



# Wellness Wisdom

Louisiana State University Health Science Center  
New Years Resolution  
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It's the New Year and I am pretty sure you made a resolution and this year you plan to stick with it? Right? So which resolution did you choose: drink less, study more, save money, or to get in better shape. Our staff at the Wellness Center can't do anything about the first three, but the last one we can help you with!

**Set Reasonable Goals.** Setting "reasonable" goals is an important step in designing your exercise program. For instance, if you are trying to lose weight, take baby steps. Setting achievable goals helps you stay on track, keeps you motivated, shows improvements, and allows you to reevaluate so that you can adjust your exercise program and progress towards the goals you are trying to attain.

**Schedule a Fitness Orientation.** Fitness orientations can help you set reasonable goals. During your fitness orientation you will also learn how to properly adjust and use any of the exercise equipment you have questions about. To schedule a fitness orientation, please e-mail us at [wellness@lsuhsc.edu](mailto:wellness@lsuhsc.edu).

**Get your Body Fat Analyzed.** At various times during the year, we do free body composition testing. Knowing this information can help you set realistic goals

**Attend Group Exercises Classes.** Group exercise classes are a great way to get motivated and learn different types of exercises modalities along with proper form. Classes are held at a variety of times Monday thru Saturday. Group exercise schedules can be obtained by signing up for an e-mail update, on the website, or at the front desk of the Wellness Center.

**Perform Cardiovascular Activities.** Cardiovascular activities should be done 3 to 5 days a week for 30 to 60 minutes. Performing intermittent sessions throughout the day is just as effective.

**Incorporate Resistance Training into your Weekly Routine.** Resistance training should be performed 2 to 3 days a week performing at least one set with repetitions ranging from 3 to 20. Resistance Training can help you lose weight faster and gain muscle endurance/strength than by performing cardio by its self. Resistance training also helps prevent osteoporosis, release stress and improves sleep.

**Improve Flexibility.** Stretching should be performed a minimum of 2 to 3 days a week and ideally before and after each exercise session. Stretching before each exercise session helps decrease the risk of injury, improves range of motion, and can improve your workout. Stretching after your exercise session improves flexibility, gives you a chance to bring your heart rate down and aids in the release of metabolic waste in our body.