

LANCER

WELLNESS

March 2018



Lancer Wellness is dedicated to helping Lancers understand the importance of their well-being. Check out more helpful information at calbaptist.edu/lancerwellness and follow us on Instagram @[cbu_lancerwellness](https://www.instagram.com/cbu_lancerwellness)



Body Image and Body Types

We all have different body types. Our bone thickness and structure differ as well as traits like our muscle belly length and metabolic rate, which is how fast you burn calories for energy. When it comes to changing your physique, the better you understand your particular combination of genetic traits, the greater your chances are of building the physique that God has created you with.

The first body type we will talk about is the Ectomorph. These people always seem to be able to eat all they want and never gain an ounce. They're often naturally lean, which is a great upside. The downside is that you have a hard time gaining muscle mass. Ectomorphs tend to have narrow shoulders and hips, light bones and fast metabolisms. Their wrists, knees, and ankles are typically smaller than average.

The next body type are Endomorphs. An Endomorph has heavier bone structures and often squarish torsos, with wide waists and large hips. Their joints are often thicker, and their metabolisms are slower.

Endomorphs have no problem adding mass to their bodies. Their problem is getting rid of it. If people with this body type want to get lean, they must be very diligent about eating well and getting lots of cardiovascular exercise.

Last, is the Mesomorph body type. Their bone structures, with wide clavicles and narrow hips, naturally form the coveted V-taper. Their joints are big enough to support large muscle mass, but small enough to create a pleasing visual proportion between muscle mass and joint.

Train for Your Body Type:

Ectomorph:

1. Avoid overtraining > 1 hr.
2. Use longer rest periods between sets
3. Avoid intense cardio

Endomorph:

1. Get regular cardio sessions
2. Train with moderate weights
3. Limit your rest periods between sets

Mesomorph:

1. Train long and hard (60-90 min.)
2. Train consistently (4 days week)
3. Do moderate cardio

Joe Fix

Fitness Coordinator

CBU Recreation Center



Nutrition

Choices, choices, choices! CBU has a plethora of dining options that can be a bit overwhelming for someone who is trying to hone in on the healthiest options. Here are a few guidelines that should help keep you on track:

Fill up on veggies: Half of your plate should come from vegetables. As much as we wish they were, potatoes fried in oil are **not** a vegetable! Instead choose a grab-and-go salad from Wanda's, an extra side of grilled squash from the ADC, or a salad bowl with fajita veggies from El Monte. Be careful not to choose the veggies that are smothered in added fat (ranch, butter and mayo.)

Whole grains: Swap out your processed carbs (French fries, waffles and pizza) for whole foods. Grab some oatmeal from the ADC, a whole-wheat sandwich from Briscos, or the ancient grain salad from Foodolgy. If you add fat, pick whole foods, like avocado or nuts, rather than a spread or oils.

Leaner protein: Eat less four-legged animals. Try a bean burger instead of the bacon cheeseburger. Get the fish instead of the steak. Consider going meatless by choosing lentils or whole grains as your main dish.

Current recommendations encourage us to eliminate processed meats (e.g. bologna), limit red meat to once or twice per week, and emphasize plant-based sources of protein.

Avoid sugary drinks: This includes soda, Slurpees, Frappuccinos and even juice. Water is the best for hydration, and those other drinks are filled with empty calories.

The bottom line is that all our restaurants have healthy and unhealthy options. Even something that sounds healthy (like a wrap) can be made unhealthy by what you choose to add to it (like too much dressing.) Try to get the freshest ingredients, the most whole version of the food, don't add fats or sugars and consider going for a jog!

Amy Miller, DrPH

Associate Professor

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Nutritional Wellness

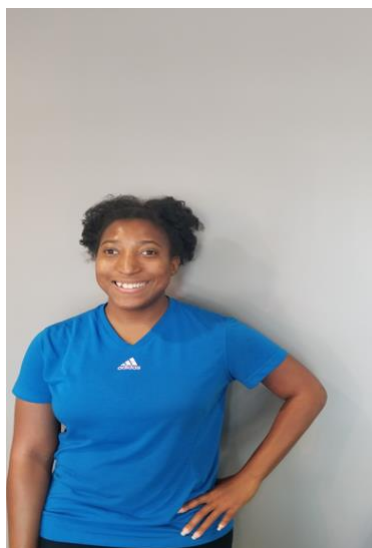


PINEAPPLE SOFT-SERVE INGREDIENTS

4 cups frozen pineapple
1 cup water or coconut water

INSTRUCTIONS

1. In a high-powered blender or food processor, combine frozen pineapple with water.
2. Blend until a frozen sorbet texture is achieved.
3. Enjoy!



Spotlight Member Charmae Reese

HOW HAS THE RECREATION CENTER
AFFECTED YOUR LIFE SINCE IT OPENED?

"IT IS A GREAT PLACE FOR ME TO RELIEVE MY STRESS
AND MAKES ME FEEL BEAUTIFUL AND CONFIDENT
AFTER I'M FINISHED WORKING OUT."

To learn more about Charmae's journey, visit
www.calbaptist.edu/lancervellness

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