

Many injuries that occur during training are due to improper warm up techniques. Individuals at all levels of fitness should follow these standards to help reduce risk of injury:

- The purpose of warming up is to stimulate the cardiovascular system and increase blood flow to the muscles.
- Warming up increases the body's internal temperature which guides in producing energy.
- With more blood flow and increased temperature, contraction and reflex times are improved.
- Not warming up can put unwanted stress on the heart.
- Psychologically, warming up prepares the individual before performing an exercise bout.

Source: [www.shapefit.com](http://www.shapefit.com)

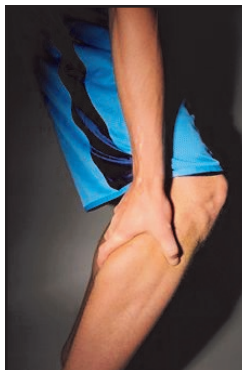
# The Truth Behind Muscle Cramps

Muscle cramps can become a barrier when training for an event or working out in general. In order to remain one step ahead of a muscle cramp, an individual must educate him/herself on what cramps are, what causes them, and how they can be prevented. Nutrition, hydration and proper stretching play a major role in controlling these types of involuntary contractions.

**What exactly is a muscle cramp?** A muscle cramp is a sudden, uncontrolled contraction of a muscle, usually lasting up to one minute or possibly even longer. The forceful contraction usually results in pain and sometimes a noticeable lump at the area of the cramp.

**What causes muscle cramps?** The actual cause of a muscle cramp is not specifically known, but many noticeable and interrelated factors play a role in bringing about the contraction. These factors include:

- Overexertion and muscle fatigue.
- Excessive sweating or dehydration which can deplete the muscle of water and needed minerals such as sodium, potassium, calcium, magnesium and phosphorus.
- Lack of blood supply to the muscles—caused by atherosclerosis (a hardening and narrowing of the arteries) or smoking (carbon monoxide lowers the oxygen content of the blood and causes inflammation and constriction of the arteries).
- Some prescription medications (e.g., diuretics, cholesterol lowering statins).
- Sudden or excessive changes in exercise routine.
- Age (they are more common in adolescents and adults 65 and older).



### How can I prevent muscle cramps or make one go away?

- Eat a healthy well-balanced diet—including foods that contain calcium, potassium and magnesium.
- Drink plenty of water before, during and after exercise.
- Be sure to stretch all of your muscles regularly, especially post-exercise.
- Be sure to warm-up properly and gradually increase the intensity of your workout.
- Gently massage the cramped area, warming the muscle with a warm towel or shower.
- Contact your physician if cramps become persistent and are a reoccurring problem.

Source: [www.fitwise.com](http://www.fitwise.com)

## The Wellness NEWS

A Publication  
of the WellPoint  
Wellness Centers

### Lite Bites:

### Spinach & Brie-Topped Artichoke Hearts

Source: [www.eatingwell.com](http://www.eatingwell.com)

#### INGREDIENTS

- 1 9-oz. box frozen artichoke hearts
- 2/3 c. cooked chopped spinach
- 1 t. lemon pepper
- 1/4 t. salt
- 18 thin slices brie



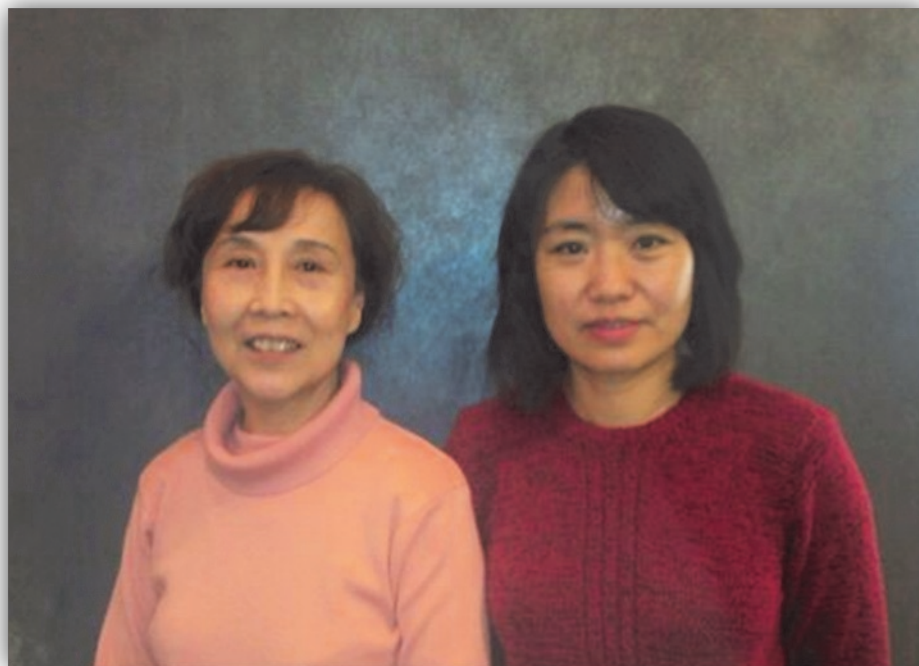
#### DIRECTIONS

1. Preheat broiler.
2. Prepare artichoke hearts according to package directions.
3. Combine spinach, lemon pepper and salt in a small bowl.
4. Top each artichoke heart with the spinach mixture and brie.
5. Broil until cheese melts, 1 to 2 minutes.

