

Core Issues Newsletter

April 2012

Earth Day!

Earth Day is April 22, so it's time to get outside and enjoy the resources we have in Gainesville! There are many parks and recreational areas in the surrounding community, most with exercise paths and beautiful walks to get away after a rough day. As the days are getting warmer and the daylight is staying longer, we want to encourage you to get out and exercise in the community!

Where?

There are many parks throughout our community, so perform a Google search to locate more than what's listed here!

Hawthorne Trail

The Gainesville-Hawthorne Trail is a 16-mile paved pathway winding past Paine's Prairie and through beautiful, shaded woodland. This trail is excellent for walking, biking, hiking and more. There are trails that lead into the Prairie off of the paved path, including the famous Alligator Alley! You will want to start your adventure at the Boulware Springs Park (Boulware Springs City Park, 3500 SE 15th Street), where you can park and then begin your journey.

Westside Park

Westside Park is located on the corner of NW 34th Street and NW 8th Avenue, and has many services to offer including a shaded clay walking path, basketball courts, a community pool, softball fields and more! This park is a great one to bring the kids to, considering the large, shaded playground. This park surely has fun for the whole family!

When and How?

As the summer is quickly approaching, we need to be mindful of the heat and humidity and their impact on our exercise.

- Be sure to **HYDRATE, HYDRATE, HYDRATE!** Drink both water and electrolyte beverages for best results.
- Avoid the peak-heat hours of the day in the early afternoon (1pm – 4pm)
- Take breaks! The heat impacts us in different ways, so be sure to know your limits and respect them.
- Tell someone where you're going and when you'll be back, and take a cell phone. Stay safe!
- Most of all, **HAVE FUN!** Exercise should be fun!





Yoga

April is Stress Awareness Month!



As many of you may already know, yoga is a form of exercise with a focus on breathing and meditation. Multiple studies have proven that practicing yoga can help reduce and manage stress as well as assist in the over all health and well being of individuals.



The Cat: This provides gentle massage to the spine and belly organs

Child's Pose: Also provides a gentle massage to the spine. This is a relaxation pose which many people perform after core exercise.



Downward Dog: This pose stretches the shoulders, hamstrings, calves, and hands, while strengthening the arms and legs

Chair Pose: Strengthens the ankles, thighs, calves, and spine, Stretches shoulders and chest, Stimulates the abdominal organs, diaphragm, and heart



There are many different types of yoga, but overall, each type focuses on learning physical poses. These poses are known as asanas, and they work by stretching your muscles and alleviating tension and stiffness. Yoga assists in increasing the range of motion of joints, allowing one to have a sense of ease and fluidity throughout the body. Not only does yoga stretch your muscles, but it also stretches the soft tissues of your body (tendons, ligaments and fascia).

With better flexibility and strength, comes better posture. Because of the focus on balance and holding poses for periods of time, yoga has an indirect focus on your body's core. As your core becomes stronger, your posture greatly improves. Also, activities of daily living such as bending over to tie your shoe or getting in and out of a seat, become much simpler and less of a struggle.

Not only does yoga focus on your muscles and joints, it also causes great concentration on breathing. Most types of yoga encourage participants to emphasize deeper, longer, and mindful breathing. This helps with relaxation and can also increase your overall lung capacity.

Overall, yoga helps improve flexibility, strength, and breathing, all while reducing stress on the mind and body. Not only is yoga great for these improvements, it is also enjoyable to people of all ages and fitness levels.

Yoga is also great to perform outside in the shade of a local park or nature path!

○ Tips to Avoid Stress Eating ○

Everyone at some point needs a pick-me-up after a stressful day, and eating a piece of chocolate or a scoop of ice cream can sometimes be the simplest cure. It also isn't a bad thing to treat yourself to something every so often. However, it becomes detrimental to the body when comfort eating becomes a habit. There are other ways to relieve stress and to avoid stress-eating without the added calories.

- ⇒ **Fight Boredom** - Instead of snacking because it distracts you, go for a walk, read a book, talk to a friend, or play with your pet
- ⇒ **Take Away the Temptation** - Don't store comfort food in your house. Also, avoid grocery shopping when your emotions are at their peak.
- ⇒ **Get Enough Sleep** - If you are consistently tired, you may try to eat something to boost your energy. However, if you get enough sleep during the night, that added snack can be avoided completely.



- ⇒ **EXERCISE** - Whether it's going for a walk, lifting weights, or participating in a yoga class, exercise has proven to relieve stress.
- ⇒ **Find a New Hobby** - If you find yourself frequently bored, this is the perfect time to try something new. Find a new hobby such as knitting, singing, scrap booking, writing in a journal, reading, or dancing. There are so many activities that can keep your mind occupied, it's just a matter of figuring out what you enjoy most.



