



BalanceHealthSM Newsletter

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Let's Get Moving

One of the most popular resolutions each New Year is to lose weight and/or get in shape. A great way to accomplish both of these goals is to start a fitness regimen. The beauty of working out is that there are so many different types of exercise to choose from, that you are sure to find something that you enjoy doing. Here is a quick overview of just a few different workout options. Try one routine or mix and match based upon your particular fitness goals and level and, as always, check with your doctor before starting any new exercise program.

Walking

Walking is a great exercise for beginners and is generally accessible to people of all fitness levels. It does not require any equipment or a gym membership. Walking is a gentle, low impact workout that is effective at improving health and can be used to ease yourself into a more rigorous exercise program. Brisk walking burns calories, improves heart health, and releases endorphins to improve mood. Try this 12 week walking program from Better Homes and Gardens.

Jogging/Running

A jogging/running routine is a higher impact cardio workout than walking, but is still very accessible as it also does not require equipment or a gym membership. Jogging is incredibly effective at increasing your heart rate which is wonderful for improving cardiovascular (heart and lung) health. It is also great for weight loss as it burns a large amount of calories. Running has also been shown to boost the immune system and strengthen bones. Check out this newsletter for more information on the many health benefits of running, proper form and more.

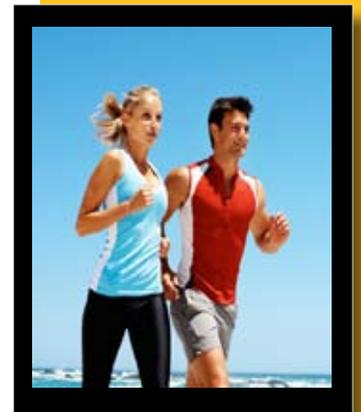
Spinning

Spinning is basically indoor cycling. Over the last few years spinning classes and studios have become increasingly popular. Spinning is a vigorous cardio workout that is great for burning calories, heart health, and is excellent for strengthening lower body and core muscles. Although spinning is vigorous it is low impact, so it doesn't put pressure on knees or joints. People tend to get the best results by taking spin classes from experienced

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1.800.327.2255

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instructors. If you enjoy bicycle riding, spinning can be a great alternative during the winter months. Check out fitday.com for more information on spinning.

Boxing

Punch your way to better health! Of course, boxing can entail two people repeatedly punching each other. However, you can get all the fitness benefits of boxing without the risk of getting hit by shadowboxing or using a punching bag. Shadowboxing simply means you are using boxing moves and combinations, but you are punching the air. Repeated punching is obviously a great workout for your arms, shoulders, and upper back. When done properly, the punches require various mid-section twists that serve as an amazing workout for your entire core. The constant lunging and quick movements required to punch also works your leg muscles. Finally, boxing is a stellar calorie burner as you will be mixing explosive continuous cardio with strength moves. [Click here for boxing how-to's and even sample combinations.](#)

Yoga

In general, yoga utilizes a series of body poses and postures to enhance overall health and fitness. Yoga has so many health benefits. It can increase strength and flexibility, improve posture and balance, and enhance relaxation and stress relief. Yoga can be practiced as an entire workout routine with the practitioner moving through various poses in a structured way. Many people also choose specific yoga poses to perform either in the morning or before bed for stress relief, stretching a particular muscle group, or strength training. Yoga classes, DVDs, and

free online tutorials are all a great way to get started. Check out YogaJournal.com for an all access pass to all things yoga.

Strength Training

For the purposes of this article, strength training is being used as a really broad and generic term for exercises that cause muscles to contract against external resistance. There are many ways to strength train including lifting free weights such as bicep curls or bench presses, using weight machines found at most gyms, or using your own body weight to perform moves like pushups, squats or lunges. Strength training is incredibly important for building and maintaining both bone and muscle mass. It is also great for weight loss as it burns calories and can increase your resting metabolism by up to 15%. Check out this newsletter to learn more about the mechanics and many benefits of strength training.

These exercises and workout routines are just the tip of the iceberg; there are so many fun and challenging options to choose from. For best results, choose a well rounded fitness plan that incorporates strength training to keep muscles and bones strong, cardio for maximum calorie burn and heart health, and flexibility moves to decrease risk of injury and keep muscles long and lean.

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