#### NUTRITION FACTS

# of Servings = 18; Serving Size = 1;  
Calories per Serving = 20;  
Fat = 1g; CHO = 1g; Protein = 1g;  
Fiber = 1g; Cholesterol = 4mg;  
WW Points Plus® = 0.

# Members of the Month



*Sijia (Sue) Li*

*Ying Liu*

*Sijia (Sue) Li's*

*What is your favorite form of exercise?  
"Cardio dance"*

*What are your favorite class?*

*"Cardio Jam Class"*

*Why do you come to the Wellness Center?  
"Being healthy"*

*Ying Liu's*

*What is your favorite form of exercise?  
"Group Exercise Class"*

*What are your favorite class?*

*"B.L.T. Class"*

*Why do you come to the Wellness Center?  
"Losing weight and being healthy"*

# Membership Recognition Winners

*Fantastic Fifteen  
(15+ visits)*

*Janet Browning  
Will Coker  
Spencer Wells*

*Terrific Ten  
(10-14 visits)*

*Lisa Jordan  
Rachida Shively  
Brandi Wells*

*Super Six  
(6-9 visits)*

*Beverly Evans  
Vequila Frazier  
Rosalyn Gibson*

# Congratulations!

For more information on our programs and services, contact the Wellness Center at 804-354-2134.



# FITT Tips: The Importance Of Breakfast



Many people come up with a variety of reasons for why they do not eat breakfast; however, none of those reasons can outweigh the fact that eating a healthy, well-balanced breakfast sets the stage for how well our bodies will function and feel for the remainder of the day.






While we sleep, our body's digestive system slows down, which lowers our metabolism. When we awake, our body's glucose (aka blood sugar) level is at its lowest point. The glucose that we get from eating food fuels our brain and body. Eating breakfast within an hour or so of rising "jump starts" our metabolism and restarts our body, giving us energy for our day. Skipping breakfast can lead to fatigue, irritability, slower reaction time, lack of alertness, and lower productivity.

Not only is eating breakfast important, but the nutrition choices you make at breakfast matter as well. Strive to eat foods high in fiber such as cereal (3-5 grams of fiber per serving), oatmeal and fruits. Choose whole grain breads or bagels with natural fruit and nut spreads instead of butter or cream cheese. Choose egg whites instead of yolks. Minor adjustments to your morning nutrition can lead to positive energy and performance results for the rest of your day.

Source: [www.beyondthebend.com](http://www.beyondthebend.com)

## March 2012

Contact the Wellness Center at 804-354-2134 for more information about the programs highlighted below.

Mon	Tue	Wed	Thu	Fri
<p><b>The month of March is National Nutritional Month!</b>            Visit your local <b>Sodexo</b> cafeteria and enjoy healthy and affordable options!</p> <p><b>Mark your calendars: Group Fitness Session 2 begins 3/19/12</b>  <b>Pound Plunge VERSUS begins 3/21/12</b></p>			<p><b>1</b></p> <p><b>Body Techniques Massage:</b>  <b>Davis Center</b>  <b>11am-4pm</b></p>	<p><b>2</b></p>
<p><b>5</b></p>  <p><b>Sodexo Cafeteria</b></p>	<p><b>6</b></p>	<p><b>7</b></p> <p><b>Group Fitness Lunch N Learn</b></p> <p><b>11:30am-12:00pm</b>  <b>Dial In: 1-866-397-7295</b>  <b>Pass: 317-274-3432</b></p>	<p><b>8</b></p> <p><b>Body Techniques Massage:</b>  <b>Holland Park</b>  <b>11am-4pm</b></p>	<p><b>9</b></p>
<p><b>12</b></p>  <p><b>Sodexo Cafeteria</b></p>	<p><b>13</b></p>	<p><b>14</b></p>	<p><b>15</b></p> <p><b>My Health Wellness Teleseminar</b></p> <p><b>2:00pm-3:00pm</b>  <b>1-877-317-3803</b></p>	<p><b>16</b></p>
<p><b>19</b></p>  <p><b>Sodexo Cafeteria</b></p>	<p><b>20</b></p> <p><b>First Day of Spring</b></p>	<p><b>21</b></p>	<p><b>22</b></p>	<p><b>23</b></p>
 <p><b>Pound Plunge VERSUS Begins</b></p>				
<p><b>26</b></p>  <p><b>Sodexo Cafeteria</b></p>	<p><b>27</b></p>	<p><b>28</b></p>	<p><b>29</b></p>	<p><b>30</b></p> 