



Health & Fitness Newsletter

By: Christine McInnes

Disclaimer: This newsletter is based on the information I have discovered through my passion of health and fitness. I am not a health professional. Seek the advice of your physician before starting a new diet and/or exercise program.



“Swimming”

Bathing suit season is here and ironically enough a great way to get into bathing suit shape is by putting on your swim suit and going for a swim. One of my readers, Frank, an avid swimmer, asked that I do an article about swimming. With the experience and knowledge I have about swimming (or lack thereof) I probably should have asked Frank to write this article for me. I LOVE the topic idea and for the past year I have really wanted to get into this sport. I saw this as my opportunity to learn everything I need to know about swimming so I could pass my knowledge and expertise along in this newsletter. I thought 2 months would be more than enough time for me to study and practice but now I realize that goal was a little too ambitious.

Like a lot of things, we sometimes need to step back and take baby steps to build a strong base and a full understanding of what we are getting ourselves into. I have a lot to learn and plan on doing a “Swimming Part 2” when I become the professional swimmer I have set out to be. This way I will be able to provide more details about the different strokes, techniques, how to breathe and so on. I have learned a few tips that are beneficial for beginners (like myself) and have studied some health benefits that will benefit everyone who takes part in a swimming routine. I am learning as I go and the more I learn, the more I am intrigued. I have only gotten into the pool a handful of times since setting my goal and this has helped me to be more confident in the water.

According to Melon Dash in the article “Floating Beyond Fear of The Water”, she states that one hundred and forty-one million American adults (64%) are afraid in deep open water and one hundred and six million American adults are afraid in deep water in pools. If you are like me, you are part of this statistic. She goes on to say that “Most people are shocked to find out in the beginning swimming lessons that the water holds them up; that it’s difficult to reach the bottom. People who are afraid in water believe that water acts like air and allows us to drop down through it and park us on the bottom effortlessly.” A lot of people are surprised to find that they float and it is hard to stay on the bottom. Although, I am not afraid of sinking, I fear that creatures in the water are going to attack me and I try to remind myself that most creatures are afraid of me. If you are just getting into swimming or feel like your fear of the water is preventing you from trying this activity, it may be beneficial to take swimming panic prevention lessons as you start learning how to swim. Learning how our bodies act in the water is considered to be a life skill and can be far more beneficial than we realize. Once you get comfortable in the water you will be able to have fun as you get in shape and clear your mind.

If you are shy and worried about what you are going to look like in a bathing suit, you need to get over it! I know this from experience... I would be the girl at the beach or pool wearing a long t-shirt and shorts over my bathing suit. I never learned how to swim properly because I was too worried about what I looked like and what others would think. It wasn't until a few years ago that I realized no one really cares what you look like because they are consumed with their own thoughts. Feeling confident in your skin will open the door to a whole new world of fun athletic activities; activities that will make you even more proud of how you look and feel.

Swimming isn't just an alternative workout for people who are injured, although the fact that it is low impact makes it great if you have had surgery, you're recovering from an injury or trying to avoid getting injured in the first place. It is the type of exercise you do as a warm up, a cool down or have it be your entire workout for the day. Use it as a warm up by gradually increasing your speed which increases your heart rate and stimulates your muscles. Once warmed, either hop out and do your land workout or continue to swim at an increased speed and include a variety of strokes as your workout. It is amazing how many styles and strokes there are. (I have included a link which will include more information and videos.) Once you have completed your workout slow your pace. The water will help move the cooled blood to your muscles, helping them recover as you begin to relax.

