

Core Issues

July 2012



Happy Independence Day!

The Fourth of July is often celebrated with family gatherings, good food and LOTS of fireworks! With the day off and some beautiful weather in town, we hope you had a wonderful holiday!

There are a lot of fun things happening here at Shands Fitness and Wellness Center in the month of July. This entire month, SFWC will be offering RMR testing for \$25. What a bargain!

Also this is the month to be out and about with the family. In this issue we have some grilling recipes that taste great and are great for you.



Fun Fact: The initial date the resolution of independence was approved in a closed session of Congress was July 2, 1776.

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PRIZES AND AWARDS!



Handling The Heat

Where'd You Get Those Deeper?

Protect what your mama gave you! Your eyes are just as sensitive to UV exposure as your skin is. Wearing proper sunglasses can both protect your eyes and look stylish. Just as people with fair skin burn more easily, people with lighter color eyes can sustain damage more quickly to their eyes and UV rays are greater from 10am to 2pm. Unfortunately, this damage is cumulative and cannot be reversed. If you don't protect your eyes the risk for cataracts, macular degeneration, and skin cancer and other disorders increases. In some cases these diseases can even result in blindness. Fortunately, these devastating diseases can be prevented by wearing sunglasses.

What to look for in a pair of sunglasses:

- ◇ Bigger lenses and wrap-around lenses offer more protection. Furthermore, look for lenses that fit close to the eye.
- ◇ Polarized lenses - Polarized lenses reduce glare from reflective surfaces. This can create more glare and distortion need to be covered in a UV coating otherwise they are not UV protective.
- ◇ When you're choosing sunglasses, look for UV-protection details on product labels. Choose sunglasses that block 99 to 100 percent of both UVA and UVB rays.

Top Brands:

1. Ray Ban
2. Oakley
3. Costa Del Mar



Sources: MayoClinic.com; hubpages.com

Temperature-Humidity Index (THI)

Temperatures are rising and the humidity is not letting us forget that it is summer. Knowing how to handle the heat is important when your doing any activity that is outside. The temperature-humidity index is an easy way to estimate how comfortable outdoor actives will be and how much caution should be taken throughout your activates. The table is based on people wearing the right kinds of clothes, doing light work/activity and there is very little wind. The table gives an approximation of how most people react to heat and humidity.

Starting with the current temperature and relative humidity, follow the temperature across the row and the humidity down the column, the intersection of the two is the THI. Depending on the zone it falls in and the intensity of the activity, the gray shaded zone is uncomfortable for everyone. As the activity intensity increases the higher the risk of

		Relative Humidity									
		10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Temperature (Fahrenheit)	80°	69	70	72	73	74	75	76	78	79	80
	81°	70	71	72	73	75	76	77	78	80	81
	82°	70	72	73	74	75	77	78	79	81	82
	83°	71	72	73	75	76	78	79	80	82	83
	84°	71	73	74	75	77	78	79	81	83	84
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	96°	77	79	81	84	86	88	90	92	94	96
	97°	78	80	82	84	86	88	91	93	95	
	98°	78	80	83	85	87	89	91	94	96	
	99°	79	81	83	85	88	90	92	95		
100°	79	82	84	86	89	91	93	95			
101°	80	82	84	87	89	91	94	96			
102°	80	83	85	88	90	92	95				
103°	81	83	86	88	91	93	96				
104°	81	84	86	89	91	94	96				
105°	82	84	87	90	92	95					
106°	82	85	87	90	93	96					
107°	83	85	88	91	94	96					
108°	83	86	89	92	95						
109°	84	87	89	92	95						
110°	84	87	90	93	96						

heat stress is and taking breaks out of the sun is recommended. The dark gray zone is when extreme caution should be taken. It is advised that only about a quarter of the time for the activity be in that environment. For any activity outdoors, you should drink plenty of fluids and be aware of the signs of heat stress.



Source: Princeton University, Environmental Health and Safety

Knowing the signs

How much do you know about heat related sickness? Would you be able to recognize the signs and symptoms? If you can recognize them, do you know how to treat the person exhibiting them? We have put together a table briefly (on the following page) describing the definition, the signs and symptoms and treatments.



