

Busting misconceptions of exercise

by LIZ GOMES
associate photo editor

For some, physical fitness is second nature. They hike for pleasure, they get up early to go to the gym, they eat kale and they do push-up hand-stands like the guy in my P.E. class. For the rest of us, there are few things less appealing than going on a jog or denying ourselves chocolate cake. Wherever you are on this spectrum, here are some things you may not know that could help you reach your goals.

"No pain, No gain" is a dirty lie.

If you're pushing it so hard during your workout that you're causing yourself physical pain, you're probably doing more harm than good. Joints and muscles are not designed to withstand sudden maximums.

The same goes for running. According to Paul Fiskum, a Clackamas Community College health and fitness instructor, it is not recommended to increase your walking/running intensity by more than 5 percent each time. Doing too much too quickly can hinder your progress by forcing you to slow down, or even by causing injuries you may have to deal with for the rest of your life.

As far as strength training goes, Fiskum suggests it's not the same for everyone. "[Strength training intensity] is more dependent on the individual," Fiskum said. "If it becomes easy to you, you can increase your weight."

Along with being mindful about intensity, stretching before and after your workout can help loosen up rigid muscles to prevent soreness and aid in the repair process.

Eat before and after a workout.

It may seem counterproductive to eat right after you've burned all those

calories, but it's actually better in the long run to replenish nutrients to your muscles after you've used them.

According to Michelle Thomason, a clinical exercise specialist with over 30 years of industry experience, eating specific foods before and after a workout can enhance it.

"We recommend eating several smaller meals, and specifically replacing nutrients after a workout, for example a protein, fast-digesting carbs and lots of water," Thomason wrote in an e-mail to *The Print*. "Prior to the workout, we suggest a slower digesting carbohydrate (think steel cut oatmeal, for example) and a protein such as eggs." She added: "It is widely agreed upon that one needs to consume healthy food post workout. It will aid the body's repairs and make the next workout more effective." For more in-depth diet tips, she recommended seeing a dietitian or nutritionist.

Workout times are cumulative.

For fat loss and muscle gain, sustained exercise of at least 30 minutes is widely suggested. However, if your end game is health maintenance, you can actually break up the time and still get the same effect. "People need to be physically active most every day, as we now say 'sitting is the new smoking,'" Thomason said. "However, serious exercise is recommended four to five days a week. Some sources say three times, and a common medical recommendation is 150 minutes per week that can be broken up as you wish. We also now know that it is acceptable to split the time, say 15 to 20 minutes in the morning and 15 to 20 in the evening."

You don't have to look "fat" to be obese.

Relying solely on a scale to determine your health is potentially

misleading. Obesity is based on fat percentage, not physical appearance. A person whose weight exceeds their age and height brackets' averages may actually be fit or obese depending on body composition. There are antiquated Body Mass Index tests that involve pinching the fat on your stomach, but in today's technology-driven world, there are also several devices that measure more exactly. In the CCC health and fitness class, a machine is used to not only measure your fat percentage, but also your hydration levels and your recommended caloric intake based on your age, sex, and body composition. It is important to know that even if you look healthy, there still may be room for improvement.

It doesn't have to cost a lot of money.

For those of us who use the expense of gym memberships as an excuse to avoid exercise, there are a number of other options. For instance, CCC's fitness center, a fully stocked gym on campus, has open hours between classes and is free to students. Fitness center employee Sisto Piña said, "Anybody can come during the open hours, and even if a teacher's in here, if you come in doing their class you just have to ask them."

CCC also has a track and a scenic walking trail. Getting physical can just mean taking your dog on a walk around the block, biking to the ATM, or planning activities that require hidden exercises like going to the zoo or going out dancing. The key is to find something that works for you and convince yourself that it's fun.

(Disclosure: Michelle Thomason is the mother of *The Print's* sports editor.)

Weekend sports rewind

by BLAKE THOMASON
sports editor

at home against Clark on Friday, May 16.

TRACK AND FIELD:

This past Saturday was the Southern Region Championships and Clackamas performed well in their last meet before the NWAACC Championships.

WOMEN:

Elizabeth Venzon led Clackamas with 32 points, including a first place finish in the Heptathlon. The women's team also finished first in the 5000-meter run, pole vault and javelin throw. Close behind her in points were Tiffany Richeson with 26 points, D'Nara Jones with 25 points and Jordyn Searle with 24 points.

MEN:

Thomas Sutherland and Dillon Hoecker tied for first on the men's team with 30 points each. Justin Cornejo and Zach Rial were not far behind Hoecker and Sutherland in points; the two tied for third on the team with 26 points each. Sutherland finished first in all three of his events: the 100-meter dash, the 200-meter dash and anchoring the 4x100 relay. Rial, Cornejo and Jake Cleverley were also a part of the first place 4x100 relay squad. Hoecker led another first place relay squad in the 4x400 with Cody Britt, Justin Koch and Justin Sleutel. Clackamas also took first in the 400-meter dash, pole vault and hammer throw.

SOFTBALL:

The regular season finale for the Clackamas Cougars was postponed from Friday to Sunday, and Clackamas split their doubleheader with Mt. Hood CC. The top two teams battled again for the second time in two weeks, and the result was the same. Mt. Hood controlled the first game, holding Clackamas to just one run while scoring five.

Clackamas bounced back in the second game, winning 7-2. Clackamas finishes in second place in league with a 16-4 record, and a 35-5 overall record. The team has the week off from games and will prepare for the NWAACC Championships next weekend at Delta Park.

BASEBALL:

The Clackamas Cougars baseball team had to wait a couple extra days to play as both Friday's and Saturday's games were postponed to Sunday and Monday. The Cougars dropped their doubleheaders to Mt. Hood CC and Lane CC. On Sunday, Lane shut out Clackamas in a 5-0 win and narrowly escaped the second game with a 6-5 victory.

On Monday, Mt. Hood improved their record against Clackamas to 5-1 with two blowout victories: an 11-1 win and a 10-1 win. Clackamas has just one matchup left on the season, a doubleheader

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