When it comes to the least amount of impact for the biggest calorie burn **during** exercise swimming is hard to beat. However, the fluid mechanics involved with swimming makes it hard to lose weight. Swimming burns calories at an estimated rate of 3 calories per mile per pound of bodyweight. Example: If a 185 pound person swam in an Olympic size swimming pool which is (50 meters from one end to the other) and did 16 laps (out and back) they would burn approximately 550 calories. But once they stop... their metabolism slows down right away. When you take part in exercise that doesn't involve water (weight training, running and cycling) your body continues to burn calories at a higher rate for as long as 18 hours after the exercise is complete. This is because the water prevents your body from heating up the way it would if you

Swimming Pool Fun Facts

Source: www.poolcomfort.com

- Swimming strengthens the heart and lungs
- Swimming works out all of the body's major muscles
- Swimming helps reduce stress
- Water's buoyancy makes swimming the ideal exercise for physical therapy and rehabilitation or for anyone seeking a low-impact exercise.
- Swimming is a great cardiovascular exercise because you are moving against the water's resistance, which is over ten times that of air.
- Ancient drawings and paintings found in Egypt depicting people swimming date back to 2500 BC.
- Swimming became an amateur sport in the late part of the nineteenth century.
- Swimming became a part of the Olympic Games in 1896.
- Swimming in the Olympics started as a men's event only but women were able to participate starting in 1912.
- The first man to cross the English Channel swimming from England to France is Englishman Captain Matthew Webb in 1875.
- The first woman to swim the English Channel is Gertrude Ederle, who was actually just a teenager at that time in 1926.
- Mark Spitz was the first Olympic swimmer to win seven gold medals in a single Olympiad in the 1972 games.

This table lists a wide variety of exercises and the caloric expenditures for a 123 lb women and a 170 lb man. Data for this table was taken from Reebok Instructor News, Volume 5, Number 2, 1992.

Activity & Calories/10 min	123 lb women	170 lb man
Basketball	77	106
Cycling (5.5 mph)	36	49
Cycling (9.4 mph)	56	74
Dance Exercise (High Impact Aerobics)	94	124
Dance Exercise (Low Impact Aerobics)	80	105
Football	74	102
Racquetball	76	107
Rope Skipping	82	116
Running (8 min/mile)	113	150
Running (11 1/2 min/mile)	76	100
Skiing (Cross Country)	80	106
Stairmaster	88	122
Step Aerobics (4 inch bench)	48	66
Step Aerobics (10 inch bench)	75	104
Soccer	78	107
Swimming (back stroke)	95	130
Swimming (breast stroke)	91	125
Swimming (fast crawl)	87	120
Swimming (slow crawl)	95	130
Swimming (side stroke)	68	90
Swimming (treading water)	35	48
Tennis (singles)	61	81
Volleyball	28	39
Weight training (muscular strength)	44	60
Weight training (muscular endurance)	58	80
Walking (3.5 mph)	45	59

were on land. Therefore, your body doesn't have to work as hard to cool its self down resulting in fewer calories burned in the long run.

Although swimming isn't the best sport for weight loss, it does give you a break from the impact of other sports (especially running). It works every muscle in your body, prevents injuries, keeps you cool in the summer and helps you become a well-rounded athlete by enhancing your overall strength, cardiovascular fitness and endurance with very little strain on your joints. There is also something very peaceful about being in the water just thinking about when and how to breathe, how your body needs to be positioned, and feeling the water pressure against your body.

For more information about swimming, go to www.active.com/swimming. They have a huge library of articles from "Proper Breathing Technique for Swimming" to "Open Water Swimming", "Freestyle", "Build Endurance", "Swim Faster" and much, much more. If you don't include swimming as part of your workout routine, take on this adventure with me and see what it can do for your mind, body and soul.

“May the (Positive) Force Be With You!”

I met this month's athlete, Luke Kaye, a year ago when I went up to Tampa to meet up with my mom, sister, and my sister's cycling club from when she was stationed there. What a great group of people!! I started chatting with Luke as we cycled and have stayed in touch ever since. I have to admit, I was originally interested in talking with him because of the simple fact that he had carrot juice in his water bottle. The vegetarian nerd that I am, assumed anyone who makes carrot juice to bring on a cycling trip must be an interesting person, and was I right! He is a world traveler,



Left – coming out of the water at the Great Cooter Triathlon 31 Oct 2010 Center & right – Twilight Triathlon 24 July 2011

animal-rights activist, ecologist, environmentalist, open water swimmer, triathlete and enjoys life in an active and healthy way. Not to mention he speaks, reads and writes ten different languages (English, Spanish, French, German, Italian, Greek, Russian, Arabic, Portuguese, and Amharic) and plans to learn Mandarin Chinese next.