The most important thing when doing any type of activity outside in the summer sun and heat is to stay hydrated. The fluids that you take in allow your body to cool itself properly. Many of the heat related illnesses are centered around fluid levels and electrolyte balance. Water is great but Gatorade is good too. Gatorade replenishes electrolytes that have been lost by sweating. A combination of both water and sports drinks are the best.



Be In The Know

	Definition	Signs and Symptoms	Treatment
Sunburn	is an inflammation of the skin that follows overexposure to ultraviolet light from the sun	Red, swollen, painful, and sometimes blistered skin; Fever; Peeling of skin after recovery Prevention of sunburn Avoid exposure to sun between 12 and 3 PM; Use sun block with a sun protection factor (SPF) greater than 15; baby oil and cocoa butter do not filter out UV light	Cool moist compresses on skin can reduce heat and pain; Cold cream or baby lotion adds moisture to the skin; Use a pain reliever for pain and fever; Keep pressure off of burned skin to relieve pain <u>Seek Medical Treatment If You Have:</u> A temperature that is greater than 101F; Vomiting or diarrhea; Pain and fever that persists for longer than 48 hours; Delirium
Heat Stress	the human body's inability to cool itself	Headaches, dizziness, lightheadedness or fainting; Weakness and moist skin; Mood changes such as irritability or confusion; Upset stomach or vomiting	Get to a shaded area or go inside. Drink plenty of fluids.
Heat Exhaustion	happens when a person sweats a lot and does not drink enough fluids or take in enough salt or both. Simply when the person is wet, white and weak.	Sweaty; Weak or tired, possibly giddy; Nausea; Normal or slightly higher body temperature; Pale, clammy skin (sometimes flushed)	Rest in a cool place; Drink an electrolyte solution, such as Gatorade or another sports drink. Avoid caffeinated beverages such as colas, iced tea or coffee. In severe cases involving vomiting or fainting, call <u>Emergency Services</u>
Heat Cramps	painful muscle spasms. They occur when a person drinks a lot of water, but does not replace salts lost from sweating. Tired muscles – those used for performing the work – are usually the most likely to have the cramps.	Cramping or spasms of muscles; May occur during or after the work	Drink an electrolyte solution (sports drink) such as Gatorade If the cramps are severe or not relieved by drinking a sports drink, seek <u>medical attention</u> .
Heat stroke	It is caused by the failure of the body to regulate its core temperature. Sweating stops and the body cannot get rid of excess heat. Victims will die unless they receive proper treatment promptly.	Mental confusion, delirium, fainting, or seizures; Body temperature of 106°F or higher; Hot, dry skin, usually red or bluish color	Call <u>Public Safety</u> at 9-1-1 immediately and request an ambulance Move victim to a cool area Soak the victim with cool water Fan the victim vigorously to increase cooling
Heat Rash	may occur in hot and humid environments where sweat cannot evaporate easily. When the rash covers a large area or if it becomes infected, it may become very uncomfortable. Heat rash may be prevented by resting in a cool place and allowing the skin to dry.	rash characterized by small pink or red bumps; irritation or <i>prickly</i> sensation; itching	keep skin clean and dry to prevent infection; wear loose cotton clothing; cool baths and air conditioning are very helpful; some over-the-counter lotions may help ease pain and itching

Sources: Princeton University, Environmental Health and Safety, Medical College Of Wisconsin, and OSHA

6 Nutrients for Faster Weight Loss

1 Vitamin D

2 Calcium

3 Protein

4 Omega-3 Fatty Acids

5 Mono-unsaturated Fatty Acids

6 Conjugated Linoleic Acid

Why it Works:

Calcium: Calcium is a mineral that works in tandem with vitamin D to help you shed fat. Calcium is stored in fat cells, and researchers think that the more calcium a fat cell has, the more fat that cell will release to be burned. Calcium also promotes weight loss by binding to fat in your GI tract, preventing some of it from getting absorbed into your bloodstream.



