

JKPT Fitness Tips & News

June 2007

Q: I'm going to start cycling to and from work for extra exercise. What precautions should I take to avoid being involved in a biking accident?

Provided by ACE Fitness Q&A

A: First, arm yourself with information about why bicycling accidents occur. The majority of bicycling accidents that result in serious or fatal injuries involve collisions with motor vehicles. Available data suggest that the most dangerous time for cyclists is between 4 p.m. and 6 p.m. when they are forced to compete for street space with heavy traffic. Approximately 50 percent of the bike/car accidents are a direct result of traffic violations by both the cyclists and the motorists. The most common infractions committed by cyclists include failure to yield the right-of-way, riding in the middle of the road, traveling too fast for the road conditions, not obeying the traffic signs or signals, or making improper turns.

Remember, cyclists have the same traffic rights and responsibilities

as motorists. They must travel with the flow of traffic, signal their intentions and obey all the laws of the road. Cyclists who are unable to keep up with the normal flow of traffic should ride as close as possible to the righthand curb to allow cars to pass, except when preparing to make a left-hand turn. Motorists frequently report not having seen a bike in time to avoid a collision. It is the responsibility of the cyclist to be as visible as possible. Bright-colored clothing, reflective vests and spacer flags can help a great deal in making cyclists more visible. In fact, many cyclists believe that motorists are much more willing to share the road with a bike that has a spacer flag.

When riding at night, the law requires that bikes have rear, pedal and side reflectors. The rear reflectors must be red and visible for a distance of up to 500 feet.

In addition, bikes should have headlights that are also visible for a distance of up to 500 feet.

Surprisingly, the single piece of equipment—a protective helmet—that is most effective in preventing severe cycling injuries is not required by law in many areas. Seventy-five percent of all bicycle deaths and permanent disabilities are the result of severe head trauma. The National Safety Council recommends that all cyclists, regardless of where they ride, wear protective helmets. For your rides to and from work, don't forget to put on your helmet before you hop on your bike, and always remember to strictly adhere to the rules of the road and watch others to ensure that they are doing the same.

Source: Dr. Cedric X. Bryant, ACE's Chief Science Officer; ACE FitnessMatters, Mar/Apr 2005.

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MOVEMENT STUDIO CLASS SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4:00 pm Danielle Pilates	8:30 am Paula Yoga	7:00 am Danielle Cardio/Weight	5:30 am Jenn Boot Camp	7:00 am Danielle Cardio/Weight	7:00 am Jenn Boot Camp	9:00 am Ryan Hatha Yoga - 60 min
		9:30 am Danielle Pilates	8:30 am Paula Yoga	10:30 am Danielle Pilates		10:30 am Danielle Boot 'n Ball

NEW CLASSES:

Boot 'n' Ball: This class gets the whole body moving with boot camp style cardio intervals and strength/ core conditioning exercises using the stability balls and weights. Great for all fitness levels.

Sculpting: This class is a fast paced mix of cardio, kickboxing and sculpting intervals. This class is designed for high energy and to keep you physically challenged with lots of variety. All fitness levels welcome, modifications will be given for beginners.

Total Ball: Stability balls are used in a variety of fun and challenging exercises. Class focuses on core conditioning, total body strength and balance. Weights are used and is an entire body workout.



Jenn



Kerry

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Upcoming Events

Hershey's Track & Field and Family Field Day, Saturday, June 19, 9 a.m. to 5 p.m. Register to participate in the track and field meet (ages 9-14) and exhibition race (ages 6-8). Enjoy family field games and receive summer safety information. Practices to be held June 7 and 14 from 4:45-6 p.m. Location: Leota Jr. High School, 19301-168th Avenue NE.

Woodinville BluesFest, Wednesday, July 4, Wilmot Gateway Park, 5 to 8:30 p.m. New to the summer fun in Woodinville, pack the family and a picnic and enjoy Miles from Chicago (5-6:30 p.m.) and Becki Sue and Her Big Rockin' Daddies (7-8:30 p.m.). Free performances. This is part of the Northshore Freedom Fest which also includes Bothell Parade and Battle on Concord Re-enactment (www.ci.bothell.wa.us) and Kenmore Fireworks Show (www.cityofkenmore.com).

Summer Concert Series Kicks Off July 12, DeYoung Park, 12 to 1:15 p.m. The Edlos (A cappella)/July 12; The Higgins (Fiddling/Celtic)/July 19, Crème Tangerine (The Beatles Experience)/July 26; Route 66 & the Eastside Swing Dancers (Swing band)/August 2 & Tickle Tune Typhoon (Children's music)/August 9.

Woodinville City event information can be found at: http://www.ci.woodinville.wa.us/events/spevents.asp.

Disclaimer

Fitness and health information presented on these pages is intended as an educational resource and is not intended as a substitute for proper medical advice. Consult your physician or health care professional before performing any of the exercises described on these pages or any exercise technique or regimen, particularly if you are pregnant or nursing, or if you are elderly or have chronic or recurring medical conditions. Discontinue any exercise that causes you pain or severe discomfort and consult a medical expert.

