

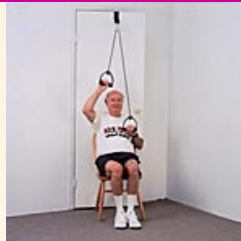
### Video Tip of the Week Yoga



### Adaptive Equipment

#### Exercise Pulleys

In addition to bands and tubing, wall pulleys can be used as an inexpensive aid in performing resistance exercises. Pulleys can be attached to chairs or doors and exercises can be performed seated or standing. Unlike free weights, they are generally a safer training method for individuals with impaired balance and coordination.



To search for a wall pulley or pulley system that may be right for you, go to <http://www.rectech.org/equipments/index.php?category=Fitness&subcategory=Fitness-Home>

### Health Promotion and Wellness

#### Avoiding Overtraining – Listen to Your Body

Typically overtraining occurs when either training volume or intensity (or both) is excessive for too long and most often is related to resistance training, though not always. Some signs and symptoms of overtraining are below, though not *all* will be present and the presence of *some* does not automatically mean you are overtrained. The ultimate determination is whether performance is impaired or plateaued.

#### Physiological:

- Depression and apathy
- Decreased self-esteem and/or self-efficacy
- Decreased ability to concentrate
- Sensitive to stress

#### Immunological

- Increased occurrence of illness
- Decreased rate of healing
- Impaired immune function

#### Performance

- Decreased performance (strength, endurance, etc.)
- Decreased training tolerance
- Increased recovery requirements (i.e. time to recover)

Decreased motor coordination

#### Physiology

- Altered resting heart rate, blood pressure and respiration
- Decreased body fat and post-exercise body weight
- Chronic fatigue
- Sleep and eating disorders
- Menstrual disruptions
- Headaches, gastrointestinal (GI) distress
- Muscle soreness and damage
- Joint aches and pains

#### Tips for avoiding overtraining:

- Introduce only one new exercise component at a time.
- Avoid strenuous workouts two days in a row.
- When training volume (quantity) is greatest, keep intensity (difficulty) relatively low, and vice versa.
- Maintain a healthy diet and stay properly hydrated both during workouts and otherwise.
- Get enough rest.

### Nutrition Tip

#### National High Blood Pressure Education Month

Since there are no symptoms of hypertension, or high blood pressure, it is so important to have your blood pressure checked regularly. If you do have high blood pressure, there are many dietary changes you can make:

- o Limit excess sodium. Do not add salt to food and limit frozen, boxed and canned foods.
- o Increase foods rich in magnesium: black beans, broccoli, spinach, pumpkin seeds, sunflower seeds, peanuts/peanut butter
- o Increase foods rich in calcium: milk, yogurt, cheese, dark green leafy vegetables, fortified soy milk, almonds,
- o Increase foods rich in potassium: pork, most fish, potatoes, sweet potatoes, tomatoes, bananas, oranges, orange juice, yogurt, apricots, zucchini, beans, almonds
- o Limit alcohol to 1 drink per day

### Recipe of the Week

#### Berry Delicious Summer Salad

- 8 cups mixed salad greens
- 2 cups fresh blueberries
- 1/2 cup crumbled Gorgonzola or blue cheese
- 1/4 cup chopped and toasted walnuts or pecans
- Bottled light vinaigrette (try Newman's Own Light Raspberry & Walnut vinaigrette)



Toss together first 4 ingredients; drizzle with desired amount of vinaigrette, then toss gently to coat. Makes 6 to 8 servings.