



Notorious91/iStock/Thinkstock

## Letter from the Editor

Dixie L. Thompson, Ph.D., FACSM

Welcome to a special bonus edition of the *ACSM Fit Society® Page*, sponsored by Liberty Mutual. As the new year approaches, are you ready to begin a workout plan that can help you become healthier? In this issue, you'll learn about how to begin an exercise routine, including how to start a workout plan, measuring and evaluating body composition, strength training at home, different types of group exercise classes and more.

After you have read this information that ACSM experts have prepared for you, please feel free to share it with friends and family. We hope these articles will help you overcome challenges and live a healthier lifestyle—in 2015 and beyond.

Dixie L. Thompson, Ph.D., FACSM  
Editor, ACSM Fit Society® Page  
Email: dixielee@utk.edu

### INSIDE THIS ISSUE:

- 1 Ten Ways to Start an Exercise Program
- 2 DIY: A Strength Training Program for Your Home
- 4 Different Types of Group Exercise Class Formats
- 5 The Athlete's Kitchen: START YOUR ENGINES: The ABC's of Sports Nutrition
- 6 Measuring and Evaluating Body Composition

# ACSM FIT SOCIETY® PAGE

Supported by



## The Workout Issue

# Ten Ways to Start an Exercise Program

Greg Chertok, M.Ed., CC-AASP



moodboard/Thinkstock

**T**he beginning of the new year is a popular time to start an exercise program, after months of holiday indulgences. Are you ready to start a healthier lifestyle? Here's 10 recommendations to help you stick to your resolution this year:

### 1. Get to Know Your Body

Every exerciser must have a basic understanding of the human body. This includes:

- proper identification of the major muscle groups
- knowledge about the effects of activity vs. inactivity
- distinction between stretching and strengthening a muscle
- distinction between “good pain” (muscle burn and fatigue) and “bad pain” (joint pain, lower back pain/impingement).

If you know nothing about the workings of the body, you may be putting yourself in a dangerous position. I once worked with an older man who, in response to experiencing soreness from exercise the day prior, decided to address the issue by doing more of what got him sore in the first place. Rather than stretching or resting the muscle, he assumed that working more would do the trick. He was forced to take even more time off to relieve the resulting soreness. This man, a senior vice president for a successful financial firm, was not uneducated. He was simply uninformed.

### 2. Understand Why You Are Exercising

Pose questions to yourself such as, “Why did I decide to start exercising?” It is suggested that exercisers who are intrinsically motivated experience more positive effects and better adherence than those who are extrinsically motivated. Intrinsically motivated exercisers do so for the satisfaction gained from engaging in the activity itself; in other words, they exercise for the challenge, to gain or learn skills, or to have fun. Extrinsically motivated exercisers do so as a means to an end; they exercise simply to improve their fitness or appearance. The proper reason behind exercising can act as powerful and long-lasting fuel.

(continued on page 2)

### 3. Know Where You Are

In other words, know your current fitness level. You will need at least a general idea so you can accurately measure your progress moving forward. Assess your aerobic and muscular fitness, flexibility and body composition by recording:

- Your pulse rate before and after you walk one mile;
- How many push-ups you can do at one time;
- Your sit-and-reach (how far you can reach forward with your legs out in front of you); and
- Your waist circumference as measured around your abdomen.

### 4. Know Where You Want To Be

In other words, know your ideal fitness level. To start, create a clear and vivid picture in your mind—what does this look and feel like? What are you able to do now that you weren't able to do before? The act of creating this picture alone can conjure positive and pleasant emotions.

### 5. Know How You Will Get There

In other words, identify the exercise program or activities that will take you to your ideal fitness level. As a rule, never choose an activity that doesn't interest or excite you. Rather than fit into a generic exercise regimen, try to fit one to your needs. If you are looking for a social atmosphere, think about joining a class—there's boot camp, yoga, spinning, swim and dance among others. If you are looking for something more private, inquire at your local gym about personal training.