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The Movement Studio at JK Personal Training LLC brings you...

New Classes!

Sculpting

This class is a fast paced mix of cardio, kickboxing and sculpting intervals. This class is designed for high energy and to keep you physically challenged with lots of variety. All fitness levels welcome, modifications will be given for beginners.

Total Ball

Stability balls are used in a variety of fun and challenging exercises. Class focuses on core conditioning, total body strength and balance. Weights are used and is an entire body workout.

Boot 'n' Ball

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See our web site for more information

www.jkpersonaltraining.com • Drop-ins welcome!



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Fit Facts™

FROM THE AMERICAN COUNCIL ON EXERCISE®

Summer Skin

ONCE AGAIN, WINTER HAS FADED

into spring and spring has burst into summer. Along comes the invincible summer sun, your skin's arch-enemy, particularly if you exercise outdoors. Most people know that using a sunscreen is essential protection, but knowing and doing are often two different things. There are a number of ways to promote a healthy glow without exposing your skin to harmful rays.

Sunscreen

Every sunscreen has a sun protection factor, or SPF, which is a measure of its strength or effectiveness. Each of us needs a different SPF, depending on whether, and to what degree, our skin burns or tans. A tan is the direct result of melanin, a brown pigment found in the epidermis that is produced when skin is exposed to sunlight. Melanin protects the skin by absorbing, reflecting and scattering ultraviolet radiation before it penetrates the dermis, or underlying skin. However, armor that it is, melanin can't prevent all the negative effects of the sun, and is often representative of damage. That's why we need to use sunscreens.

To determine what SPF your skin requires, you must know how long it takes your skin to burn when unprotected and exposed to sunlight. As a rule of thumb, anyone whose skin burns, whether or not it turns into a tan, should use an SPF of 15. Check with your doctor or pharmacist if you are taking antibiotics, antidepressives or antidiuretics. Some of these medications increase your skin's sensitivity to sunlight and may decrease the time it takes your skin to burn.

Creating A Barrier

When exercising outdoors on a hot, sunny day, light-weight, light-colored clothing combined with plenty of sunscreen on both exposed and unexposed skin is the way to go. However, if overheating isn't a concern, dark-colored, tightly woven clothing is more effective at blocking UV rays than say, a white

Sunscreen Facts

- Wear sunscreen every day if you will be outside for more than 20 minutes, even when it's cloudy.
- Sunscreen should be applied 15 to 30 minutes before going outdoors, and reapplied every two hours or after swimming or sweating.
- Don't skimp: One ounce—enough to fill a shot glass—is considered the amount needed to properly cover exposed skin.
- Limit your exposure to sunlight from 10 a.m.–4 p.m. during Daylight Savings Time (9 a.m.–3 p.m. during Standard Time) when the sun's rays are the strongest and most harmful.
- When choosing a sunscreen, look for one with an SPF of 15 or higher that provides broad-spectrum coverage against all ultraviolet light wavelengths.
- Throw out old bottles of sunscreen, which can lose strength after three years.

Source: American Academy of Dermatology

T-shirt, which allows UV rays to reach the skin.

Another barrier against sun damage comes in the form of eyewear. Protect not only your eyes, but the skin around them by wearing sunglasses that block 90 percent to 100 percent of the sun's UV rays.

And, last but not least, wear a hat. Though a cap may be more comfortable for jogging, try a wide-brimmed hat that will shade your neck and face while gardening or walking outside.

Start With The Inside

Now that you know how to protect the skin's surface, it's time to start thinking about what you can do to make it glow from the inside out. You're already off to a good start with exercise, which gets the blood circulating and delivers fresh oxygen to the skin all over your body. The next step is to drink plenty of water. Outdoor exercise, especially in the summer, increases your risk of dehydration. This is one risk you don't want to take since it not only

affects your performance and robs your skin of its vitality, but may be potentially hazardous to your health. Be sure to drink fluids before, during and after activity. To replenish your fluids after any outdoor activity, weigh yourself before you participate and then again after. Any weight you lost is water and should be replaced by drinking two glasses (16 ounces) of water for every pound you have lost.

Everyone Needs A Little Sunlight

It's been shown that a lack of sunlight can cause depression. After all, most plants won't even grow without sunshine. And when the sun comes around and makes the days longer, our first instinct is to peel off our sweaters and bask in it. Go ahead. Just take precautions so you won't have to deal with the unpleasant (and unnecessary) consequences.

What SPF Do You Need?

Follow these steps to calculate what SPF you should look for in a sunscreen:

1. Determine how many minutes your bare skin can be exposed to the sun before it burns.
2. Divide that number of minutes into the total number of minutes you want to remain in the sun.
3. The result is the SPF you should look for in a sunscreen. For example, if your unprotected skin burns in 10 minutes, and you plan on being in the sun for three hours, you would need a sunscreen with an SPF of at least 18 (180 minutes divided by 10 minutes).

Compliments of:



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