Spring Back Into Your Exercise Routine

After a long, lazy winter, the key is to start off slow.

- Remember to see your doctor before starting a new exercise program. Try to schedule an exam closer to the start of spring so you are up-to-date with your health and your doctor knows you're increasing your activity level.

- Start with a slow exercise program that consists of a walking and stretching routine. Walk 10 minutes everyday for a week, then increase the time to 15 minutes the next week. From there, work your way up by five minute intervals until you get to a 30-40 minute walk. This will help prepare you for most casual sports, like jogging, golf, and tennis.

- This is a lot slower than most people want to go, but after a month of conditioning, you will have built up enough endurance and flexibility to move forward to a more vigorous exercise program. The reason for a slow pace is to prevent the occurrence of injuries.

- Remember to take it easy once you are ready for your first jog or game. Stretch, drink plenty of water, and have fun with it!

World Health Day

Every year on April 7th, World Health Day is celebrated. World Health Day is sponsored by the World Health Organization (WHO) and is celebrated to bring worldwide attention to a subject of major global importance each year. The WHO organizes international, regional, and local events on the Day related to a particular theme. This year is focusing on vector-borne diseases. Learn more about World Health Day by logging onto the WHO's website! www.who.int/en/
Don't Be A Fool This April Fool’s Day

Ever hear of fitness fiction?

Popular exercise misconceptions are still out there. Here are some common exercise myths as well as some not-so-common facts to keep you educated during your workout routine!

1. **No pain, no gain.** Exercise doesn’t have to be painful in order to provide health benefits. Studies have shown that those who do moderate intensity exercise have the same decrease in risk of dying as those who do high intensity exercise.

2. **Lots of crunches equals a flat stomach.** You can have strong abdominal muscles but if there is a layer of fat on top, you won’t be able to see a flat, toned stomach. To get a toned, flat ab area, reduce the number of calories you consume, do cardiovascular exercise to burn calories and fat, and do a variety of core exercises.

3. **Exercise will transform fat into muscle.** Exercise can burn off fat, and it can help you build lean muscle, but there is no direct conversion. If you do an exercise program that includes cardiovascular exercise, strength training and eat 500 fewer calories than you require each day, you will burn the fat and build healthy muscle.

4. **If you can’t exercise regularly, why do it?** Every single bit of exercise is beneficial. Your health improves every time you exercise. Becoming physically fit can take up to twelve weeks but a single 30 minute walk will burn calories, reduce moderately elevated blood sugar, and reduce blood pressure.

Check us out!

**On GRCC’s Website:**
www.grcc.edu/exercisescience

**On Facebook**
www.facebook.com/GgccExerciseScience

Delicious Broccoli Pasta

**Ingredients**

- 1 tbsp olive oil
- 1 tbsp minced fresh garlic
- 2 cans (14.5 oz each) seasoned diced tomatoes
- 1 tbsp balsamic vinegar
- 1 tsp dried basil
- 1/4 tsp crushed red pepper flakes
- 12 oz rigatoni
- 1 lb broccoli florets
- 1/3 C crumbled reduced fat feta cheese

**Directions**

1. Bring a large pot of salted water to a boil.

2. Heat the oil in a skillet over medium low heat. Add the garlic, and cook gently for 1 minute. Add the tomatoes (with juice), vinegar, basil, and red pepper flakes. Increase the heat, and bring the sauce to a simmer. Cook the sauce for 15 minutes, stirring frequently.

3. While the sauce is simmering, add the pasta to the boiling water. When the pasta is almost done, add the broccoli to the pot, and cook for 2 minutes longer.

4. Drain the pasta and broccoli, and transfer them to a large bowl. Add the sauce, and toss well. Sprinkle with the feta cheese.