



Employee Wellness

Health Road Trip



Strong Falls
South Dakota



Get Pumped Up!

You are definitely going to get pumped up during your visit to Strong Falls, South Dakota!

Did you know muscle-strengthening exercises make us stronger AND enhance the health of our bones while improving balance and coordination?

That is why residents of Strong Falls have been doing resistance training for years in their homes and at Muscle Makeover, the local fitness center. These healthy and vital folks experience fewer injuries and enjoy lower rates of the brittle bone disease osteoporosis than their neighbors down the road in the city of Wounded Knee, South Dakota. Plus, aging Strong Falls residents are proud to be able to live independently in their homes longer than older adults in the United States. They attribute it all to the muscle-strengthening exercises they perform at least twice a week!

Unpack your bags and get ready to learn the finer points of strength training. This city has it all for the HealthTrip traveler that's ready to get pumped up!

Strong Falls Fact

In addition to aerobic activity, you should perform muscle strengthening exercises at least 2 days per week, working all the major muscle groups including legs, hips, back, chest, abdomen, shoulders, and arms.

To gain health benefits, muscle-strengthening activities need to be done to the point where it's hard for you to do another repetition without help.

A repetition is one complete movement of an activity, like lifting a weight or doing a sit-up. Try to do 8—12 repetitions per activity, which counts as 1 set. Try to do at least 1 set of each muscle-strengthening exercise, but to gain even more benefits, do 2 or 3 sets.

Allow 48 hours between muscle-strengthening sessions to permit time for your muscles to heal and repair.

THE LEGEND OF BACKBONE TRAIL

The legendary dispute broke out early one afternoon near the trailhead as two hikers prepared for a hike.

What started as a friendly disagreement between the two erupted into a legendary argument that could be heard by young and old ears alike — all the way down the canyon valley.

Myth: Participating in aerobic activities is enough to maintain good health.

Truth: Regular physical activity is one of the most important things that you can do for your health. Aerobic and muscle-strengthening exercises are equally as important. Muscle-strengthening exercises help maintain the integrity of bones, improve balance and coordination, and make it seem less taxing to do all of the activities that you enjoy.

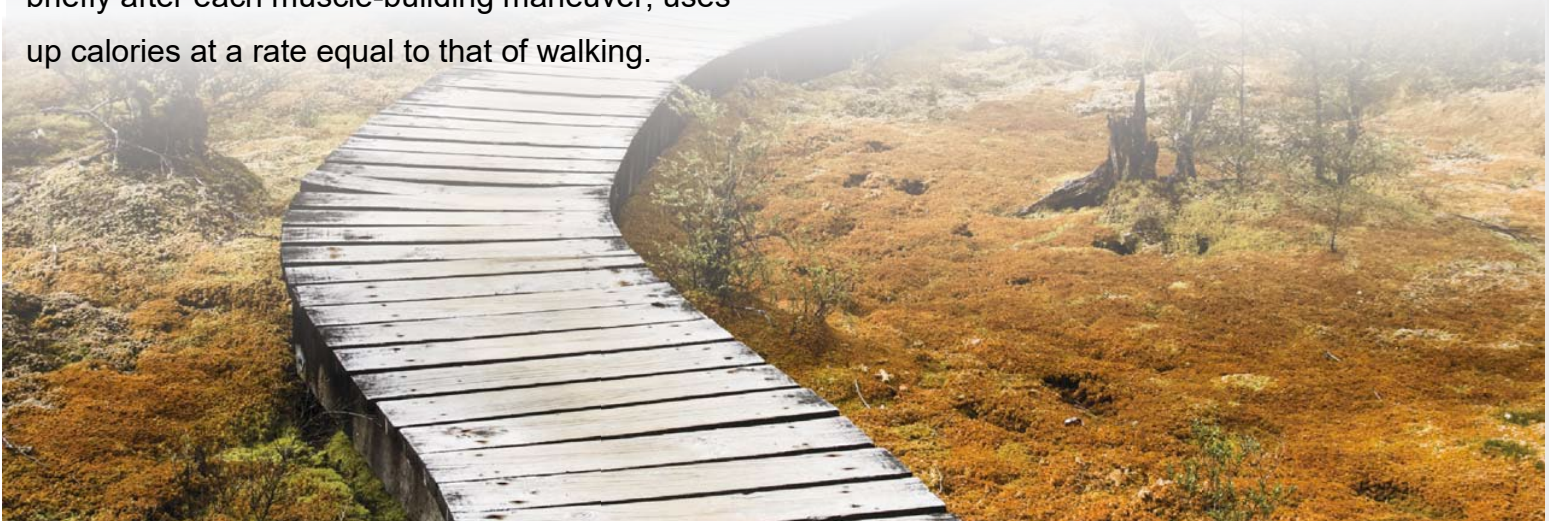
Myth: Strength training does not promote weight loss since you burn fewer calories and are adding muscle weight.

