

HEALTHY & SAFE EXERCISE

We care about the health and wellness of everyone in our community. We are concerned about how much you are exercising and want to send a clear message that more exercise is not always better. We are making contact with you only because we care and want to support you in transitioning to a more moderate exercise regimen. The following resources can help you develop a healthy fitness plan.

Adam F. Press Fitness Center

Assistant Director
719-389-6112
melanie.alexander@coloradocollege.edu

Ritt Kellogg Climbing Gym

Assistant Director of Outdoor Education
719-389-6943
david.crye@coloradocollege.edu

Student Health Center

719-389-6384

Counseling Center and Psychological Services

719-389-6093
counselingcenter@coloradocollege.edu

Wellness Resource Center

Director
719-389-6211
hhorton@coloradocollege.edu

Employee Assistance Program for Benefits Eligible Faculty/Staff

800-645-6571
www.profileeap.org

Risks of Excessive Exercise

- Injury/Illness
- Exhaustion and Fatigue
- Metabolic Suppression
- Immune Suppression
- Dehydration, Electrolyte Imbalance and Kidney Failure
- Heart Problems
- Amenorrhea
- Increased Risk of Disordered Eating, Anxiety and Depression

Exercise becomes “excessive” when it significantly interferes with important activities (school, work, social life), when someone exercises to the point of exhaustion, pain or injury, when someone rigidly follows the exact same routine, or when someone exercises for long periods of time at high intensity.

The American College of Sports Medicine (ACSM) recommends the following guidelines for health and fitness:

- A minimum of 30 minutes of moderate intensity physical activity 5 times/week, OR
 - 20 minutes of vigorous intensity physical activity 3 times/week.
- Increases of up to 5 hours/week of moderate intensity physical activity OR 2.5 hours/week of vigorous intensity physical activity can result in additional health benefits and improved fitness levels.