Find a place to relax and unwind after a long day!





Want to try Tabata? Give one of these example circuits a whirl!

	Exercising Interval	Rest Interval	Cycles
Beginner	20 seconds	10 seconds	4 times
Intermediate	20 seconds	10 seconds	8 times
Advanced	20 seconds	10 seconds w/ hold	8 times



- ◆ Talk to an exercise specialist before trying Tabata if you have a medical condition
- ◆ Start out with a light weight or resistance and at the Beginner level
- ◆ Quality FORM is most important! Don't get hurt!
- ◆ Tabata is very tiring, so start slowly!

Tabata Time!



What is Tabata?

You may have noticed some members going through workouts using timed intervals and exercising quite intensely recently! This method of exercise is called Tabata training, named after its creator, Izumi Tabata. What this researcher investigated was how interval training (alternating periods of exercise and rest) impacted VO₂ max (a measure of cardiorespiratory fitness and capacity) and anaerobic capacity (threshold for exercise at a high intensity). What he found is that by exercising for short intervals at a moderate or high intensity and alternating periods of rest, athletes were able to improve performance!

What does this mean for me?

The findings of this study show that we can alternate periods of high intensity exercise with short bursts of rest and experience improvements in performance! In other words, you can work out with a high intensity for less time and still experience improvements.

How can I try Tabata?

To begin Tabata, you will first want to assess your cardiorespiratory fitness and any medical limitations. If you have a heart condition or another serious medical diagnosis, you should discuss this workout with one of our exercise specialists first. When you start Tabata for the first time, you will soon realize that it is a rigorous program! It is meant to be high-intensity, so you should be feeling a burn in your muscles and be feeling like you're working hard after each interval.

Tabata, I., K. Nishimura, M. Kouzaki, Y. Hirai, F. Ogita, M. Miyachi & K. Yamamoto (1996) Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO₂max. *Med Sci Sports Exerc*, 28, 1327-30.

Don't be fooled this April!

So have any of you noticed that those pounds that you have been losing are becoming harder and harder to come off? Have some of you even gained weight even after all of the exercising that you have been doing? Well don't fret because your body is playing its own April fools joke on you.

During the first couple of weeks that you start working out and improving your diet your body starts losing some of the fat that it has stored away to compensate for the extra energy that you are using. As you keep working out your body senses the constant strain that it is receiving so to make its self more able to deal with these stresses your body starts building up your muscles. So while your body is still losing fat its also building muscle so there might be no change in a scale reading even though you could be looking and feeling better.

Now some of you might be thinking "well since I I'm gaining muscle why am I getting smaller?" Well the reason why is 1 pound of fat takes up more volume than 1 pound of muscle so as your body losses fat and gains muscle you will get leaner.



Muscle does more than keep your weight the same to the displeasure of some of you. Muscle also helps with boosting your metabolism so you can burn more calories throughout the day. Muscle also increases bone density and slow down muscle loss due to aging

So don't take the scales reading as the only measure for how well your improving and how exercising is helping you. Instead use it in combine with how your cloths feel on you, how your body has changed, and what you fat % is compared to when you first started.

Lets start this April the right way and get back onto those weight machines. Show those scales who is boss and lets get active!



Stewart, Kristen (2010) Everyday Heath. Does Muscle Weigh More Than Fat? : Compact and efficient, muscle burns more calories and can bring faster diet results. Available: <http://www.everydayhealth.com/weight/busting-the-muscle-weighs-more-than-fat-myth.aspx>

Skinny Enchiladas!

Ingredients

Skinny Enchilada Filling

- 9 Tortillas (low Carb La Tortilla)
- 1 1/2 cups shredded cooked chicken breast meat
- 1 cup chopped onion
- 1 cup chopped bell peppers
- 1/2 cup Non-Fat Greek Yogurt
- 1/2 cups Shredded Low-Fat 4 Cheese Mexican Cheese

Skinny Enchilada Sauce

- 3/4 cup Salsa
- 1/4 cup Non-Fat Greek Yogurt
- 1/4 cup Low-Fat Shredded Cheese

Directions:

- 1.) Preheat oven to 350 degrees, and Lightly spray a 9x13 inch-baking dish with non-stick spray.
- 2.) Sautee onions and bell peppers in a small skillet using cooking spray till onions are lightly brown
- 3.) Mix sautéed veggies with non-fat greek yogurt, chicken, and cheese
- 4.) Spread 1/4 cup chicken mixture in the middle of each tortilla and roll into a small burrito. Place seam down into baking dish
- 5.) Mix Salsa and greek yogurt in a small bowl and spread evenly onto of tortillas, Sprinkle Cheese throughout
- 6.) Place foil over dish and bake Skinny Enchiladas for 15-20 minutes.



