



**Popular workouts to help you BURN FAT,
MAXIMIZE ENDURANCE & BOOST FLEXIBILITY**

by Rachel Bickmore

Exercise has moved beyond the treadmill and Richard Simmons tapes! Shake up the usual routine by using this article to find an exercise program that fits your needs and unique lifestyle.

YOGA

What is it?

Yoga “is formulated to achieve and maintain balance in life...through exercise, breathing, and meditation—the three main Yoga structures.”¹

What does it do?

Yoga, in essence, is healthy multitasking. Results of frequent yoga practice include improved breathing, posture, circulation, flexibility, balance, and stress management. Clearer thinking and precision are also claimed to be possible through this ancient art. Depending on the type of yoga done, it usually improves the “core” or abdominal muscles. Don’t think that yoga is only relaxing; it can be a workout! Higher intensity yoga can tone the body while implementing an effective cardio routine.

Pros:

Who doesn’t need a de-stressor? Yoga helps us refocus and recharge. Even if you can’t get out of the house, DVDs are available to provide relief even when the gym is inaccessible.

Cons:

Yoga takes considerable time to cleanse and relax the body. Similarly, it takes time to become proficient at it. The poses and stretches can be dangerous if inexperienced. Take it slow and at your own pace.



P90X

What is it?

P90X uses an “advanced training technique called Muscle Confusion which accelerates the results process by constantly introducing new moves and routines so your body never plateaus.”³

What does it do?

P90X is an amped up version of creating a negative energy balance. You expend more calories in the exercising than what you eat. By changing up the exercise and using “muscle confusion,” you and your body never “get used to” the routine. The dreaded plateau, when your body does not seem to progress, is avoided and your health goals are achieved in the ninety day plan.

Pros:

By replacing your fat with muscle, your body burns more calories throughout the day. The DVDs provide structure and planning for those who need a more guided routine. Various levels of fitness can be achieved by the program, whether becoming lean or bulking up.

Cons:

The program requires a total of \$180 dollars for the DVDs and nutritional guide. The workout requires various home equipment including weights, resistance bands, pull up bars, yoga mats, and more.



P90X
EXTREME HOME FITNESS™

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Zumba

What is it?

“The Zumba program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away.”²

What does it do?

Using mainly Latin dance moves, Zumba provides cardio, flexibility, and fun. Focusing on the “core” area, Zumba dancers burn calories and build muscles while engaged in the music. An instructor is there to “lead the party” and make the workout a celebration rather than a punishment.

Pros:

While providing weight loss results and building muscle, Zumba creates even more benefits, perhaps unconsciously. Zumba is fun and therefore addictive. Getting hooked on exercise creates an active lifestyle and good habits. As well, Zumba can bring you out of your shell to take a moment to just enjoy and celebrate your body.

Cons:

Without an instructor or group, Zumba becomes less engaging. Also, coordination is required to keep up with the moves. While it can be learned over time, Zumba requires some dedication.

¹Shaynebance. “What is Yoga?” *The A-B-Cs of Yoga*. 2010. Web. 11 Nov.2010.

²“Zumba.” *Zumba Fitness*. 2010. Web. 11 Nov. 2010.

³“P90X.” *Beach Body*. 2010. Web. 11 Nov. 2010.



**SOMEONE
WHO IS BUSIER
THAN YOU IS
RUNNING
RIGHT NOW.**

SO WHAT ARE YOU WAITING FOR?
GO OUT THERE AND POUND THE PAVEMENT.
WHEN'S YOUR NEXT RUN?

