

# AFTERBURN

*Monthly Newsletter*



## **Zero to 100... Quickest way to an Injury.**

*By Trevor Manuel (Wellness Manager)*

We've all skipped a warm up before. It happens. We're crunched for time and want to squeeze in a workout, so we skip the warm up. Or, maybe you arrive to your class late and need to jump right into the workout. It seems like an easy shortcut. But you're not doing your body, or your workout, any favors. Warming up before you exercise helps prevent injury and can increase your performance capabilities

Arguably the number one reason you should always warm up: injury prevention. Research has shown that 15 minutes or more of warming up helps prevent muscle injuries. A proper warm up—approximately 10 to 15 minutes—will help reduce muscle pulls and strains, overuse, and injuries like tendonitis. Going from nothing to full throttle puts a lot of stress on our bodies and puts you in a position to hurt yourself.

When it comes to performance, the purpose of the warm up is to get your blood flowing and increase your body temperature.

Warming up increases your muscle blood flow, sensitivity of nerve receptors, and the speed of nervous impulses.

# MEET YOUR COACHES



## BRANDON BOU

Brandon Bou is currently an Assistant Strength and Conditioning Coach for Ochsner Performance Training and also directly responsible for the programming of Ochsner Fitness Center's Afterburn group fitness class. He is a Certified Strength and Conditioning Specialist (CSCS) through the National Strength and Conditioning Association. Brandon has previously been a strength and conditioning coach at Florida International University, Tulane University, The University of Texas at El Paso, and Louisiana State University.

When programming for Afterburn, it is incredibly important to remember the importance of what the body does after strenuous exercise. Excess Post-exercise Oxygen Consumption, or EPOC, is the body's way to attempting to bring it back to normal after a hard workout. This requires energy and calories and allows an individual to burn calories long after exercise is completed. This is obtained by performing various exercises and movements that keep the heart beating at a targeted rate but also a prolonged duration. Most importantly, a friendly and enthusiastic environment is also the heart and soul of what Afterburn has to offer.



In order to reserve your spot for Class please be sure to use the Mindbody app to secure your spot. If you know that you can not make it please cancel your reservation so that a member on the waitlist can be allowed in. Members who are 10 minutes late to class, their spot will go to the next member on the waitlist if they are present.

Be sure to tell your friends about the BURN2022 Promo code to try out a free class.

## YOU GOTTA PUT YOUR HEART IN IT!

"What doesn't get measured, doesn't get changed."

How else can you prove you're improving? Think of your heart rate monitor as your built-in coach, telling you when you need to push, or when you should scale back and recover.

Heart rate monitors are – if you'll pardon the pun – at the heart of our workouts; training based on optimal heart rate zones is the very essence of what sets us apart. Identifying and staying in those optimal zones is also the part of working out that people are really bad at understanding. The wearables are part of the Afterburn trifecta of science, coaching and technology. You need each of those to get you in the best physical, mental and emotional health.

Afterburn wants you to understand the science and to love your coach, but that third side of the triangle – technology – will let you know what your body needs. You might need to pump up your workout or you might need to ease up. Maybe you've hit a plateau. It's the data from your heart rate monitor that equips the coach to help you over the hurdle.

Maybe you don't feel like pushing yourself, but the Burn lets you know you might have more push in you. It might be saying, 'C'mon, row just a little faster, a little harder. C'mon, a little more. Keep it there. Keep it there!'

Data is the key. The longer we work with someone who has a measurable Heart Rate monitor, the more specifically we can see the results of what we're trying to accomplish.

# MEMBER OF THE MONTH



## CHERYL & AMANDA MUNGUIA

We joined Afterburn at different times. Amanda had a friend tell her about it and tried it out. Then I joined. We both have been participants for a little less than three years. Amanda has been my motivation for working out and it is something we can spend time doing together.

We both started in the evenings but once the gym opened back up after Covid we attended class with a very motivated 5:30am krew. This is a group of dedicated Afterburn goers who motivate and encourage everyone, even those who are watching from the weight room. Having these men and women show up each day helps keep us motivated to return.

We love the motivated instructors and their constant efforts to push us to further our fitness level. Waking up and attending a gym class at 5:30am can be daunting, but the environment that the instructors and fellow Afterburners create make it the best way to start the day.

Afterburn is our FitFam because this no judgement zone always motivates us to do our best.