### 6. Develop a Comfortable Routine

ACSM recommends that adults participate in at least 150 minutes per week of moderate-intensity physical activity. With this understanding, find a challenging yet realistic starting point upon which you can build over time. Don't overwhelm your system by doing too much, but don't underwhelm your system by doing too little. While devising your schedule—that is, minutes per day and days per week of exercise—also recognize any obstacles that may impede your progress. What excuses have you made in the past that have prevented you from exercising consistently? Start by altering your thinking. Mentally commit to the process so you're in a good mindset to begin.

### 7. Write It All Down

Organize your daily goals, weekly goals, longer-term goals and exercise program/routine on paper. Studies find that those who write down their goals can accomplish up to 16 percent more than those who do not.

### 8. Gather Your Accessories

Purchase a new pair of athletic shoes or activity-appropriate gear. It may seem superficial, but looking good sometimes precedes feeling good and is typically an effective motivating tool. Also, compile a soundtrack of your favorite music; studies have shown that listening to music during exercise can improve results, as a motivator (people exercise longer and more vigorously to music) and as a distraction from fatigue.

### 9. Create Incentives

Develop a reward system ahead of time for the goals you accomplish along the way.

### 10. Get Started and Trust the Process

You've done all the behind-the-scenes work, now it's time to go out and reap the benefits of your preparation. A common deterrent to exercise adherence is impatience: many first-time exercisers expect dramatic body-altering results after mere weeks, or even days, of increased movement. But don't give up if you aren't immediately seeing the desired physical results. Real change may take up to several months. Trust the process, and enjoy the journey.



## Check out ACSM's Fitness Forecast for 2015

Each year, ACSM surveys thousands of fitness professionals to determine the upcoming trends in the gym. [Check out the results in an infographic here.](#)

## ACSM Fit Society® Page Editorial Board:

- Dixie L. Thompson, Ph.D., FACSME, Editor, University of Tennessee  
Thomas S. Allena, Ed.D., Southwest Missouri State University  
Katherine A. Beals, Ph.D., RD, FACSME, University of Utah  
Susan V. Brown, YMCA NYC  
Greg Chertok, M.Ed., The Physical Medicine and Rehabilitation Center  
Dawn Coe, Ph.D., University of Tennessee  
Summer B. Cook, Ph.D., FACSME, University of New Hampshire  
Kate A. Heelan, Ph.D., FACSME, University of Nebraska-Kearney  
Cherilyn Hultquist, Ph.D., Kennesaw State University  
Gerald J. Jerome, Ph.D., Towson University  
Anthony C. Luke, M.D., MPH, FACSME, University of California, San Francisco  
James MacDonald, M.D., FACSME, Nationwide Children's Hospital  
Lynn Millar, Ph.D., FACSME, Winston-Salem State University



ACSM is the world's largest association devoted to sports medicine and exercise science. ACSM advances and integrates scientific research to provide educational and practical applications of exercise science and sports medicine. Visit [www.acsm.org](http://www.acsm.org).



Permission to reprint material from this publication is granted by ACSM contingent upon manuscripts being reprinted in total without alteration and on proper credit given to ACSM by citing ACSM Fit Society® Page, issue and page number; e.g., "Reprinted with permission of the American College of Sports Medicine, ACSM Fit Society® Page, October 2014, p. 3."

To subscribe to the ACSM Fit Society® Page, please go to [www.acsm.org/access-public-information/newsletters](http://www.acsm.org/access-public-information/newsletters)

# DIY: A Strength Training Program for Your Home

Stephen Ball, Ph.D.



Jupiterimages/Stockbyte/Thinkstock

**M**uscular strength and endurance are components of fitness that are necessary for optimal well-being and quality of life. Unfortunately, the cost of joining a health club or gym is a major barrier for many people who want to do resistance training. Membership costs vary depending on the city and facility's services, but fees generally range from \$25 to \$100 per month. Additional initiation fees may run into the hundreds. In addition, the inconvenience of traveling to a facility and working out with strangers is not appealing to everyone.

A cost-effective and convenient alternative to a gym membership is turning your living room or basement into your own personal training facility. Of course your home gym will not have expensive strength training machines, such as hip sleds or assisted pull-up machines. However, with a moderate investment and a good imagination, you can get a great workout in the comfort of your own home.