Through the power of technology (mainly Facebook), I have tracked his athletic adventures, and we have stayed in touch over this past year. I am amazed by all the activities he does, the trips he takes, and, most of all, his positive attitude towards life and fitness. I know that sharing part of his life will have a positive impact on you too.

The sport that Luke enjoys the most is swimming. When asked why he said “It’s the best overall exercise for the body: low-stress, high-cardio workout, and great for muscle toning. Plus, it wakes me up (literally and figuratively) and gets those positive endorphins pumping through my body.” He went to Northville High School in Northville, Michigan where he was on a swim team. He then swam on his own at The University of Michigan. After college he joined a master’s swim team at a local gym. In addition to swimming, he enjoys jogging and biking, as well as what he calls “adventure sports” such as: rappelling, white water rafting, kayaking, skydiving, hang gliding, horseback riding, mountain climbing, and rollerblading.

When I met Luke he was still high off his greatest athletic accomplishment and had discovered an event that he has been hooked on ever since... triathlons! At the end of June 2010 he not only competed in the Clearwater Sprint Triathlon but also came in fourth place in his division, completing his first-ever tri in 1hr 42min. Before the race he was nervous and thought to himself “What the hell am I doing?!” But as he swam, biked and ran towards the finish line he felt good. After the event... he felt GREAT! He now plans on completing an Olympic-distance (international) triathlon. His primary health and fitness goals are to maintain a toned, fit body and a positive mental attitude.



Luke Skydiving Thanksgiving 2010

Luke’s diet is very healthy and consists of lots of fresh fruits, vegetables and lean protein such as chicken and fish. He stays away from red meat but admits, “If left to my own devices, I could “relapse” to diet Coke and chocolate!”

If your looking to live an active lifestyle Luke advises you to: “Start today. In fact, get to it yesterday! If you wait until tomorrow, you will never start living an active lifestyle.” His mantra is, “Don’t let the worst of you get the best of you.” Favorite quotation: "I may be many things, but I am not dumb” (Hillary Rodham Clinton).

Now that you have learned a little about Luke... may the positive force be with you to live an active, adventures life. Start yesterday!



Luke scuba diving in Cayo Largo Sur, Playa Blanca, 24 April 2011

Tortilla Pizza Roll

Submitted by Mary Montigny

Makes 1 pizza roll

1 8" wheat tortilla bread

1/4 teaspoon olive oil

1 tablespoon Hunt's no salt added tomato sauce

(Other ingredients will make up for the lack of salt...I promise!)

1/4 cup shredded part skim mozzarella cheese or soy cheese

1 clove of garlic

6 basil leaves

Preheat oven to 325 F (160 C).

Place tortilla bread on a plate. Evenly brush the olive oil on the bread. Top with tomato sauce, then cheese. Cut the garlic and basil and place on the top of the cheese. All the ingredients need to be evenly spread across the bread so you don't get a mess on the last step. Place the pizza on a cookie sheet and bake for approximately 5-7 minutes. You want the edges to be slightly crispy, but still pliable enough to be rolled. Once out of the oven, roll the tortilla, cut in half (I like to secure the roll with toothpicks so it won't come undone) and bon appetite! Be creative, after you try the pizza for the first time, make it again and experiment with adding vegetables... just remember to keep the topping thin or it will be hard to roll (I found this out the hard way). Mary suggests eating this pizza with a nice big fresh salad.

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Also, I need your help in an up coming article about music and exercise. [Do you listen to music when you exercise? Why or why not?](#) This month’s athlete says he does not listen to music while exercising because “it is too dangerous: outdoor athletes need to be alert and aware of their outdoor surroundings at all times. I hum or sing to myself instead.” What do you think? Fell free to e-mail me with your thoughts: mcinnes.fitness@gmail.com.