



In the news

“One of the most important benefits of exercise right now is how it helps boost your immune system,” says Jolene Noel – operations manager at Rush Fitness Center in Illinois.

While shelter-in-place and stay-at-home orders are beginning to be lifted across the nation and the weather has turned the corner to summer, there are many more opportunities to reap the benefits of exercise in a variety of ways. According to the *Journal of Sport and Health Science*, “exercise can improve your immune response, lower illness risk, and reduce inflammation.” CDC and WHO officials encourage regular exercise, and for beginners, “Acute” exercise is all that is needed, which means moderate intensity lasting less than an hour.

While you do get an immediate response from your immune system when you exercise, that will eventually go away—unless, that is, you keep working out consistently. “If you go out for 45 minutes of exercise the next day, this all happens again,” Nieman says. “It all adds up as time goes on.” In fact, another study from Nieman and his team—in the *British Journal of Sports Medicine*—found that those who did aerobic exercise five or more days of the week lowered the number of upper respiratory tract infections over a 12-week period by more than 40%.

A Couch to 5K program is a perfect way to get into a routine – regular exercise, advancing at your own pace, in only 30 minutes, four times a week. Read on to learn about the program that is designed for those who are “not a runner”, and work toward a goal you didn’t know you had.

References:

<https://www.health.com/fitness/does-exercise-boost-immunity>

<https://patients.healthquest.org/exercise-is-essential-for-well-being-during-covid-19-pandemic/>

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Coach-Connect

On 6/13/20 Hope Thomas-Devs of the Lifebridge Northwest Peer Recovery team successfully passed her Peer Specialist exam. In addition, in April 2020 she also obtained her Community Health Worker certification.

“I am very proud of her self-motivation, perseverance and diligence,” stated her supervisor, Dr. Nicole Wagner. “In the midst of the COVID-19 chaos she remained both focused and faithful. Accepting the impact of COVID-19, Hope decided to grow mentally, emotionally, and professionally.”

“I’m a living witness that hard work really does pay off in the end ” Hope Thomas-Devs



Resources:

Free Apps: Couch to 5K, C25K 5K Trainer, 5K Runner: Coach to 5K Trainer

Free Printable Training program:

<http://theparkministries.org/images/pdfs/Couch-to-5k.pdf>

References

<https://rockay.com/blog/how-to-go-from-couch-to-5k-training-plan/#:~:text=Couch%20to%205k%20is%20a,for%2020%20o%2030%20minutes.>

Self-Care Corner

Couch to 5K – Yes, it’s possible!

“I went for a run but came back after two minutes because I forgot something. I forgot that I can’t run for more than two minutes”

We may have seen this meme, gotten a good chuckle and thought “Yup, that’s me!”. You may have heard the term “Couch to 5K” and aren’t quite sure what it means. Let’s start there: A 5K is a common race distance standing for 5 kilometers or 3.1 miles. It’s just long enough to sound intimidating, but short enough that it’s a realistic goal.

Couch to 5K programs aren’t intended to ignite passion for fitness or change your life. They ARE intended to give you a sneak peek at running, goal setting, and myth-busting experiences.

The Couch to 5k program was first developed in 1996 by Josh Clark of Cool Running. There are many variations of the program, but in general, it is a program designed for people who do not run regularly, to gradually build your running endurance over a period of 6-9 weeks. The program begins with a gentle combination of walking and running (30 seconds/30 seconds) and extends the intervals day after day. The ultimate goal is running 3 miles in approximately 30 minutes, continuously. Each workout is designed to be between 20-30 minutes, 3 or 4 times each week - making it a manageable program for those with busy schedules.

What we tell ourselves

- **“I’m not a runner!”** – No one is! Not until they start running, that is. Running is HARD, so of course if you ‘never’ run, it’s going to seem even that much more difficult! This program breaks it down day by day. This breaks your ultimate goal down into much more reasonable goals, and before long you realize – “Hey, I can do this!”
- **“I can’t run for 3 miles straight!”** – Maybe not yet, but you will. And if not, that’s OK too! The program is designed to increase your running endurance very gradually. However, many runners, including marathoners, opt to run/walk races.

Tips

- **Running shoes** – to prevent injury, it’s highly recommended to have at least one pair of good running shoes. For your first pair, it may be helpful to get fitted at a running store. They analyze your stride and can determine which type of shoe would be best to prevent injury.
- **Stretch** – Before and after your runs. There are two types of stretches – dynamic and static. Dynamic is stretching involving continuous motion, while Static is a slow stretch typically involving one singular motion. Dynamic stretching is recommended before running. You can view some examples here: <https://www.polar.com/blog/dynamic-stretches-before-running/>

Virtual Runs

Since March and through the foreseeable future, races have been canceled or held virtually. This may seem less appealing, but it actually makes completing your first 5K that much more manageable. With virtual runs, race day can be any day! You set your day and time to complete your goal. Websites like VirtualStrides.com offer the virtual racing experience. You can select which ‘race’ in which you’d like to participate, pay a race fee (typically \$20-\$30 for a 5K), and they will e-mail you an official race “bib” and mail you a medal upon submitting your results! It’s a great way to introduce yourself to the training program and experience the distance, minus the intimidation of a one-time event and large crowds.

So – which date in September will you choose?