during this session. If you have any questions or would like to reserve a space please contact Annette Stutzman via e-mail [annette.stutzman@bucknell.edu](mailto:annette.stutzman@bucknell.edu). **SPACE IS LIMITED SO SIGN UP TODAY!** The time of the session will be determined based on all participants availability.

## Group Fitness Schedule August 25– December 7

	Monday	Tuesday	Wednesday	Thursday	Friday
7am-8am	SPINNING Phil		SPINNING Phil		SPINNING Phil
8am-9am	PILATES Katrina	STEP Michelle		STEP Michelle	
9am-10am	CARDIO PUMP Kelly	CARDIO PUMP Amy Jo	PILATES Katrina	CARDIO PUMP Amy Jo	PILATES Katrina
10am-11am	H2O FITNESS Donna				H2O FITNESS Donna
12pm-1pm	HIT Kari		HIT Kari		HIT Kari
4pm-5pm	ZUMBA Grace	SPINNING Laura	ZUMBA Grace	CARDIO PUMP Kelly	ZUMBA Grace
5pm-6pm	SPINNING Laura	YOGA Andrea	SPINNING Laura	YOGA Andrea	
6pm-7pm	YOGA Olesya	KICKBOXING Tony	YOGA Olesya	KICKBOXING Tony	YOGA Olesya