



The Workout Zone

Volume 2

September 2008

Let's get Ready for Basketball!!

Basketball Conditioning Drills

Six Inches

This basketball conditioning drill helps to build the upper body. Start drill by laying on the floor and putting your hands under your head. Then lift your feet about six inches off the floor. Hold that position. Don't drop your feet.

Jumper

A basketball conditioning drill to increase your vertical jump. Jump up as high as you can at least 10 times right before you go to bed and when you wake up.

One Mile Run

This basketball conditioning drill will keep you in shape while building mental toughness as well as the leg muscles. Start jogging for 20 seconds, then run for 20 seconds, then jump for 20 seconds and then walk for 20 seconds. Do this continually for one mile. Run this three or four times per week for maximum benefit.

Suicide

Cardiovascular drill that builds leg strength. Begin the drill at one of the baselines and run out to the foul line and then back to the baseline. Then run out to half-court and back. Next, run to the opposite foul line and back. Finally, run the full court down and back. Don't slow down or stop - just keep truckin'.

Pyramids

A variation on the "Suicide" drill. Start at the baseline, sprint to opposite baseline and do one push-up. Then sprint back and do two push-ups. Continue this up to five push-ups. When this is done, continue the drill using sit-ups, jumping jacks and then five straight sprints.

Stretching for Flexibility

Begin with an easy stretch to the point of tension, and hold this position for 15-30 seconds until the pull lessens. When the tension eases, slowly move further into the stretch, stretching until tension is again felt. Hold this new position for an additional 15 seconds. Each stretch should be repeated four to five times on each side of the body.

It is important to continue to breathe while stretching. As you lean into the stretch, exhale. Once the stretching point is reached, keep inhaling and exhaling while holding the stretch. Stretching should be a part of everyone's daily life. Regular, daily stretching has been demonstrated to have the following effects:

- Increase the length of the muscle-tendon unit
- Increase joint range of motion
- Reduce muscle tension
- Develop body awareness
- Promote increased circulation



Foods to Add to Your Grocery List

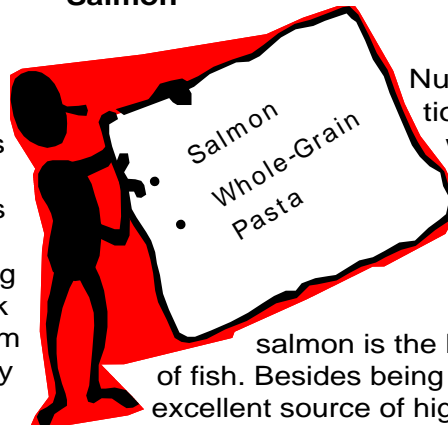
Almonds

Nuts, especially almonds, are an excellent source of vitamin E, an antioxidant. Studies have shown that eating nuts several times per week lowers circulating cholesterol levels, particularly the artery-clogging LDL type, decreasing your risk for heart disease. And the form of vitamin E found in nuts may also help protect against cancer.

Sweet potatoes

Just a single 100-calorie sweet potato supplies over 250 percent of the DV for vitamin A in the form of beta-carotene, the powerful antioxidant. Sweet potatoes are also a good source of vitamin C, potassium, iron, and the two trace minerals manganese and copper.

Salmon



salmon is the king of fish. Besides being an excellent source of high-quality protein (you get about 30 grams in a four-ounce serving), salmon is one of the best food sources of omega-3 fats. These essential fats help balance the body's inflammation response, a bodily function that when disturbed appears to be linked to many diseases including asthma.



Whole-grain Pasta

Pasta contains easily digestible carbs that help you restock spent glycogen (energy) stores. Whole-grain versions are a must over refined pastas because they contain more fiber to fill you up, additional B vitamins that are crucial to energy metabolism. And even better, pastas such as Barilla Plus offer whole-grain goodness along with heart-healthy omega-3 fats from ground flaxseed and added protein from a special formula of ground lentils, multigrains, and egg whites to help with muscle repair and recovery.

Carrots

Eat carrots for a potent dose of vitamin A: a half-cup serving provides 340 percent of your Daily Value. This nutrient helps make white blood cells for fighting infection. Vitamin A also helps repair post workout micro tears, so it's a valuable ally every day.

Calculating BMI

Your body is made up of water, fat, protein, carbohydrate and various vitamins and minerals. If you have too much fat — especially if a lot of it is at your waist — you're at higher risk for such health problems as high blood pressure, high blood cholesterol and diabetes. That increases your risk for heart disease and stroke.

Body mass index (BMI) assesses your body weight relative to height. It's a useful, indirect measure of body composition because it correlates highly with body fat in most people.