Truth: Performing muscle strengthening exercises can substantially increase the number of calories you expend. A typical session, in which you rest briefly after each muscle-building maneuver, uses up calories at a rate equal to that of walking.

And your body continues to burn calories for hours after strength training. More important, lean body mass (muscle) is more metabolically active than body fat. In other words, the more muscle you have the more calories you burn all day long.

Myth: Strength training results in big, bulky muscles.

Truth: It requires a lot of time and effort to increase muscular size. Sticking with the basic recommendation of performing 1-3 sets of 8-12 repetitions for each muscle-strengthening exercise yields significant health benefits but will not enlarge muscular size significantly for most individuals.



WELLNESS CHALLENGE STRONG FALLS, NORTH DAKOTA

Be Strong For 10:

Muscle-strengthening exercises improve muscular strength and allow you to perform basic activities like climbing stairs, gardening and vacuuming with ease.

Performing these exercises regularly is the key to enhancing balance and coordination while building strong, healthy muscles and bones.

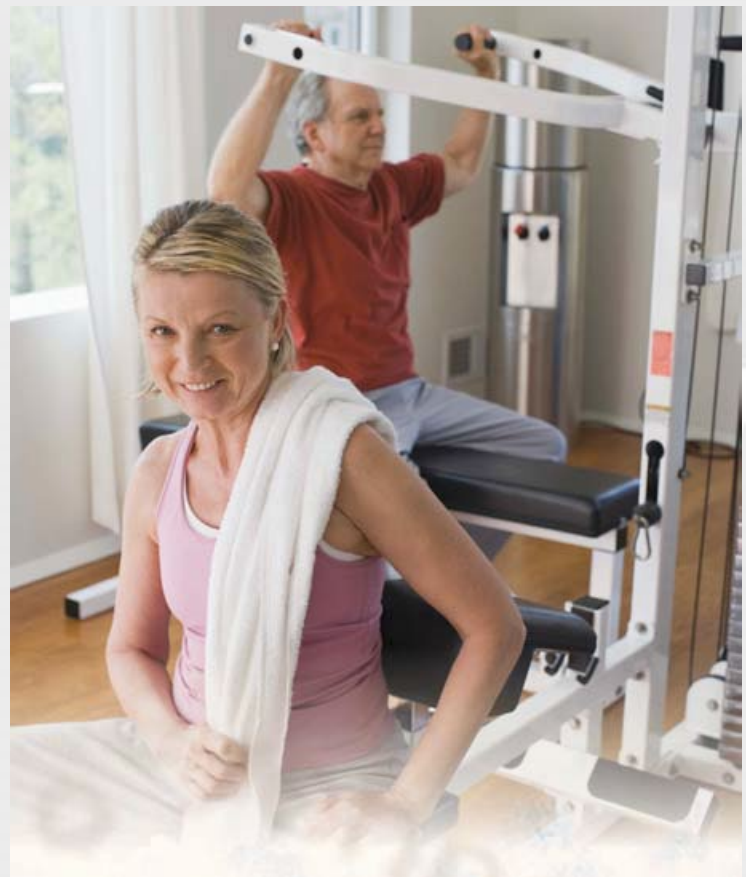
This month the emphasis is on developing and/or maintaining a habit of regularly performing muscle-strengthening exercises. Keep in mind these muscle-strengthening exercises

can be completed almost anywhere including at home, at the gym, or at a park. And minimal equipment is needed to successfully complete the challenge. This makes the wellness challenge 10 minutes of your time each day to get started!

For this month's challenge, complete 10 minutes of muscle-strengthening exercises each day. It is recommended that you focus on one muscle group each day. Please visit the links below for examples.

<https://www.nhs.uk/conditions/nhs-fitness-studio/?tabname=strength-and-resistance>

<https://www.nhs.uk/live-well/exercise/10-minute-workouts/>



If you would like a more personalized exercise program, please email wellness@weber.edu and request services from our personal trainer, Nate.

This month HealthTrip travelers are challenged to complete muscle-strengthening exercises for at least 10 minutes each day.

Don't forget to download your tracking sheet here:

<https://www.weber.edu/wsuiimages/employeewellness/Challenges/Health%20Road%20Trip/Tracking%20Sheets/Strong%20Falls%20Travel%20Log.pdf>