## What You Need

1. **Space.** You'll need an open space that allows freedom of movement and is void of hazards that you might step on, bump into or trip over. A rearranged living room or an open garage stall with adequate traction will work well. You will need about 100 square feet (10' x 10').
2. **Equipment.** Invest in a few dumbbells (new about \$0.50 per pound) or resistance bands (\$10-\$20) and a stability ball (\$30). Most strength training exercises can be performed with this

basic equipment. An adjustable bench that changes angles for your upper body is not necessary, but it would offer additional variety.

3. **Plan.** Don't begin resistance training until you have developed a plan. It is important that you have a structured program that includes 8-10 exercises to target the major muscle groups of the body. It is always wise to consult a local fitness expert and follow the ACSM guidelines for strength training. If you are a novice, a fitness professional will be able to give you advice beyond what is described here. Perform 1-3 sets of 8-12 repetitions at least twice a week. Make sure to do a brief warm-up before starting your session.

## Tips for Strength Training

- **Control the weight.** It is important to perform each exercise in a controlled manner. Lower the weight slowly since you are working the same muscles as when you are lifting. To control speed of movement, try using a one-two-three count. The up phase (concentric or lifting) is completed quickly to a count of "one," and the down phase (eccentric or lowering) is completed slowly to a count of "two-three."
- **Breathe.** Ideally, you should exhale when the weight is being raised and inhale when the weight is being lowered. Don't ever hold your breath. It might help to count out loud the one-two-three count during the movement.
- **Go to failure.** An estimated 70 percent of strength gains can occur in the first set of training if performed to failure, otherwise called "rep out." Failure or "repping out" means doing as many reps as possible for whatever resistance selected. Going to failure is challenging, but it will maximize your fitness response in a minimal amount of time. The takeaway is that you can get away with doing only one set if you perform that set to failure. Ideally, you should select a weight so that you fail between 8-12 repetitions. As you get stronger, you will need to increase the weight or the repetitions to elicit more gains.
- **Progress slowly.** The famous saying "Rome wasn't built in a day" applies here. Don't expect miraculous results immediately. Rather, work toward your goals slowly, and appreciate the process of being active. During your first few workouts, use a light resistance, focus on your form and don't go to failure just yet. Also, be sure to allow time for recovery between sets (30-120 seconds) and between workouts (1-2 days). Your first few workouts might only last 15-20 minutes.
- **Include variation.** It is not unusual for workouts to become stale and for fitness gains to level off. These plateaus are expected and indicate that you are becoming more trained. Don't get discouraged. If your workout gets old and boring, try different exercises and vary the number of repetitions, the weight or resistance, and the amount of rest between sets. These changes are likely to stimulate muscle adaptation and promote greater enjoyment of exercise.
- **Add on.** Creating your own home gym is not a massive financial obligation and will not take much space. Over time, add more equipment to your collection, and continue to expand the possibilities of your home training center. For example, build on to your collection with a medicine ball, BOSU® ball or additional free weights.
- **Do something.** When it comes to strength training—and exercise in general—doing something is truly better than

continuing to be sedentary. Of course, more is better than some, and it's possible to train too much. It is not necessary to join a gym to enjoy the benefits of strength training. You can definitely do some in the comfort of your own home.

## Full Body – A Sample Home Workout Plan

### Squat – for hips, thighs and buttocks

1. From the sitting position with your feet shoulder-width apart and your toes in front of your knees, lean forward slightly and stand up without locking your knees.
2. Slowly lower your body back to a seated position where your upper legs are approximately parallel to the floor.
3. Alternative – Place a stability ball between your middle-back and a wall, and lean back into the ball while performing these same movements.

### Chest Press – for chest muscles and triceps

1. Lie on your back with your feet flat and knees bent.
2. Grip dumbbells and extend upward but don't lock the elbows. Slowly lower to the starting position.
3. Alternatives – Sit on a stability ball and perform same movement. Simple push-ups also work these muscles. A variation in push-ups could be putting your feet on a chair simulating an incline chest press.

### Back Extension – for buttocks (gluteals) and low back

1. Lie face down on the floor.
2. Raise left arm and right leg off the floor with head and neck in line with the arm. Hold for 1-2 seconds, and then slowly lower the arm and leg back to the starting position. Repeat this movement for the right arm and left leg.
3. Alternative – Perform the movement on all fours or lying face down on a stability ball.