Body mass index = weight (lbs) x 703 / height (inches) squared **EX: 120 lbs x 703 / 64in x 64in = 20.59**

BMI values less than 18.5 are considered underweight

BMI values from 18.5 to 24.9 are healthy.

Overweight is defined as a body mass index of 25.0 to less than 30.0

Obesity is defined as a BMI of 30.0 or greater

How to Read Food Labels

Serving Size

The nutrition label always lists a serving size, which is an amount of food, such as 1 cup of cereal, two cookies, or five pretzels. The nutrition label tells you how many nutrients are in that amount of food. Serving sizes also help people understand how much they're eating.

Servings per Container or Package

The label also tells you how many servings are contained in that package of food. If there are 15 servings in a box of cookies and each serving is two cookies, you have enough for all 30 kids in your class to have one cookie each.

Nutrition Facts	
Serving Size 2 crackers (14 g)	
Servings Per Container About 21	
Amount Per Serving	
Calories 60	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber Less than 1g	3%
Sugars 0g	
Protein 2g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Calories and Calories From Fat

The number of calories in a single serving of the food is listed on the left of the label. This number tells you the amount of energy in the food. People pay attention to calories because if you eat more calories than your body uses, you might gain weight. Another important part of the label is the number of calories that come from fat. People check this because it's good to limit fat intake to about 30% of the calories they eat.

Total Fat

The total fat is the number of fat grams contained in one serving of the food. Fat is an important nutrient that your body uses for growth and development, but you don't want to eat too much. The different kinds of fat, such as saturated, unsaturated, and trans fat, will be listed separately on the label.

Total Carbohydrate

This number tells you how many carbohydrates grams are in one serving of food. Carbohydrates are your body's primary source of energy. This total is broken down into grams of sugar and grams of dietary fiber.

Protein

This number tells you how much protein you get from a single serving of the food. Your body needs protein to build and repair essential parts of the body, such as muscles, blood, and organs. Protein is often measured in grams.

Cholesterol and Sodium

These numbers tell you how much cholesterol and sodium (salt) are in a single serving of the food. They are included on the label because some people should limit the amount of cholesterol and salt in their diets.

What is Your Target Heart Rate ?

Heart rate during exercise can provide an excellent monitor of intensity. Your Target Heart Rate, from 60 to 80 percent of the maximum your heart can beat, should be your goal three to five times a week for 20 to 60 minutes (excluding warm-ups) to maximize the health benefits of cardiovascular activity, including losing weight. People who exercise regularly do build up endurance, but they gain little additional value when their heart rate goes above 80 percent of their maximum. Besides the strain and injuries that can result, the heart is simply working too fast for any benefit, and your body cannot replenish oxygen that quickly.

TARGET HEART RATES		
Age	Average Maximum Heart Rate	Target Heart Rate (beats per minute)
20	200	100-150
25	195	98-146
30	190	95-142
35	185	93-138
40	180	90-135
45	175	88-131
50	170	85-127
55	165	83-123
60	160	80-120
65	155	78-116
70	150	75-113

Source: National Heart, Lung, and Blood Institute

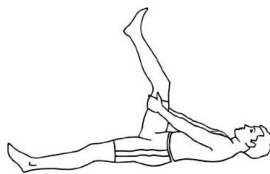
Similarly, regular exercise below the 60 percent mark has little sustainable impact — though for beginners, it's a good place to start

In the first few months of your exercise program, aim for the lower end of your target zone. You can increase the benefits of your activity by gradually building up toward the higher end.

To determine whether you have reached your target zone, check your pulse immediately after you stop exercising. Place the tips of your first two fingers on the inside of your opposite wrist, just below the base of your thumb, or on your neck to one side of your Adam's apple. Count your pulse for 15 seconds, then multiply by four. This is your exercising heart rate. Compare it with your target rate on the chart.

Strengthening your Lower Back

To help prevent lower back pain it is important to stretch and strengthen your lower back. Try some of these at home and feel the difference it will make!!



Lie on the back, supporting the thigh behind the knee with the hand or with a towel, slowly straighten the knee until a stretch is felt in the back of the thigh, trying to get the bottom of the foot to face the ceiling, one leg at a time. Hold the position initially for 10 seconds, and gradually work up to 20-30 seconds.



From the prone position (lying flat on the stomach), press up on the hands while the pelvis remains in contact with the floor. Keep the lower back and buttocks relaxed for a gentle stretch.



If you are unable to lie flat, a similar exercise can be done standing by arching backward slowly with hands on hips.

In the prone position with the head and chest lowered to the floor, lightly raise an arm and opposite leg slowly, with the knee locked, 2-3 inches from the floor. Begin by holding position for 5 seconds, and complete 8-10 repetitions. As strength builds, aim to hold position for 20 seconds.

