



NEWSLETTER

January 16th - January 31st

Martin Luther King Jr.

"I have a dream that one day this nation will rise up and live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'" - MLK

Martin Luther King Jr. was a Baptist minister and social rights activist during the Civil Rights movement. In 1964 he became the youngest person to ever win the Nobel Peace Prize for his work to end racial segregation and racial discrimination through civil disobedience and other non-violent means. He was assassinated for his work, but remains one of the most influential and remembered members of the Civil Rights Movement. In 1983 President Ronald Reagan signed into law the creation of a federal holiday honoring Martin Luther King Jr. It is observed yearly on the third Monday of January.

Don't let these exercise myths derail your New Year's fitness resolutions:

- **Myth: Strength training will make me "bulk up."**

Some women avoid weight training because they don't want to become overly muscular. Based upon research, most women don't have to worry about this because even with strength training, they do not have the hormones necessary to put on a lot of muscle. Everyone should strength train in order to help in weight maintenance, as well as injury prevention.

- **Myth: If I can't work out often enough, I might as well not work out at all.**

The general rule for weight loss is to do cardio 4-5 days per week for at least 30 minutes a session, as well as strength training 2-3 days per week. Some people believe that if they can't exercise that much, that it's not worth exercising at all. This simply isn't the case, as any exercise is better than no exercise, even if it is only a daily 15 minute walk. While you shouldn't expect the same strengthening or weight loss, even modest physical activity is proven to reduce stress and improve general health.

The Sycamore Chamber of Commerce invites you to attend "Creating a Healthy Workplace," hosted by the Kishwaukee Women's Network and presented by Northern Rehab's Melissa Payne. Tickets are only \$15 per guest. RSVP by Monday, January 18th to 895-3456 or dbreunlin@sycamorechamber.com.