### Standing Lunges – for front of thighs (quadriceps) and buttocks

1. With one leg, step backward until the thigh of the forward leg is parallel to the ground or as far as feels comfortable. Your back knee should come close to the floor but not touch it.
2. Push with the front leg, driving your heel into the floor, to return to the starting position.
3. Alternative – Using a regular-height chair, do bench step-ups from the floor in an “up-up-down-down” pattern. To increase resistance in this exercise, hold dumbbells in your hands.

### Dumbbell Shoulder Press – for shoulders

1. Perform this movement sitting in a regular chair, standing or sitting on a stability ball. Hold a dumbbell in each hand with an overhand grip. Make a 90-degree angle with your arms by raising the dumbbells so they are level with your ears.
2. Slowly raise dumbbells over your head until arms are fully extended, but do not lock your elbows. Slowly lower the dumbbells to the starting position.
3. Alternative – Perform a lateral raise by lifting the arms to the sides with a slight bend in the elbows. Keep the weights and arms below shoulder height. You will likely need lower weight for this exercise compared to shoulder press.

### Pelvic Tilt – for abdominals and buttocks

1. Lie on the floor with feet flat on the ground and knees bent. Keep arms at your sides with palms facing the floor.
2. Raise your pelvis so your buttocks and lower back are off the floor. Pause, and then slowly lower your pelvis to the floor.
3. Alternatives – Perform a standard crunch while sitting on a stability ball or on the floor. Try a reverse curl by lying on your back and place arms to the side with the palms face down and knees bent. Raise the knees to the chest lifting the hips off the floor.

### Leg Curl – for back of thighs (hamstrings)

1. Stand behind a chair, and with your foot flexed, slowly bend one leg at the knee, raising your heel up toward your buttocks. Keep your support leg slightly bent.
2. Slowly lower your foot back to the ground. Add ankle weights to increase resistance or use a resistance band.
3. Alternative – Perform a hamstring roll using a stability ball. Lie on your back with your knees bent and your heels on the ball. Raise your hips off the floor and roll the ball away from you until your legs are straight. Roll the ball inward and outward.

### Dumbbell Row – for back musculature and biceps

1. Stand with feet shoulder-width apart. Hold a dumbbell in each hand with elbows slightly bent. Bend forward at the waist and keep a slight bend in the knees.
2. Pull dumbbells up to your sides until your upper arms are almost parallel to the ground. Slowly return the dumbbells to the starting position.
3. Alternative – With resistance bands, stand on the band in its most middle section while holding the ends of the resistance band with your hands.

### Biceps Curl – for biceps

1. Stand with a dumbbell in each hand and your palms facing your thighs.
2. Slowly lift the weights and rotate your forearm so that your palms end up facing your shoulders at the top of the movement. Slowly lower to the starting position so that your palms are facing your thighs.
3. Alternative – With resistance bands, stand on the band in its most middle location while holding the ends of the resistance band with your hands while performing the movement.

### Side Plank – for core

1. Lie on your side with left leg on top of the right. Raise upper body and place right elbow beneath the right shoulder.
2. Your elbow should be bent at a 90-degree angle and resting on the ground. Hold for up to 60 seconds.
3. Alternative – Perform a standard plank by lying face down resting on the forearms with your palms flat on the floor. Rise up onto your toes and rest on your elbows, keeping your back straight and flat.

# Different Types of Group Exercise Class Formats

Cherilyn McLester, Ph.D.



Moodboard/Thinkstock

**C**hoosing a group exercise class can be quite overwhelming these days, as class formats have developed and evolved tremendously over the years. Class offerings will vary between fitness facilities, but most classes will fall into one of the following four categories: cardiorespiratory, strength, mind/body or specialty.

Classes can be further described as beginner, intermediate or advanced. Beginner classes will break down the format and introduce a person to the terminology and basic moves of the class. If a class does not designate a level, intermediate is assumed. If you are new to a format, just let the instructor know so that he or she can explain the class for you. Advanced classes are for those who have been long-time participants and are looking for a challenge. Advanced classes are not recommended for beginners. Group exercise classes are designed to be both fun and challenging for the participant, with the added benefits of being taught by a fitness professional and being in a positive social environment. Take a look at some of the available options – and don't be afraid to try something new!