Protein: In addition to keeping hunger in check, regular doses of protein help to keep body composition—the amount of fat relative to muscle—in better proportion. Along with calcium and D, protein helps you to preserve muscle mass as you drop pounds. A recent study out of the University of Illinois found that women who consumed protein twice daily lost 3.9 percent more weight than women who consumed less of it on a diet.

Omega-3 Fatty Acids: Omega-3s enable weight loss by switching on enzymes that trigger fat-burning in cells. They also help to boost mood, which may help reduce emotional eating. And omega 3s might improve leptin signaling in the brain, causing the brain to turn up fat burning and turn down appetite.

Monounsaturated Fatty Acids: MUFAs are a type of fat found in olive oil, nuts, seeds, avocados, peanut butter, and chocolate, and they have just one chemical bond (which is why they are called "mono" unsaturated). One Danish study of 26 men and women found that a diet that included 20 percent of its calories from MUFAs improved 24-hour calorie burning by 0.1 percent and fat burning by 0.04 percent after 6 months

Conjugated Linoleic Acid: CLAs are potent fat burners that are found, along with D and calcium, in dairy products. When we consume these foods, the CLA helps blood glucose enter body cells, so CLA can be burned for energy and not stored as fat. CLA also helps to promote fat burning, especially in muscles, where the bulk of our calorie burning takes place.

Vitamin D: For years scientists have searched for a magical ingredient that would help people shed fat. In 2008, Dr. Shalamar Sibley of the University of Minnesota put 38 obese people on an 11-week diet where they consumed 750 calories less than their estimated daily need. Study participants whose blood levels of D were higher at the study's start lost more weight than participants whose blood levels of D were lower. They actually lost a lot more—70 percent more, to be exact. Based on the results of this study, by fueling your body with the D-rich nutrients it needs to stay out of a fat-storage state and in a fat-burning state, you can speed weight loss by 70 percent!



This article was retrieved from Women's Health

YOUNG ATHLETES AND STRENGTH TRAINING



Beginner Weight Training Program

- Low weight, High Repetitions
- Focus On Form and Mechanics
- Use Body Weight, Elastic Bands, Free Weights or Machines
- Have Fun!

“The most important aspect of any kids strength training program is having FUN!”

Strength training for kids? You bet! Done properly, strength training offers many bonuses to young athletes. Strength training is even a good idea for kids who simply want to look and feel better. In fact, strength training can put your child on a lifetime path to better health and fitness.

It’s important to remember, that emphasis should be placed on strength training, not weight lifting. Having kids do light resistance with controlled movements are best. The number one priority is proper technique and safety. Here at Shands Fitness and Wellness, we offer machine weights, free weights as well as resistance bands for weight training. Done properly, strength training can increase

your child's muscle strength and endurance, help protect your child's muscles and joints from sports-related injuries, and improve your child's performance in sports.

Keep in mind that strength training isn't only for athletes. Even if your child isn't interested in sports, strength training can:

- Strengthen your child's bones
- Help promote healthy blood pressure and cholesterol levels
- Help your child maintain a healthy weight
- Improve your child's confidence and self-esteem

One of the best ways to start a strength training program is to

seek instruction. Our staff here at Shands Fitness and Wellness is well trained and we offer different programs over the summer. Currently, the Sports Performance Summer Camp is under way. Kids in the camp work on different components of fitness every day. From agility to speed, to strength training, kids receive proper instruction and coaching. And most importantly, staff makes sure the kids are having FUN!

For more info on Shands Sports Performance Program, contact Fernando Hurtado.



It's Grillin' Time!



It just wouldn't be summer without a delicious barbecue with family and friends, especially around July 4th! This month we've included some easy healthy grilling recipes that you can bring along to your next cook out. No need to skimp on flavor to save that bikini figure, we've got you covered!

