



Useful Links for Diet and Strength

- Input your goals and calculate your recommended protein [here!](#)
- Keep track of your calorie intake with this easy-to-use [app!](#)
- Looking to hit the gym? [Check out these tips!](#)

Volume 2, Issue 5

23 June 2014

Wellness in Balance

Survival of the Strongest

By Ryan Purdy



When designing an exercise program it is important to include some strength building exercises.

A study by Dr. Willardson, a professor in EIU's Kinesiology and Sports Studies department, suggested that

individuals with moderate strength levels or higher exhibited a 56% lower risk of mortality. Strength training is generally called resistance training and can be accomplished through several means, such as: body weight exercises, resistance bands, free weights, medicine balls, weight machines or kettlebells.

The American College of Sports Medicine (ACSM) recommends that adults perform resistance training at least two non-consecutive days per week. Their guidelines recommend including 8-10 exercises that target all of the major muscle groups (chest, triceps,

biceps, shoulders, back, abdominals and legs) and performing one set of 8-12 repetitions per exercise. These are minimum recommendations; as people progress and become stronger they can increase the number of sets and repetitions as needed. These minimum recommendations can be completed in less than 60 minutes per week. This is a small amount of time to sacrifice considering the significantly positive effect resistance training has on overall health. As people age, these effects become increasingly more important. Maintaining muscular strength helps people

Strength—Cont'd Pg 2

How Much Protein Do You Need When Lifting Weights?

By Eric Coleman with Livestrong



If you're an avid weightlifter, you likely need more protein every day than people

who are sedentary. Too much protein, however, can cause nausea, diarrhea and fatigue -- and can negatively affect your workouts. Although protein supplements are convenient, they are often expensive and unnecessary. Alternatively, choose a variety of healthy foods rich in protein.

General Guidelines

Strength-trained athletes who engage in regular intense training need 1.5 to 2.0

grams of protein per kilogram of their body weight daily, according to a 2010 study published in the "Journal of the International Society of Sports Nutrition." Because 1 kilogram of body weight equals about 2.2 pounds, strength-trained athletes often require 0.68 to 0.91 grams of protein per pound of body weight daily. Therefore, a 200-pound, strength-trained

Protein —Cont'd Pg 2

Strength—Cont'd from Pg 1

achieve activities of daily living, such as getting dressed and taking a shower, which is vital to remaining independent. Besides preserving our quality of life, resistance training is also a great tool for any weight loss program. Having more lean muscle mass means our body burns more calories on a regular basis, even at rest.

This is a result of muscle tissue being more active and consuming more calories than fat mass. This, coupled with the amount of calories burned during the exercise session, makes resistance training a great addition to any weight loss program.

In addition to the benefits mentioned above, resistance training has also been shown to have a positive effect on people with arthritis, diabetes, osteoporosis, depression and insomnia. Resistance training is important to our current health as well as our future health and should be part of every well rounded exercise program.

Trouble finding a gym?
Search your state and county for health clubs with [this website](#).



Protein—Cont'd from Pg 1

athlete would need 136 to 182 grams of protein each day.

Muscle Mass Gains

If your goal is muscle mass gains, you require an adequate protein and calorie intake daily -- and a regular weightlifting regimen. A study published in 2012 in the "Journal of the International Society of Sports Nutrition" recommends weightlifters seeking muscle mass gains consume 0.55 to 0.91 grams of protein -- and 20 to 22.7 calories -- per pound of their body weight daily to increase

muscle. Minimum and Maximum Recommendations

Most weightlifters benefit from eating more than the protein recommended dietary allowance, or RDA, but should avoid exceeding maximum safe protein intakes. Protein RDAs, which should be treated as minimum requirements for weightlifters, are 56 grams for men, 46 grams for women and 71 grams of protein daily for pregnant and nursing women, according to the Institute of Med-

icine. Pregnant women, however, should avoid weightlifting unless their obstetrician gives them the OK. Maximum safe protein intakes are 2.5 grams per kilogram -- or 1.14 grams per pound -- of body weight daily, according to a 2006 review published in the "International Journal of Sport Nutrition and Exercise Metabolism."