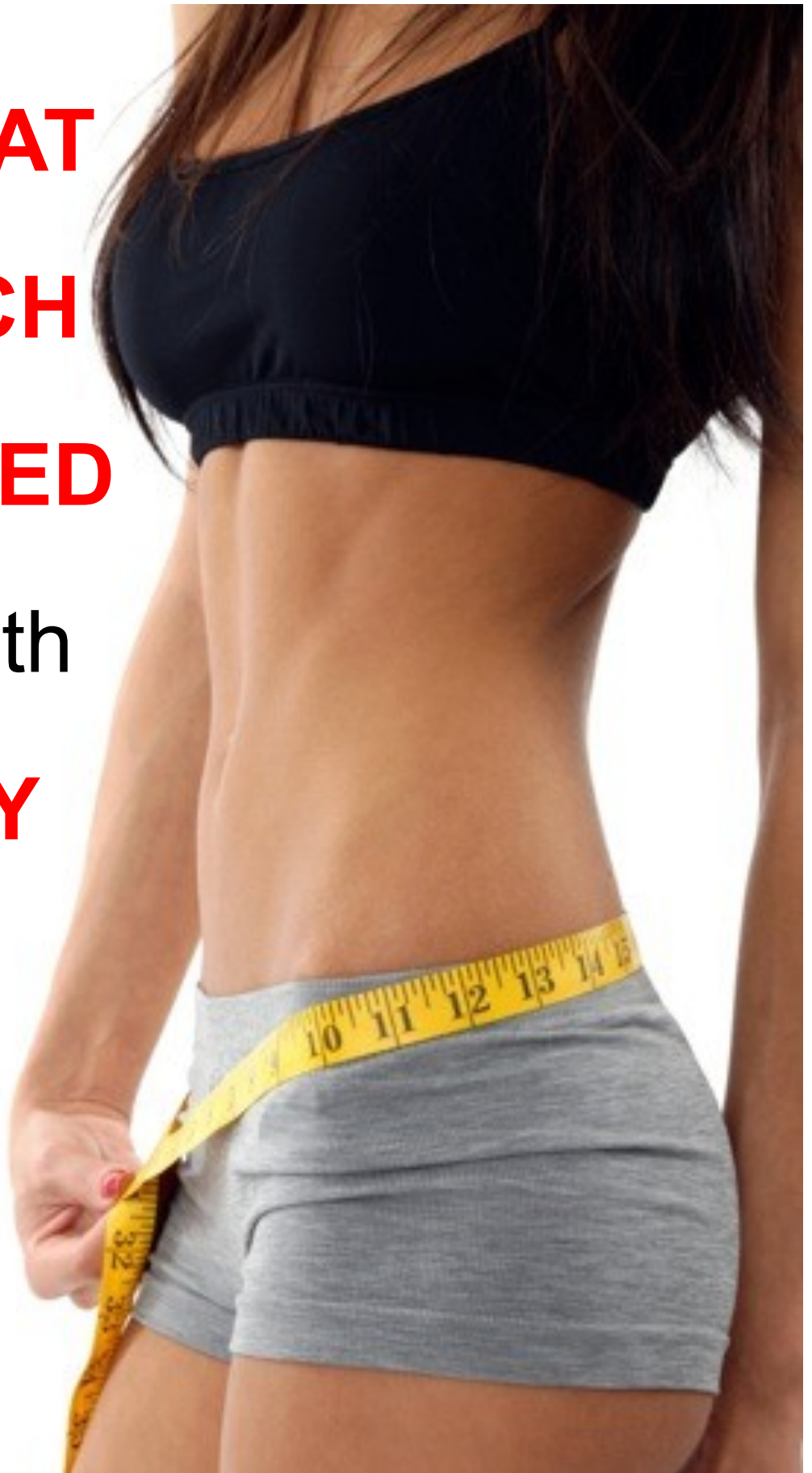
A woman in athletic wear is running on a paved path. In the foreground, a large graphic of a clock is overlaid. The clock has a white face with black numbers and a red hand pointing to 10:15. The clock is mounted on a wall with a white circular object above it. The background shows a concrete wall and a building.

GONE RUNNING



**10:15 AM - DISCOVER THE CURE
FOR RESTLESS LEG SYNDROME.**

Get a **FLAT**
STOMACH
and **TONED**
CORE with
this **EASY**
workout
you can
do **AT**
HOME



FLABS TO ABS

by Kaitlyn Kolilis

It's easy to let our fitness fall to the wayside, so we must find a way to fit a quick toning session into our daily lives. While I am not saying you should cut out lifting and cardio, sometimes it is hard to drag our selves to the gym. Here are a few moves that you can do in your living room while watching television or when you just have a few extra minutes.

SUPERMAN



Start with the Superman. Lay on your stomach, with your arms and legs straight, and lift your arms and legs up off the ground, essentially balancing the rest of your body on your stomach. This works your entire core while you're kicking back.