**Cardiorespiratory:** Classes under this category are most frequently associated with the group exercise format, and focus on getting the heart rate up for the duration of the class. Classes generally begin with a light aerobic warm-up, some stretching and then moderate- or vigorous -intensity exercise for the majority of the class. This category includes long time favorites such as step, hi-lo floor aerobics, kickboxing and indoor cycling.

- **Hi-lo aerobics:** This type of aerobic exercise has been around for many years and is considered the original group exercise format. It combines both high- and low-impact moves where the goal is to get you up and keep you moving. Instructors may incorporate moves from hip-hop, jazz, salsa and kickboxing, along with classic floor aerobics moves. This format is

choreographed, but routines can be broken down and simplified to where the most novice participant feels comfortable.

- **Step aerobics:** Step aerobics is unique with its use of a platform (the step) and risers that can be adjusted for a participant's intensity preference. Step height can vary from four to 10 inches. These classes have a choreographed routine that uses both the step and the floor for a moderate- to vigorous-intensity workout.
- **Kickboxing:** This format is a fusion of boxing moves, a variety of martial arts and aerobics that combine for a high-intensity cardiorespiratory experience. Some classes involve contact with punching bags, including kicks and jabs.
- **Indoor cycling:** This format involves the use of specially designed bikes that take the participant through a high-intensity workout that uses simulated climbs, sprints, flat roads and interval training. Caloric expenditure can be high as long as there is resistance on the bike. It is important to arrive early for the first class to get fitted on the bike to maximize comfort and energy expenditure, and reduce the chance of injury.

**Strength:** The main goal of this format is to use light dumbbells, barbells, resistance bands, kettle bells or body weight to build muscular strength and endurance. These classes usually involve all the major muscle groups, but can be broken down into formats that focus on just abdominal, upper body or lower body exercises. These classes are considered non-aerobic, but are a great way to incorporate resistance training into a weekly routine without getting out on the weight room floor.

**Mind/body:** The most recognizable mind/body classes are yoga and Pilates, but these can include stretching or core strength classes. These formats focus on flexibility, core strength and balance with an emphasis on connecting the mind to the physical work of the body. These classes are common at mainstream fitness facilities, but can still be found at specialty studios that offer no other formats.

**Specialty:** The classes in this category tend to be nontraditional and may require instructors to obtain additional training. Examples of specialty classes are several forms of dance (hip hop, Latin influences, belly dancing), high intensity interval training such as boot camp and circuit training or small group personal training. The availability of special formats will vary among gyms and is highly dependent on current trends, space and equipment, and having qualified instructors to teach. Keep in mind that an additional fee per class or series of classes may apply.

Group exercise classes have become a staple in the fitness industry. While there are four main categories, many classes include elements across several formats. It is important to always inquire about a class that is unfamiliar to gauge the difficulty level, determine if special equipment or attire is required of the participant or if a fee is involved. Don't be afraid to try something new, as one of the most effective fitness strategies is to participate in a variety of activities. To ensure a well-rounded fitness routine, if you can regularly commit to several types of group fitness classes, you will cover all essential elements of fitness and have a huge dose of fun!

# Start Your Engines: The ABCs of Sports Nutrition

Nancy Clark, MS, RD, CSSD



bbrn/iStock/Thinkstock

**E**ating a performance-enhancing diet isn't easy, and for many athletes and active people, nutrition is their missing link. If that's your case, here are a few ABCs to get you started on the path to winning with good nutrition.

**A**lways eat breakfast; it's the meal of champions! Within three hours of waking, fuel-up for a high-energy day. Not hungry in the morning? Trade evening snacks for a nice breakfast the next day.

**B**reakfast of champions? I vote for whole grain cereal + milk + fruit—an easy, wholesome, carb-protein combination.

**C**arbohydrates are essential to fuel-up and refuel your muscles. Do not “stay away from” pasta, potato, bread, bagels and other carbs that have wrongly been deemed “fattening.” Excess fat gets easily converted into body fat, but not carbs.

**D**ehydration needlessly slows you down, so plan to drink extra fluids before you exercise. The kidneys require about 45 to 90 minutes to process fluids. Allow time to tank up, eliminate the excess, and then drink again pre-workout.