Read the full article and find other tips at [Livestrong's Website](#).



(Right) Some protein choices that help to make a balanced diet.

What to Eat Before, During, and After Exercise

By Kathleen Zelman of WebMD

What you eat could make your next workout better, whether you're just starting to exercise or you're an athlete in training.

Eating right can help energize your workout. Which foods are best, which should you avoid, and when should you eat?

What is the best thing to eat before exercising for energy and endurance?

You need quality carbs, lean protein, heart-healthy fats, and fluids. Your muscles rely on carbohydrate foods like breads, cereals, pasta, rice, fruits, and vegetables for quick energy.

You need protein for your muscles and for your blood cells, which bring nutrients and oxygen to your muscles. You also need fluids, or your body will have a hard time performing at its best.

Is there an ideal meal to eat before exercise?

There's no one meal that you need to eat before working out. Instead, **focus on these 5 things:**

Low fat

Moderate in carbs and protein

Low fiber

Includes fluids

Made up of familiar foods that you tolerate well

A grilled chicken sandwich or a slice of cheese pizza might fit the pregame meal description, but stay clear of the fried food (including french fries), greasy burgers, and soft drinks.

Also, a pregame meal isn't the time to try a new food.

Why is it so important to drink plenty of liquids during exercise?

Water acts as your body's cooling system. You don't want to get dehydrated.

The best way to stay hydrated is to drink plenty of fluids with meals, and drink about 2 cups (16 ounces) of water 2 hours before exercise.

Is it better to stay hydrated with sports drinks or plain water?

Water is often enough. But if you're exercising for more than 60 minutes in hot, humid conditions, sports drinks may help. They give you carbs and sodium, as well as fluids.

Sports drinks are also a good choice if you play team sports like soccer or football, especially when the temperature and humidity are high. If you sweat a lot, a sports drink might be preferable to water.



Is it bad to exercise on an empty stomach, especially in the morning?

It depends on the type of exercise. A brisk walk or light jog on an empty stomach is fine; just drink a glass of water before heading out the door.

For more intense exercise, eat some easy-to-digest carbs (a packet of instant grits, a slice of toast, half a plain bagel, a banana, or a cup of fruit cocktail washed down with a glass of water) to help provide fuel.

For more tips and articles like this, head over to [WebMD](https://www.webmd.com).

Black-Eyed Peas with Pork and Greens

recommended by the American Heart Association

Ingredients

1 pound boneless pork chops, trimmed, cut into 1/2-inch pieces
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper
1 tablespoon canola oil
1 medium onion, chopped
2 tablespoons tomato paste
1 cup instant brown rice

8 cups roughly chopped kale leaves (about 1 small bunch), tough stems removed
4 cloves garlic, minced
1 14-ounce can reduced-sodium chicken broth
2 tablespoons cider vinegar or sherry vinegar
1/2 teaspoon smoked paprika, preferably hot (see Cook Tips)
1 15-ounce can black-eyed peas, rinsed

Cooking Instructions

Toss pork with 1/4 teaspoon salt and pepper. Heat oil in a large nonstick skillet over medium heat. Add the pork and cook, stirring, until just cooked through, 4 to 6 minutes. Transfer to a bowl with a slotted spoon.

Add onion, tomato paste and rice to the pan and cook until the onion softens, about 4 minutes. Add kale and garlic and cook until the kale begins to wilt, 1 to 2 minutes.

Stir in broth, vinegar, paprika and the remaining 1/4 teaspoon salt. Bring to a boil. Cover, reduce heat and simmer until the rice is done, 15 to 20 minutes. Stir in the reserved pork and black-eyed peas and heat for 1 minute.



Nutritional Analysis Per Serving (6 Servings)

Calories Per Serving

279

Total Fat

8 g

Saturated Fat

1 g

Monounsaturated Fat

3 g

Cholesterol

44 mg

Sodium

526 mg

Carbohydrates

31 g

Fiber

5 g

Protein

23 g

Potassium

792 mg

Dietary Exchanges

1 1/2 starch, 1 vegetable, 2 lean meat, 1/2 fat