LEG LIFTS

Next, do some leg lifts. Lay flat on your back and lift your feet just off the ground and hold. It's harder than it sounds! Start off with fifteen-second increments. Do a few sets. You should feel it in your lower abs.



CRUNCHES



Crunches should be done with your feet flat on the ground, with your arms either behind your head or in an “X” across your chest with elbows held flat on your stomach. These stipulations are necessary for a good crunch. Do a set of fifteen, rest, and then complete a couple more sets!

PLANK




Finish off with a good plank. Clasp hands together and rest your forearms on the floor. Lift your body up in a push up like position. Hold it! Hold it until your near collapse, rest and repeat!

If we just take the little time out of our day we spend watching TV, we will find time to tone up. These steps should be done repeatedly for thirty minutes, at least three days a week to see results. At the very least, you’re doing something productive during your television time!

NIKE





Does your
gym
membership
cost more
than
your rent?

Do you dream of quitting your job to work out full time?
Do people think it's a coincidence they see you at the gym all the time?
Do you hang out at the gym reception?
Does it piss you off when the gym closes early on Christmas Day?
Do you know the cleaners?

Are you a

Gymah

Find yourself at
nikewomen.com



A woman with curly hair, wearing a red Nike polo shirt, is shown from the waist up, leaning forward on a stationary bike. Her right arm is raised behind her head, and her left hand is on the handlebar. The background is a dark, solid color. The text 'olitic?' is overlaid in the bottom left corner.

olitic?



Raise Your Game

Fitness at BYU—Idaho

by Samantha DeLaCerta

Brigham Young University-Idaho is one of the few universities that offer free fitness facilities to its students and faculty members. These facilities include a fitness center and free weekly fitness classes. Most campuses charge an average of \$100 a semester to use their fitness facilities which means that attending BYU-I makes it easy for students to maintain a healthy lifestyle and stay fit year round.

Something to keep in mind when heading off to use the facilities on campus is the required dress code. There is approved Hart Fitness Facilities gym clothing that must be worn. The clothing for the fitness

facilities can be purchased at the University Store or online at <http://www.byuistore.com/>.

FITNESS FACILITIES

FREE WEIGHT ROOM

- Located in Hart 141
- Free weights and mats are located here for focused strength training
- Must wear Hart approved gym clothing
- Open Monday thru Thursday from 5-7:30 a.m. and after 3 p.m.; Friday and Saturday from 5 a.m. to 11:30 p.m.
- For more questions call 208-496-7490 or visit www.byui.edu/Hartbuilding/FitnessCenter.htm

ICARIAN CIRCUIT TRAINING

- Located on the first floor of the Hart
- Elliptical, treadmills, stair-steppers and weight machines for cardiovascular training and weight training
- Must wear Hart approved gym clothing
- Open Monday thru Thursday from 5-7:30 a.m. and after 3 p.m.; Friday and Saturday from 5 a.m. to 11:30 p.m.
- For more questions call 208-496-7490 or visit www.byui.edu/Hartbuilding/FitnessCenter.htm

HART SWIMMING POOL

- Located in the John W. Hart building



- Lap swim is 5- 6:30 a.m. Monday-Saturday
- Open swim is Monday, Friday, and Saturday 7-11:30 p.m.; Tuesday 8-11:30 p.m.; Thursday 7-8:30 p.m. and open kayak 8-10:00 p.m.; Wednesday the pool facilities are used for Rec Sports activities



FITNESS CLASSES

The university also offers free fitness classes throughout the week that are student-run. These classes run on a rotating basis and require Hart approved gym clothing. These classes are put together by the Fitness Activities program here on campus.

- Abs that rock: This class focuses on developing core strength.
- Cycling: Cardio workout including hills, flats and sprints on a stationary bike.
- Step/ Pump it: Combines Step with weight training and cardio
- Turbo Kick/Kickboxing: Mixed martial arts and boxing. Includes some dancing. Increases endurance, flexibility and strength.
- Water Aerobics: Uses water and mild weight equipment for resistance.
- All fitness classes are held in the Hart Building, Room 234 unless otherwise noted.

