Spring is in the air....

It's as inevitable as an increase in insects. Along with the bugs and flowers, spring also brings a flurry of activity from individuals who have been hibernating for the winter. This is usually witnessed around city parks and neighborhood sidewalks. We even see an increase here on the campus of people walking, jogging, and bike riding around the circle. As people once again start to enjoy the great outdoors, the increase in physical activity is usually fueled by the desire to fit into old or new swimsuits or at least get into decent shape so they can wear shorts. Whatever the reason, spring always feels like a new beginning. It is a great time to start a new fitness regimen. I do encourage everyone to get outside and enjoy the perfect temperatures while they last, because we all know those insufferable hotter temperatures are right around the corner. When those days do arrive do not let your fitness program stall, move your physical activity inside the fitness center. We have a wide variety of cardio exercise machines to help you achieve your goals. Remember, the fitness center is always a spring-like perfect 69.8 degrees and no West Texas winds.
Will running cause or prevent knee osteoarthritis?

There are lots of myths and misinformation on the topic of running and how it damages your knees. In the long run (see what I did there), runners should always be cognitive of their joint health. Pay attention to changes in their range of motion, cognitive to pains that flare up after a run. Knee osteoarthritis can be enhanced by a bad running gait, improper shoes, and the types of surfaces you run on. Running in some studies actually shows to prevent knee osteoarthritis. The following chart gives more information on this.

Osteoarthritis is the inflammation or loss of cartilage in the joints, usually, caused due to wear and tear. Symptoms include pain and stiffness in the joints, swelling, warm and tender joints, and limited movement of affected joints. Treatment mainly focuses on reducing pain and improving movement. Treatment includes medications, therapies, and surgeries to help reduce inflammation and pain.

Symptoms will come and go in spurts but in severe cases, it is persistent and may include:

- Pain and stiffness of joints (hand, knees, hip)
- Tender and warm joints
- Swelling
How Much Water to drink? And it’s Benefits!

When you think weight loss, your mind probably goes to a few places: more exercise, healthy food, plenty of sleep, stress reduction. Drinking more water may not be on the list—but it should be! (Plus, who doesn't love the look of a super cute water bottle?) This begs the Q: How much water should I drink to lose weight?

Drinking water is important for many reasons. “Drinking water helps regulate body temperature, keep our joints lubricated, prevent infections, delivers nutrients to cells, and keeps our organs and body functioning properly. And, did you know, water makes up about 50 to 70 percent of your body weight, according to the Mayo Clinic.

There is no question that water is essential to survival. If you’re trying to lose weight, drinking water also plays a huge part in whether you can achieve your goals.

This is where things get a little tricky, so let’s start with a baseline: Drinking 64 ounces of fluid a day is the rule of thumb to keep your system operating at peak efficiency, according to the Cleveland Clinic. On a daily basis, the National Academy of Medicine recommends that women get 2.7 liters (about 91 ounces) of water per day. I carry a 1.5 L non-super cute bottle around with me and my goal is to drink it and a refill every day. Now, this does increase my trips to the restroom but it also has helped me not feel sluggish from dehydration after working out and also keeps me from wanting to snack as much throughout the day. The appetite reduction is a definite bonus. No matter how much you drink just about all of us should increase our water intake, especially during the warmer months.
Fitness Myths - Myth: pain after workout means your muscles are growing

If you don't feel the usual discomfort the day after your workout, it doesn't necessarily mean that it was ineffective. Over time, the body adapts to a given workload, so the number of microtraumas — the reaction of your muscles to unusual strain that causes post-training pain — is reduced as the muscles become stronger. Perhaps, you now have more stamina, and you can increase the intensity if you wish. However, if pain or severe discomfort occurs during physical activity, there is a chance that you are doing something wrong or have sustained an injury. Experts don't advise exercising through growing muscle pains. It is necessary to stop and monitor your condition. If during the next time you exercise, the discomfort persists or worsens, you may need to change the routine or stop training for the day. Analyze the situation and if discomfort continues to bother you after you have finished working out, be sure to consult a doctor.
Equipment spotlight of the month - AB CRUNCHER

Do you hate doing situps but want to give your ab's a good burn and workout? Look no further than the Matrix Brand Ab Cruncher located in the fitness center. The dual-axis of rotation enhances the user's feel for a natural crunch movement muscle contraction while you are sitting down. Just add the appropriate amount of weight and give your abdominals an awesome workout!

James (Andy) Phillips - Fitness Center Coordinator

Our current hours

8:00 AM - 6:00 PM Monday thru Thursday
8:00 AM - 5:00 PM on Friday

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