

Health & Fitness News



Mark A. Chapman

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Wellness Center

What is CrossFit?

Recently I became a CrossFit Level 1 trainer and I would like to introduce you to CrossFit. I took a two day course that introduced me to the skills and philosophy behind CrossFit.

So many people have asked me "What is CrossFit?" I could give you the scientific explanation which is "Constantly Varied, High Intensity, Functional Movements." Yet this truly doesn't explain the true concept of CrossFit. I believe the best definition for CrossFit is the "Sport of Fitness."

So let me give you a brief description on what your workout involves. First we look at the term constantly varied. This basically means you will always be doing something different. High Intensity involves changing rest periods, weight, and length of workout. Functional movements are natural

occurring movement we use in our daily lives. One basic example is the squat. Everyday you must perform squats to get out of your vehicle or out of a chair.

Anyone can do CrossFit because every workout can be scaled to fit the needs of the participant. Some people have seen the CrossFit Games on television and get the perception that it is only for young elite athletes. CrossFit is for anyone looking to improve their overall fitness level. The individuals you see on television are just a small percentage of the people who participate in CrossFit.



Bad News for Frequent Sitters

There have been plenty of headlines warning us on the risks of extensive periods of sitting. Another risk factor you can add to that list is pulmonary embolism. A pulmonary embolism is when the main artery of the lung becomes blocked. Research has shown that there is connection between sedentary behavior and pulmonary embolisms. A recent study evaluated

70,000 females on sedentary habits. They found that 49% sat between 11-40 hours and 22% sat 41 hours or more per week. Inactivity and BMI were found to be directly related to pulmonary embolisms. If we start to move and exercise we can reduce the incidences of pulmonary embolism.

MACWC Events:

12/14/11

Lunch Bunch: Tiger Chorale

12/16/11

CCMC Blood Drive

CLOSED

12/24/11 (Sat)

Christmas Eve

12/25/11 (Sun)

Christmas

12/26/11 (Mon)

12/31/11 (Sat)

New Year's Eve



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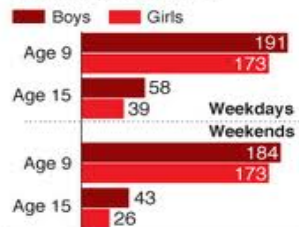
New Punch Card Available. Get 12 visits at the Wellness Center for \$50.00 with no expiration date.



Teens less active

On average, children get two hours less daily exercise between the age of 9 and 15.

Minutes of moderate to vigorous daily activity



SOURCE: Journal of the American Medical Association AP

"The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy."

- Dr. Martin Luther King, Jr.

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"The heart of healthcare"

Teens Avoid Physical Activity

As we all know obesity poses many threats to the health of our children. In today's society the teenagers have a wealth of technology that could lead increased sedentary activity. Video games are very popular and many teens spend their nights and weekends playing in front of their television. Traditionally we would count on the

schools to provide enough physical activity through P.E. to curb this growing problem. Times have changed however and now state testing has overshadowed the importance of exercise. According to a recent study 42% of 6 million students in California participate in daily Physical Education. That means the 38% of

the students have no physical activity throughout their entire day. So if the school system is unable to provide P.E. then we need to make sure as a community that there are opportunities for kids outside of school to engage in exercise.

Extended sleep improves performance

We have often been told how important it is to get enough sleep. A recent study took a deeper look on how sleep can affect athletic performance. A group of basketball players were asked to sleep less than 7 hours

for 4 weeks during the season. The players were then asked to sleep 10 hours for 4 weeks during the season. The results showed increased performance in all areas including free throws, sprinting

during the 10 hour sleep cycle. The players also reported they were higher rating of physical and mental well being during practice and games. So if you want to be at your best make sure to get your sleep.

Energy Balls

Ingredients

1/2 cup 100% natural peanut butter made with ONLY peanuts
1 tbsp honey or agave nectar
1 1/2 cups crispy oats or flax meal (for omega-3s)
1/2 cup raisins or 1/4 cup dark chocolate chips. Dark chocolate contains antioxidants that can help maintain cardiovascular health.

Directions

Roll up into bite-sized balls and refrigerate for at least an hour before eating. Important to remember that you should be eating no more than 1 or 2 energy balls per day (and only before your workout.)