Tips for planet friendly grilling

- ⇒ **Avoid lighter fluids and self-lighting charcoal.** These release petrochemicals into the atmosphere. Instead, use a charcoal chimney or an electric charcoal starter to get your fire going.
- ⇒ **Choose natural and lump charcoals.** They are made without additives and binders, making a cleaner fire, reducing pollution output and improving your grilling experience.
- ⇒ **Switch to a natural gas grill.** Gas grills are much more energy efficient and produce far less pollutants. Natural gas is the cleanest fossil fuel and burns much cleaner than propane grills.
- ⇒ **Avoid disposable dishes and utensils for your next cook out.** A few minutes washing dishes is better than a pile of paper plates and plastic forks in the garbage.

Marinated Grilled Shrimp

From AllRecipes.com

Ingredients (6 Servings)

- | | |
|-----------------------------------|--|
| 3 cloves garlic, minced | 1/3 cup olive oil |
| 1/4 cup tomato sauce | 2 tablespoons red wine vinegar |
| 2 tablespoons chopped fresh basil | 1/2 teaspoon salt |
| 1/4 teaspoon cayenne pepper | 2 pounds fresh shrimp, peeled and deveined |
| Skewers | |



Directions

- ◆ In a large bowl, stir together the garlic, olive oil, tomato sauce, and red wine vinegar. Season with basil, salt, and cayenne pepper. Add shrimp to the bowl, and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
- ◆ Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
- ◆ Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.
- ◆ Serve with a fresh salad, wild brown rice, or any light side for a great appetizer!

Did you know?

- ◇ The most popular holidays for barbecuing are: July 4th (71 percent), Memorial Day (57 percent), and Labor Day (55 percent).
- ◇ The most popular foods for cooking on the grill are: burgers (85 percent), steak (80 percent), hot dogs (79 percent) and chicken (73 percent).
- ◇ 8 out of 10 households own a barbecue grill or smoker

Recipes Continued...



Grilled Chicken Stuffed with Basil and Tomato

From *WholeLiving.com*



Ingredients

- 4 boneless, skinless chicken breast halves (about 6 ounces each)
- 1/2 teaspoon coarse salt
- Freshly ground pepper
- 2 garlic cloves, minced
- 1 tablespoon extra-virgin olive oil
- For The Stuffing
- 12 fresh basil leaves, plus more for garnish
- 2 beefsteak tomatoes, cut into 1/4-inch-thick slices

Directions

- ◆ Butterfly chicken breasts: Put halves on a cutting board, smooth sides down, with the pointed ends facing you. Starting on one long side, cut breasts almost in half horizontally (stop about 1/2 inch before reaching the opposite side). Open cut breasts like a book. Sprinkle each piece all over with 1/8 teaspoon salt; season with pepper. Transfer to a plate, and coat both sides with garlic and oil. Let stand 30 minutes.
- ◆ Heat a grill or grill pan until medium-hot. Place 3 basil leaves on the bottom half of each opened chicken breast; top each with 2 slices tomato. Fold over other half of chicken breast, and secure with two toothpicks or short skewers*.
- ◆ Grill chicken breasts, turning once, until golden brown on both sides and no longer pink in the center, about 15 minutes. Place on a clean serving platter; garnish with basil. If desired, remove toothpicks or skewers before serving. Feel free to top with light extras like lemon or goat cheese for an extra "yum!"

* Before grilling, soak the toothpicks or skewers in water for 30 minutes to prevent them from burning.

Grilled Berry Crisp

From *WholeLiving.com*

Ingredients (Per Serving)

- 3/4 cup fresh berries
- 1/4 teaspoon raw sugar
- Organic Unsweetened Granola

Directions

- ◆ Cut one 12-by-16-inch rectangle each of foil and parchment. Arrange berries in the center of parchment and sprinkle with sugar. Crumple up in foil and cook, covered, on grill grates or coals, 5 to 7 minutes, until berries begin to burst. Top with granola.
- ◆ Improvise with fixings like chopped dark chocolate, slivered almonds, cinnamon, or organic brown sugar instead of raw sugar. The combinations are endless!

Grilling is great for dessert too! Serve this yummy idea with some coconut milk ice cream and you've got yourself a treat!



Quench Your Thirst!



Agave Lemonade

- 12 lemons
- 4 1/2 cups filtered water
- 3/4 cup agave nectar
- Ice
- Strawberries (optional for garnish)

Directions

- Rinse lemons well and cut in half.
- Juice the lemons with an electric or a hand juicer.
- In a large pitcher, combine lemon juice, water, agave nectar and stir until fully combined.