**E**nergy bars are more about convenience than necessity. Bananas, yogurt, fig cookies and granola bars offer convenient fuel at a fraction of the price. But if you prefer the convenience of bars, try Zing Bars ([www.ZingBar.com](http://www.ZingBar.com)). Yum!

**F**ood is fuel—not the “fattening enemy” as some weight-conscious athletes believe. If you obsess about food and weight, find a local sports dietitian at [www.SCANdpg.org](http://www.SCANdpg.org).

**G**atorade and other sports drinks are designed to be used by athletes during extended exercise, not as a lunch or snack beverage.

**H**ypoglycemia (low blood sugar, as characterized by light-headedness, fatigue and inability to concentrate) is preventable. To eliminate an afternoon energy lag/drop in blood sugar, enjoy a hearty snack between lunch and dinner.

**I**ron-rich foods, needed to prevent anemia, include beef and dark meat chicken (thigh, leg). If you eat neither of those, choose iron-fortified breakfast cereals (Raisin Bran, Wheaties). Read the cereal label, and note all natural brands (Kashi, granola) offer little iron.

**J**unk food can fit into your sports diet in small amounts. That is, you don't have to have a “perfect diet” to have a good diet. Target a diet that is 90 percent quality foods and, if desired, 10 percent foods with marginal nutritional value—sports drinks (refined sugar), birthday cake, chips, etc..

**K**eept track of calories if you want to lose weight. You'll reduce body fat only if you create a calorie deficit. A popular website for tracking food intake is [www.fitday.com](http://www.fitday.com). Adding on exercise can help with fat loss IF the exercise contributes to a calorie deficit. (But the more you exercise, the more you might eat...)

**L**ifting weights is the key to building muscles. For energy to lift weights, you need extra carbohydrates. To support muscular growth, eat adequate (but not excessive) protein. Each muscle-building meal should be mostly carbs, with a side of protein, as opposed to mostly protein with minimal carbs.

**M**uscles store carbs as glycogen; glycogen depletion is associated with fatigue. Along with each one ounce of glycogen, muscles store about 3 ounces of water. Expect to gain two to four pounds of (water) weight when you carb-load.

**N**ever eat an untried engineered sports food before an important competition. You may discover it settles poorly and hurts your performance. The website of competitive events indicate what foods and fluids will be available on the course. Find out in advance, so you can experiment during training!

**O**live oil is heart-healthy, reduces inflammation and helps absorb vitamins A, D, E, and K. Although excess calories from oil (and other fats) are fattening, a little bit of olive oil on salads and with cooking adds taste and health benefits.

**P**rotein is an important part of a sports diet, needed for recovery from hard workouts. But protein should be the accompaniment and carbs the foundation of the recovery meal. Make that a carb shake with a little protein (not a protein shake with a little carb).

**Q**uality nutrition is found in natural foods. Be sure there are some apple cores and banana peels mixed in with the litter from your engineered foods and energy bar wrappers...

# Measuring and Evaluating Body Composition

Tiffany Esmat, Ph.D.



Moodboard/Thinkstock

**W**hat does the number on the weight scale really mean? In regard to overall health, weight is not nearly as important as the composition of that weight. More important, rather than tracking weight, we should be aware of our body composition. Stepping on a weight scale simply tells us the combined weight of all our body's tissues. That weight may fluctuate throughout the day depending on the time of day, hydration status or what we are wearing. In contrast, body composition reveals the relative proportions of fat and lean mass in the body. Fat mass consists of two types of fat: essential and nonessential fat. The second component of body composition, lean mass, refers to bones, tissues, organs and muscle.

Essential fat, is the minimal amount of fat necessary for normal physiological function. For males and females, essential fat values are typically considered to be 3 percent and 12 percent, respectively. Fat above the minimal amount is referred to as nonessential fat. It is generally accepted that a range of 10-22 percent for men and 20-32 percent for women is considered satisfactory for good health.

A body composition within the recommended range suggests you have less risk of developing obesity-related diseases such as diabetes, high blood pressure and even some cancers. In addition, although we face risks when our body composition is too high, we face another set of risks when our body composition is too low. When we drop below the minimal recommended levels of essential fat, we negatively affect the delivery of vitamins to the organs, the ability of the reproductive system to function and overall well-being.

