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POINTE FITNESS

The monthly health and fitness newsletter of the City of Ballwin, MO

High-Intensity Interval Training

High-Intensity Interval Training (HIIT) has come on strong over the past several years as a popular protocol not only for athletes, but also for the general population. There are definite benefits to incorporating HIIT into your routine. On the flip side, it is important to understand the potential risks involved. At first glance one might see the term, ‘high-intensity’, and bow out without trying. High-intensity is relative, however. HIIT can be used by all fitness levels.

HIIT has been an important facet of sports for many years. Most sports require one to sustain endurance while performing short bursts of movement at high intensities. This concept has crossed over to general fitness programs due to its fitness benefits and its propensity for allowing performers to stay engaged throughout the session. The biggest challenge for most is maintaining a fitness program. HIIT may keep you from getting bored with a routine. The benefits of HIIT are what you would expect from any routine including improved:

- Aerobic fitness
- **Anaerobic fitness**
- Cardiovascular health
- Blood pressure
- Insulin sensitivity
- Cholesterol profiles
- Muscle mass maintenance
- **Post exercise oxygen consumption**

Anaerobic fitness is highlighted because that is what HIIT is all about. Anaerobic exercise is at intensities in which your body is unable to use oxygen as the primary fuel source. Higher intensities (usually at least 80% of your maximum effort) result in lactic acid in the muscles. HIIT allows you to work at high intensities with “rest” periods (about 40-50% maximum effort) built in to allow for active muscle recovery

before the next work interval. Over time your body adjusts and becomes more efficient in delivering oxygen to those muscles resulting in improved aerobic fitness. As you adjust to the high-intensity periods, your lactic acid threshold (point at which oxygen is no longer the fuel source to perform the activity) increases. Traditional cardiovascular exercise will improve the oxygen delivery system, but doesn’t have as large of an effect on the lactic acid threshold. **Post exercise oxygen consumption** is another aspect of HIIT that is increased over traditional routines. After an exercise bout our bodies remain in a higher metabolic state for approximately 30 minutes to 2 hours. The amount of this time doesn’t change, but because of the vigorous nature of HIIT there is a measured difference in the recovery period that potentially results in a 6-15% increase in calories burned from the exercise bout.

Risks involved with HIIT are very minor. Most of the risk involves beginners. Remember that the high-intensity intervals should be adjusted to one’s abilities. Those just starting an exercise routine should start with more traditional routines. Cardiovascular exercise bouts of 20-60 minutes maintaining a steady heart rate will improve your endurance and prepare you for the gradual incorporation of HIIT. When performing intervals, you can adjust the ratio of rest and work intervals as you become more comfortable. The main thing to avoid is overdoing it. HIIT can result in greater muscle soreness and increased recovery time (in terms of days). By knowing your abilities and gradually adding HIIT, you can make the transition more seamless.



Ballwin Race Series

The first race of 2016 has come and gone! It's not too late to get started and earn points! The next two races are:
6th Annual Dirty Spokes Mountain Bike Race-April 10 and 16th Annual Conquer Castlewood Team Adventure Race-May 15. Both take place at Castlewood State Park. For more information go to www.ballwin.mo.us.

Upcoming Pointe programs!

Basic Training

This 24-class program is sure to get your workout routine kickstarted!

Days: Mondays-Thursdays
Dates: February 15-March 24
Time: 5:45-6:45am
Fee: VIP-\$129 Reg-\$149

Taekwondo

Taekwondo classes are offered for beginner and intermediate students.

Days: Wednesdays
Dates: February 17-March 23
Time: Beg-6:30-7:30pm
Int-7:30-8:30pm
Fee: VIP-\$54 Reg-\$78
Age: 6 and up, including adults

Tumbling Tykes

Days: Mondays
Dates: February 22-March 28
Time: 6:30-7:15pm
Fee: VIP-\$34 Reg-\$44
Age: 4-6

Group Functional Training

Six sessions with a Pointe Personal Trainer! Choose from two times!

Days: Tuesdays and Thursdays
Dates: February 23-March 10
Time: 8-9pm
OR
Days: Wednesdays and Fridays
Dates: February 24-March 11
Time: 9-10am
Fee: VIP-\$65 Reg-\$75



Healthy Contributions

Your insurance provider may offer reimbursements for fitness memberships to The Pointe. Go to the Healthy Contributions website to see if your provider is on the list and see how your provider can begin offering this benefit. Go to www.healthycontributions.com or call 1-800-317-2739.

SilverSneakers® and Silver & Fit®

If you have a Medicare supplement or advantage plan, make sure to look for the SilverSneakers® or Silver & Fit® benefits. The Pointe at Ballwin Commons is a provider for these programs. They cover your membership to The Pointe!

Sesame-Orange Shrimp

- 3 tablespoons sesame seeds (white, black or a mix)
- 2 large egg whites
- 1/4 cup cornstarch
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 pound peeled and deveined raw shrimp (21-25 per pound)
- 2 tablespoons canola oil, divided
- 3/4 cup orange juice
- 1/4 cup dry sherry
- 2 tablespoons reduced-sodium soy sauce
- 1 teaspoon sugar
- 1 scallion, thinly sliced

Whisk sesame seeds, egg whites, cornstarch, salt and pepper in a large bowl. Add shrimp and toss to coat.

Heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add half the shrimp and cook until golden, 1 to 2 minutes per side. Transfer to a paper towel-lined plate to drain. Repeat with the remaining 1 tablespoon oil and the rest of the shrimp.

Add orange juice, sherry, soy sauce and sugar to the pan. Bring to a boil and cook, stirring occasionally, until slightly thickened and reduced by half, 4 to 6 minutes. Return the shrimp to the pan and stir to coat with the sauce. Serve immediately, with scallion sprinkled on top.

4 Servings: 249 Calories, 10g Fat, 13g Carbs, 22g Protein