

# Jolene's Fitness Page



## Monthly Feature: Jumping Rope

By Jolene

**J**ump rope is a versatile calorie burning cardiovascular workout. Most anyone can do it. Often people overlook this workout because they assume it is too difficult. If done properly it is lower impact than running. Yet it burns as much calories as running (over 100 cal in 10 min.).



Jumping rope is like having a treadmill that costs \$3.50. You can jump in running/ xtraining shoes. You could jump barefoot. You can jump inside. You can jump outside.

### Jumps

**Basic-** For this jump both feet are slightly apart and jump at the same time over the rope.

**Jog-** This style consists of using alternate feet to jump off the ground. Like jogging in place over the rope.

**Boxer-** This jump is like the jog except you double jump as you alternate feet

**Backwards basic-** like the basic you just go backwards.

Remember you don't start out jumping 10 min. straight. We alternate repetitions of jumping with marching or walking as we build our cardiovascular endurance.

### The Workout (10-15 min. 1200 jumps)

#### Warm up:

Basic jump [10 sets of 10 reps]. Start doing reps of 10. Jump for 10 pause jump for another 10 pause.

#### Start building intensity:

Build up to basic jump [8 sets of 25 reps]. Walk between reps as needed so heart does beat to fast.

Jog [8 sets of 50 reps].

Boxer [8 sets of 50 reps]

#### Cool down:

backwards basic [10 sets of 10 reps]

For more on jump roping check out my CardioSculpt class Thursdays at 5pm.

## Jolene's CampusRec Schedule

<p><b>Cardio Sculpt</b> Thursdays 5- 5:50pm</p>	<p><b>Fitness Yoga</b> Thursdays 6- 6:50pm</p>
<p>In this class we combine base cardiovascular fitness to burn a lot of calories with base building toning exercises. This class is not choreographed it is like group personal training.</p>	<p>Everyone is welcome to this class does not matter if you are new or a pro. In yoga you get strong and stretchy, challenging your mind and your body.</p>

<p><b>Personal Training</b></p>
<p>A personal trainer is an informed health professional who can help you to systematically implement a plan that will help you to reach your fitness goals.</p>
<p><b><u>Jolene's available times this Spring Term</u></b>                  Tuesdays and Thursday afternoons                  Friday mornings                  Sunday Afternoon</p>

## Functional Strengthening: Pushups

Pushups are magnificent; they develop a strong back, arms, and chest and strengthen the core. They develop great healthy looking posture. Pushups can be done everywhere. No special equipment needed.

Here's an idea, when you get up every morning do 10-50 pushups. Start out modified (on the knees) if needed. Gradually add to this. Create a goal to reach in 3 months. Maybe you will be able to do 100 push ups maybe 1000. It is a pushup marathon!

## Introducing Group X instructor and Personal Trainer

Hi my name is Jolene. Last term I had the opportunity to begin working for CampusRec teaching the Fitness Yoga Bootcamp. This term I get to teach CardioSculpt, continue my Fitness Yoga Bootcamp and start personal training for CampusRec.

A little about me, I have been a yoga instructor for 6 years. I have been a personal trainer since 2004. I am AFAA certified. And I am attending PSU for a degree in Health Education.

My approach to fitness emphasizes utilizing gravity and the outdoors. I exercise barefoot (except for jogging) but you don't have to 😊 I believe outdoor exercise is important (fresh air!). The simpler our fitness plan is the more likely we are to be consistent. And the secret to every fitness quest is *consistency*.

I really love fitness. As one learns of the many aspects of fitness, they discover a brand new body and mind. A new world opens up to them.

## Yoga: Rejuvenation

By Jolene

Our bodies are amazing regenerating organisms. We regenerate in our sleep with one hand tied behind our back. Another word for this is healing. Practicing yoga actually minimizes the 'so called' physical signs of aging. I say 'so called' because we have come to accept these degenerations as natural. Yet we are marvelous and when we care for ourselves our bodies have an amazing potential that is not far out of reach.

With a consistent yoga practice you develop and maintain a strong flexible spine. Considering that 80% of the population 'suffers' from back pain, this is no small thing. Yoga promotes healing/ regeneration of the spine.

Movement, especially the balanced systematic movement of yoga, sends a message to your body that you are alive and doing stuff (rather than the opposite). Therefore your body rebuilds to make you better at whatever it is you are doing. It builds strong bones; it inspires increased circulation to all your muscles and organs. The increased circulation creates/ maintains healthy skin. It even helps with improved mental clarity. And yes, you can even grow new brains cells (neurons)😊

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