Fitness Class Schedule

TIME	MONDAY	TUESDAY
	7:45-8:45 a.m. Racquetball (Racquetball courts)	
2:00-3:00 p.m.	Women's Weight Training	
5:00-5:50 p.m.	Yoga Cycling (Fitness Center)	Latin Jam
6:00-6:50 p.m.	Kickboxing Water Aerobics (Pool)	Step Cycling (Fitness Center) Water Aerobics (Pool)
7:00-7:50 p.m.	FHE	Zumba Cycling
8:00- 8:50 p.m.	FHE	Latin Jam Cycling (Fitness Center)
9:00-9:50 p.m.	Zumba Yoga (Hart 204)	Turbo Kick Yoga (Hart 204)
10:00-10:50 p.m.	Abs that Rock	Hip Hop Abs that Rock (Hart 204)

WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:45 a.m. Racquetball (Racquetball courts)			9:00-9:50 a.m. Abs
		11:30-12:20 a.m. Yoga	10:00-10:50 a.m. Kickboxing
	Women's Weight Training		
Yoga Cycling (Fitness Center)	Latin Jam		
Water Aerobics	Step/Pump It Cycling (Fitness Center) Water Aerobics (Pool)		
Pilates Cycling	Zumba Cycling		
Fight Do Cycling	Latin Jam Cycling (Fitness Center) Yoga (Hart 204)		
Zumba Yoga (Hart 204)	Turbo Kick Yoga (Hart 204)		
Abs that Rock	Hip Hop Abs that Rock (Hart 204)		

MY KNEES ARE TOMBOYS.

THEY GET BRUISED AND CUT

EVERY TIME I PLAY SOCCER,
I'M PROUD OF THEM

AND WEAR MY DRESSES SHORT.

MY MOTHER WORRIES

I WILL NEVER MARRY

WITH KNEES LIKE THAT.

BUT I KNOW

THERE'S SOMEONE OUT THERE

WHO WILL SAY TO ME:

I LOVE YOU

AND I LOVE YOUR KNEES.

I WANT THE FOUR OF US

TO GROW OLD TOGETHER.

JUST DO IT.

NIKEWOMEN.COM 



ENERGY BALANCE

CALORIE MANAGEMENT WITH A BUSY SCHEDULE

Check out these fun ideas that will help you lose weight while meeting the demands of a busy schedule!



by Tiffany Cardon

Are you feeling like you'd really like to lose some extra weight but your busy college schedule won't allow it? Or maybe you just don't know where to start? **To lose 1 pound, you must burn 3,500 extra calories.** Figure out how many extra calories you need to burn each day to reach your weight loss goals. It's simple math—check it out!

Burn an extra 100 calories per day and you can **lose up to 10 pounds per year!**
 $(100 \text{ calories} \times 365 \text{ days}) \div (3,500 \text{ calories} \div 1 \text{ pound}) = 10 \text{ pounds per year}$

Burn an extra 500 calories per day and you can **lose up to 1 pound per week!**
 $(500 \text{ calories} \times 7 \text{ days}) \div (3,500 \text{ calories} \div 1 \text{ pound}) = 1 \text{ pound per week}$

“How to Make Your Body Burn More Calories.” *WeightLossResources.co.uk*. 24 Aug. 2010. Web. 3 Dec. 2010.

“Calories.” *LowFatLifestyle.com*. 2009. Web. 3 Dec. 2010.

“Does Drinking Ice Water Burn Calories?” *DiscoveryHealth*. 2010. Web. 3 Dec. 2010.

12 WAYS TO BOOST YOUR CALORIE BURN

1 Walk instead of driving

2 Skip the elevator and take the stairs

3 Park far away and walk

4 Watch a funny movie—laughing tones your abdominals and burns calories

5 Brush your teeth on your tip-toes or while doing calve raises

6 Do squats while blow drying your hair

7 Take long phone calls while standing or walking

8 Build muscle—for each pound of muscle you put on, you will burn an extra 50 calories

9 Stop emailing or texting nearby friends and go visit them instead


10 Eat small meals/snacks often instead of a couple large meals per day to increase your metabolism

11 Exercise during commercials—do crunches, pushups, jumping jacks, etc.

12 Drink ice water or take a cold shower—you're body will burn a few extra calories warming up again







You will go on—long after
you thought you couldn't.
And even though you
might not thank me,
that's okay. I'm not in it
for the glory.

**I'm in it for
you.**

I am training.


ibelieveinyou.com