

Video Tip of the Week Circuit Training



Health Promotion and Wellness Taking Care of Your Exercising Body and Mind



Here are some suggestions for soothing tired muscles and invigorating the body and mind for future exercise sessions:

- o Take a "power" nap. Not a long one which can make you sluggish; sometimes just 20-30 minutes is enough.
- o Relax your body in a comfortable place and refocus your mind using techniques such as soothing music, quiet meditation, or reading an inspirational book.
- o Relax in a warm bubble bath. For some additional pampering, give your skin an economical sugar scrub using equal parts of sugar and olive oil.
- o Give your sweaty hair a treat with a deep conditioner or create one at home using a 1/2 cup *real* mayonnaise and 1/2 of an avocado.
- o Soak tired hands and feet in warm water with Epsom Salts which will soften skin and soothe the joints.
- o Splurge on a massage for tired muscles. Check with local massage therapy programs or physical therapy clinics which may offer less expensive massages through its students who are in licensed programs and need to gain clinical hours.
- o Invite a friend over for lunch or dinner. Share your favorite healthy 14-week recipes with them. See the NCPAD May 2009 Newsletter for several recipes for breakfast, lunch, or dinner:
http://www.ncpad.org/nutrition/fact_sheet.php?sheet=708

Nutrition Tip

Eating Well for Healthy Bones

Bones are living tissue which is constantly renewed. Strong bones are the result of what we eat and what exercise we do from early childhood until we reach peak bone mass in our early thirties. Be sure to include foods rich in calcium and vitamin D on a daily basis to keep bones strong. Examples of these types of foods include:

- o Milk, yogurt, cheese
- o Orange juice with added calcium and vitamin D
- o Almonds
- o Fortified soy milk
- o Tofu
- o Dark green leafy vegetables

Goal/Motivation:

How to Stay Motivated on Your Own

- o Update your goals. Making new fitness goals once you've reached older ones will keep you motivated to staying fit.
- o Make time to read over your fitness journal from this program. It may give you perspective on what areas you may need to focus, remind you of a forgotten activity that you enjoyed, or provide an inspirational reminiscing on reaching a particularly challenging goal.
- o Reward yourself with self care and leisure activities.
- o Print out the tip sheets and resources from this program http://www.ncpad.org/yourwrites/fact_sheet.php?sheet=681
- o and put them in a binder so you can restart it at any time. Get creative and add your own resources as you learn more about exercise and about yourself.
- o Get involved in group fitness and activities. **To find a physical activity program in your area, contact NCPAD at (800) 900-8086 or ncpad@uic.edu.**

Did You Know?

People with disabilities have higher rates of:

- o Obesity, cardiovascular disease, other chronic conditions
- o Depression, anxiety, sleeplessness
- o Physical inactivity

Did You Also Know?

You are doing something to change this!
Congratulations!

Keep up the Good Work! NCPAD Personal Trainer