

I'm Trina Lambe
It's my mission

"To reach, teach and educate thousands of people
on how to live a healthy life through activity."

Train by Trina

circuit 2 health

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Dear Train by Trina Friends,

Let it snow, Let it snow, Let it snow! Happy Holidays everyone! The winter season and snow go hand and hand. Remember that shoveling snow, sledding, and other snowy activities are still physical and warming up is just as important when tackling the driveway as it is before a workout.

Read on for more information on the importance of warming up!

How to Warm Up and Why

I can't stress enough how important it is to warm up before you go out into the cold to do any kind of physical activity. Although you may believe that activities like shovelling snow are just mindless chores you have to complete, you're actually putting a load on your muscles. This means you should warm up before you start.

A good warm up will help to prevent injuries to your back and joints. Each year after the first snowfall in many Canadian cities, there is a 15% spike in the number of chiropractic visits. A proper warm up increases blood flow to the working muscles, which prevents muscle stiffness and pain. Warming up also greatly reduces your risk of injury and improves your performance.

What Constitutes a Warm Up?

Gradually raising the temperature of the muscles that will be used in the activity you're about to do. For example if you're going to shovel snow you can warm up your shoulders with shoulder circles and arm swings, followed by back bends (both forward and back), and squats for your legs. Generally, it is a good idea to cover off all the muscles groups before you dig in.

Adding movements not related to your activity in a slow steady manner, like calisthenics and flexibility exercises. A good example is the exercise of the month, calf raises. This exercise is a great stretch or warm up for your legs before you go walking.

Warm Up Tips

The best time to stretch your muscles is after both the blood flow and temperature have been increased in their tissues, making them more pliable. If you are not planning to do a complete workout before you stretch, perform a light aerobic exercise for a few minutes before stretching.

Remember that your warm up should be tailored to your specific needs. For example, an elderly person living with arthritis would probably require a longer, slower paced warm up, than a healthy, young person. Experiment by trying a few new movements, at various intensities each time you warm up. Over time you will learn which type

of warm up activities work best for you.

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Exercise of the Month: Calf Raises

This is a great strengthening exercise if you wear high heels this season!

Level 1: 1-2 Sets

Level 2: 2-3 Sets

Target Area: Calf Muscles

Setup:

Stand with your feet together.

Hold onto a steady object - chair, table, etc. for balance.

Movement:

- 1) Lift one foot off the ground and hold it up so it does not touch the ground.
- 2) Roll onto your toes, lifting your heel off the ground.
- 3) Squeeze your calf muscle during the lift and when right up on your toes.
- 4) Lower your heel back onto the ground.
- 5) Repeat for desired number of sets and reps.

Advanced:

This exercise can also be done from a step or stairs.

- 1) Stand with both feet on the step (toes only - heels hanging over the back).
- 2) Again, hold onto something for balance.
- 3) Lift one foot off the step and hold it up so it does not touch the step.
- 4) Squeeze up for 1 count, hold at the top for 1 count, lower for 1 count (heel drop below the level of the step), and hold at the bottom for 1 count.
- 5) Repeat for desired number of sets and reps.

Tips:

Remember that your object for balance is simply for balance. Try not to use your chair as a means to push yourself up onto your toes.

Focus on squeezing your calf muscles throughout each contract to ensure that you are making the most of each calf raise.

If this exercise is too easy, add weight by holding a dumbbell in the hand of the calf being raised.



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Sincerely,



Trina Lambe

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