March off the pounds!

GRCC WELLNESS DEPARTMENT NEWSLETTER 2013

DID YOU KNOW:
Marching burns a moderate number of calories, improves endurance and works the leg and thigh muscles!

Given that military inspired fashion is all the rage these days, it’s only fair that the fitness world gets a taste of the military world too. Marching provides different benefits such as a good cardio workout, acts as a stress suppresser, improves muscle toning, enhances endurance and is an energy booster. You may think of marching as being boring and monotonous, but there is no limit to the marching drill variations that you can experiment with! Whether you march in place, or march your way across a large open field; whether you incorporate high knee exercises into your marching drill, or add backward and forward marching repetitions as part of your marching routine, you will be subjecting your body to a good, low impact cardio exercise. Try for yourself the physical benefits of marching!

Read more at: http://www.fitnessrepublic.com/fitnessphysicalbenefitsofmarching.html#ixzz2K9TZ1Bhg

Historical Events Throughout March:

March 2, 1927 - Babe Ruth becomes highest paid baseball player ($70,000 per year).
March 12, 1987 - David Robinson scores 50 points in a NCAA basketball game.
March 16, 1996 - Mike Tyson TKOs Frank Bruno in 3rd round to gain Heavyweight title.
March 18, 1995 - Michael Jordan announces he is ending his 17 month NBA retirement.
March 26, 1972 - LA Lakers broke NBA record by winning 69 of 82 games (69-13).
March 28, 1999 - 18th NCAA Women’s Basketball Championship: at San Jose.

Riddle of the Month:
I have rivers without water,
Forests without trees,
Mountains without rocks
Towns without houses.
What am I?
ST. PADDY’S DAY WORKOUT
by ERIN KURDYLA

1. The Move: Shamrock Shuffle
Target: Great cardiovascular exercise that works glutes, quads, & outer thighs.

How To Do It: 3 leaves are on most shamrocks (Unless you are lucky enough to find that four-leaf clover!) You will be shuffling in 3 different directions. Begin in a squat position. Stay low and shuffle feet to the right. Turn 90 degrees to your right and shuffle to your left. Shuffle back to your right. Turn 90 degrees to your left and shuffle left. Shuffle back to your right. Repeat for 60 seconds.

2. The Move: Leprechaun Run
Target: Great cardiovascular exercise & hip opener.

How to Do It: Stand with feet shoulder width apart, knees slightly bent. Lift right knee off the ground hip height. Slowly rotate knee out to the right, hips remain square. Jump up off left foot while simultaneously raising left knee up to torso. Think wide knee highs! This may feel a little awkward, but it's a great way to incorporate hip openers into your workout. Gradually pick up pace to a run for 30 seconds.

3. The Move: “Kiss Me, I’m Irish” Lunges
Target: Great cardiovascular exercise. Works legs, butt, and core.

How to Do It: Step out into a lunge with the right leg. Push off the floor, and kiss (touch) your feet in the air, as you switch your legs to land with the left in front. From the left lunge push off again to kiss feet and switch. Repeat 6-8 times.

4. The Move: “Good Luck” Horseshoe Abs:
Target: Works abs, obliques, and inner thighs.

How to Do It: Begin flat on your back with your legs extended straight up from your hips. Upper body stays flat on the ground. Keeping your feet as close together as possible, carry legs on a diagonal. Draw a “horseshoe” from one corner, down and around to the corner, and then back to the other side. Keep core engaged and breathe! Repeat 8-10 times.

To read more on this article or for more information visit: http://www.self.com/blogs/flash/2011/03/st-patrick-s-day-fitness-challe.html