Pour lemonade over ice and garnish with berries, lemons, mint or anything else you'd like!

Metabolic Rate: Why You Should Know Yours

Knowing your Resting Metabolic Rate (RMR) is a key component of exercising. Basically, it's a measure of how many calories your body burns at rest. Being aware of how your body is working and using energy can help you get the most out of your workout.

Almost everyone is surprised by their resting metabolic rate number. Even

active people often find they should be eating fewer calories if they want to lose or maintain their weight. For example, marathon runners sometimes assume they can eat hundreds more calories than they need because of the intensity of their exercise. Determining this number is the only way to know for sure.

At Shands Fitness and Well-

ness we can determine your RMR right in the office. For July only, RMR testing is \$25 and anyone can come into the facility and get the test done. Clients should fast 4-5 hours before the test and the test is done in about 20 minutes. We here at the Fitness Center encourage everyone to know their RMR.



RMR TESTING ONLY \$25 IN JULY

Easy As 1, 2, 3!

Make An Appointment

Come in, having FASTED for 4-5 Hours

No Caffeine, Nicotine or Exercise for at least 4 hours Beforehand

During The Test:

- You will sit in a quiet office
- A nose clip will be worn and breathing performed through a mouthpiece
- The test lasts around 10-15 minutes, then one of our trained staff will go over your results with you.

Having Trouble Keeping Those New Years Resolutions? 8 Tips To Help Keep or Renew Them:

- *List Motivations:* Put them in a place that you see frequently.
- *Set More Mini Goals:* These are things you accomplish within a day or week at most
- *Focus On The Here And Now:* Research shows that you are more likely to stick to resolutions if you focus on the present
- *Plan For Your Plan:* Break it down; Lay out active wear the night before.
- *“Every Day” Might Be Better Than “Some Days”:* Although it seems counter-intuitive, doing something everyday might be easier than just doing it some days
- *Record Your Progress:* Keeping a record can help hold you accountable
- *Reward Yourself:* The famous psychologist B.F. Skinner asserted that, based on his experiments, rewards are more effective at changing a behavior than punishments.
- *If At First You Don't Succeed, Try, Try Again!:* Old habits die hard and it takes time to adopt new behaviors. If you fall off your resolutions horse, dust yourself off and hop back on.

From the Wasiknator:

It is now the mid point of 2012. Time sure is flying by. This is a great time to reassess your fitness/wellness goals that you made earlier in the year. Hopefully many of the Shands employee members were able to take advantage of the BC/BS Wellness Event in April and May. This was a great tool to find out your Health Risk Assessment (HRA) and meet with a wellness coach to review your results. The overall Shands results should be coming out soon. As a member of the Shands Fitness and Wellness Center, we offer fitness assessments as part of your membership. Please take advantage of these assessments. They are a great tool to see how you are doing and how you compare to others of the same age and sex demographics. Just set up an appointment with one of our staff or interns. The assessment only takes 10 minutes. We keep the results on our web-based membership software. Track your results online on our website.



Shands Fitness and Wellness Center has a new website: www.fitness.ufandshands.org. Please check this site often as we have several new programs going on currently and plan to offer more. Currently we are in the middle of the Shands Sports Performance Camp. This camp is offered for athletes 12 years old and older. Camp is Monday-Thursday at noon-1:30pm, and 2pm-3:30pm. Fernando Hurtado, CSCS leads the camp. Additionally, we are also hosting the 3rd Annual Tour de Shands. This is a simulated bike ride that coincides with the Tour de France. For only \$10, try to have the fastest time on one of the 3 courses. The fastest time wins a great prize.

Attention all \$19.99 Rewards Members: Not sure how many visits you have this month? Visit our new website, www.fitness.ufandshands.org, then:

1: Click on member login

2: Click on Member

3: Username: Last Name-First Name, Password: Last Name, you will be prompted to enter new password

4: Click on Reports, Checkin, View Checkins

The Wasiknator

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