Muy Delicioso!

Nutrition Facts

User Entered Recipe

9 Servings

Amount Per Serving	
Calories	148.4
Total Fat	5.1 g
Saturated Fat	0.1 g
Polyunsaturated Fat	0.6 g
Monounsaturated Fat	1.1 g
Cholesterol	13.7 mg
Sodium	419.7 mg
Potassium	179.4 mg
Total Carbohydrate	15.2 g
Dietary Fiber	7.8 g
Sugars	1.6 g
Protein	17.5 g

Member Spotlight

Pamela Schuler

Pam has been in the medical fitness program for four months. She heard about the program from her coworkers at her office in Shands where she works and from her physical therapist. Recently she moved from another facility over to the gym because the gym provides more convenient hours that coincide with her busy schedule of being a pediatric pulmonologist. Now what kind of goals does a pediatric pulmonologist have, one might ask. Well besides getting into better shape she is also trying to increase her strength and endurance for shooting. Pam in her spare time competes in NSSA competitions or registered shoots where she shoots clay pigeons with her 20 gauge, 410, or 28 shot gun depending on which events she signs up for. For now she is only shooting her 28 shot gun but eventually she wants to gain back her shoulder strength and endurance so she can shoot her 20 gauge and obliterate those clay pigeons like she has done before.



Your Spring 2012 Interns!

Kim Grogan



Major: Applied Physiology and Kinesiology
Specialization: Exercise Physiology
Fun Facts: Plays basketball and lacrosse recreationally and loves Gator athletics. Enjoys being outdoors, but despises/fears butterflies. She's an extreme

chocoholic and peanut butter lover (especially the two combined)

Future Goals: Plans on attending Physician Assistant School and hopes to work in family medicine.

Nicole Crouse



Major: Applied Physiology and Kinesiology
Specialization: Exercise Physiology
Fun Facts: Has been hunting deer and turkey since 14. Loves camping and playing inter-mural softball. In her free time she

can either be found with a good book or playing video games with friends.

Future goals: Plans on attending Physical Therapy School.

Ryan Belmore



Major: Applied Physiology and Kinesiology
Specialization: Exercise Physiology

Fun Facts: Ran his first marathon this year. He Really enjoys adventure races and watching cat videos on the Internet. He has a sister, Lacey, who is eleven and a dog named Poncho

Future Goals: He will be attending Physical Therapy School at the University of Florida in August

From the Desk of the Wasiknator



While at the ACSM Health and Fitness Summit in Las Vegas. Yes, the same location where you find the catch-phrase, "What happens in Vegas, stays in Vegas!" Well some of the topics that I learned at the conference will not stay in Vegas. Stay tuned for some new TRX and core workouts.

As I looked around during my travels in Vegas, I see many areas that both promote and hinder the Culture of Health.

Promoting: Walking, lots of it. The distance from hotel to hotel or even from the front door of the hotel to your room is a pretty good hike.

Hindrance: Traffic. Even though there is a very good public transportation system, the traffic on the strip is horrible.

Promoting: Gambling. Keeps your mind sharp by having to add numbers in your head and count your winnings and at times can improve your financial wellness.

Hindrance: Gambling. Not everyone comes back a winner, you may have a sharp mind, but are better at counting negative numbers. Those hotels were not built by the casinos losing all their money.

Promoting: Great weather. Very pleasant to do activities outside.

Hindrance: It can be 115 degrees in the summer, but it is a dry heat?!

Promoting: Great shows. Entertainment for all ages. Helps to reduce stress, get a good laugh or enjoy some great music.

Hindrance: Cost of shows.

Promoting: Food. Vegas has some of the most trendiest restaurants in the country. You can eat a very good, healthy meal.

Hindrance: Buffets. Lots of food. Too much food for any one human to consume at one time. The new food plate would need to quintuple in size.

Once I touched back down in GNV, all I could think of was, "There is no place like home". I think my body enjoys the humid weather much more than the dry, desert. Of all the great things to do in Vegas listed above, a nice 5K run, working in my yard, watching the Gators sporting events and having home cooked meals sure sounds good to me. Vegas is a nice place to visit, but I think I will stay in Gainesville.

The Wasiknator

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<http://www.shands.org/find/outpatient/rehab/wellnesscenter>