**How can you determine your body composition? Read how at [www.acsm.org/access-public-information/articles/2012/01/12/measuring-and-evaluating-body-composition](http://www.acsm.org/access-public-information/articles/2012/01/12/measuring-and-evaluating-body-composition).**

**R**est is an important part of a training program; your muscles need time to heal. Plan one or two days with little or no exercise per week. Expect to feel just as hungry on days with no exercise; depleted muscles require extra food to refuel.

**S**weet cravings are a sign you've gotten too hungry. Experiment with doubling your breakfast and lunch (and halving your dinner). You'll have more energy, better workouts—and far less desire for sweets.

**T**hinner does not equate to being a better athlete—if the cost of being thin is skimpy meals and poorly fueled muscles. Focus on being fit and healthy—not just sleek and slim (but starving).

**U**rine that is dark colored and smelly indicates you need to drink more fluid. If you are well hydrated, you will eliminate pale-colored urine every 2 to 4 hours.

**V**egetarian athletes who do not eat meat need to include a substantial portion of plant protein at each meal. Peanut butter on a bagel, hummus with pita, and beans in chili are just a few suggestions.

**W**eight is more than a matter of will power; genetics plays a role. Forcing your body to be too thin is abusive.

**X**tra vitamins are best found the “all natural” way: in dark colorful vegetables such as broccoli, spinach, peppers, tomatoes and carrots, or in fresh fruits such as oranges, grapefruit, cantaloupe, strawberries and kiwi. Chow down!

**Y**es, even you can optimally fuel your engines. The trick is: Don't get too hungry. When too hungry, you'll likely grab the handiest (but not the healthiest) food around.

**Z**ippy and zingy—that's how you'll feel when you fuel with premium nutrition. Eat well and enjoy your energy!

For personalized nutrition help, consult with a registered dietitian (RD) who is a board certified specialist in sports dietetics (CSSD). Use the referral network at [www.SCANDpg.org](http://www.SCANDpg.org) to find your local food coach.



## Try ACSM's 7-Minute Workout

Have you seen the 7-minute workout, which was outlined in the May-June issue of the ACSM's Health & Fitness Journal? [Give it a try today!](#)



## Distinctive auto insurance—just because you belong.

Did you know that as a American College of Sports Medicine member, you could **save up to \$427.96 or more** on Liberty Mutual Auto Insurance?<sup>1</sup> You could save even more if you also insure your home with us. Plus, you'll receive quality coverage from a partner you can trust, with features and options that can include Accident Forgiveness<sup>2</sup>, New Car Replacement<sup>3</sup>, and Lifetime Repair Guarantee.<sup>4</sup>

**CONTACT  
US TODAY  
TO START  
SAVING**

800-574-9400

CLIENT #114664

[LIBERTYMUTUAL.COM/ACSM](http://LIBERTYMUTUAL.COM/ACSM)

VISIT YOUR LOCAL OFFICE



**Liberty  
Mutual.**  
INSURANCE

AUTO | HOME

This organization receives financial support for allowing Liberty Mutual to offer this auto and home insurance program.

<sup>1</sup>Discounts are available where state laws and regulations allow, and may vary by state. Figure reflects average national savings for customers who switched to Liberty Mutual's group auto and home program. Based on data collected between 9/1/12 and 8/31/13. Individual premiums and savings will vary. To the extent permitted by law, applicants are individually underwritten; not all applicants may qualify. <sup>2</sup>For qualifying customers only. Subject to terms and conditions of Liberty Mutual's underwriting guidelines. Not available in CA and may vary by state. <sup>3</sup>Applies to a covered total loss. Your car must be less than one year old, have fewer than 15,000 miles and have had no previous owner. Does not apply to leased vehicles or motorcycles. Subject to applicable deductible. Not available in NC or WY. <sup>4</sup>Loss must be covered by your policy. Not available in AK. Coverage provided and underwritten by Liberty Mutual Insurance Company and its affiliates, 175 Berkeley Street, Boston, MA. ©2014 Liberty Mutual Insurance