

- ◆ Dynamic v. Static Stretching
- ◆ The Vegetarian Lifestyle
- ◆ Member of the Month
- ◆ October Holidays
- ◆ Simple, Healthy Recipes

INSIDE  
THIS ISSUE:

- Stretching 2
- Vegetarian Day 3
- Member of the Month 4
- Child Health Day 4
- Recipes 5
- Current Events 6
- The Wasiknator! 6

# Core Issues Newsletter

VOLUME 1, ISSUE 1

OCTOBER 2012

## Breast Cancer Awareness Month

October is National Breast Cancer Awareness Month. This international month of awareness is an excellent opportunity to raise funds for research and promote awareness to increase earlier detection of breast cancer in both men and women. Breast cancer is the second most common form of cancer found in women with about 1 in 8 women in the United States developing invasive breast cancer in their lifetime. While only about 1 in 1,000 U.S. men may develop breast cancer, they often have poorer outcomes than women because they delay diagnosis. Breast cancer death rates are second only to lung cancer in women. However, in 2011 there were over 2.6 million breast cancer survivors in the United

States. This is due in large part to the increased awareness and research that is made possible by campaigns such as Breast Cancer Awareness Month. The color pink has become synonymous with breast cancer and is very



effective at raising money and awareness for breast cancer. The National Football League along with numerous other programs raise money and awareness by incorporating pink into merchandise, parties, and advertisements during the month of Octo-

ber. Here at Shands Fitness and Wellness Center we encourage all of our members (men and women) to get informed about the signs and symptoms of breast cancer. The World Cancer Research Fund claims that women can reduce their risk of breast cancer by drinking less alcohol, maintaining a healthy weight, and being physically active. Women should perform breast screenings regularly because early detection of the cancer most often improves the outcome. Screenings include clinical and self breast exams, mammography, MRI's, ultrasounds, and genetic screenings. The U.S. Preventative Services Task Force recommends that women over the age of 50 have a mammogram every two years.

## Happy Halloween!

The month of October means that holiday season is right around the corner. Beginning with Halloween and ending with New Year's, the average American gains 7-12 pounds during this time of fun and festivities. Here are some helpful tips to avoid losing your hard earned progress at the gym. First things first, don't lose sight of your goals. Keep a reminder close by of

"what" your fitness goals are and "why" you want to obtain them. Next, watch your portions and find healthy alternatives. Nobody is perfect. You will most likely give in to the bowl of treats on your counter. Try portioning out your treats for the day rather than grabbing one every time you pass by. Just because you have one treat does not mean you have to give in to the entire

bowl. You can also find alternatives by replacing the usual treats with healthier options like dried fruit, popcorn, licorice, or even candy you don't like. If that doesn't suffice, buy fun size candy rather than king size. But don't forget to portion it out. Eating smaller portions and/or healthier options is the key to keeping your calories down and maintaining your hard earned figure.



# Dynamic v. Static Stretching: Which is Better?



In the ongoing hustle to get in shape and remain that way, the importance of stretching is often overlooked. Stretching is essential for preventing injuries and improving your overall quality of life. Dynamic and Static stretching should be included in any workout regimen. First, it's important to understand the difference between the two. A static stretch involves holding a muscle or limb at a point of tension for an extended period of time (up to 60 secs). Static stretches are useful for increasing flexibility and range of motion, but contrary to

popular belief, are less useful for injury prevention or optimal performance. A dynamic stretch, on the other hand, involves taking certain joints through repetitive motions with gradual increases in speed and reach. Dynamic exercises have been proven to increase force production and flexibility while decreasing the likelihood of muscle injury, particularly overuse injury. The reason for this is that dynamic stretches activate the muscles to fire more effectively while promoting contractility.

So which stretching method is better? The answer is actually a combination of both,

depending on when they are instilled into a workout. Dynamic stretches have been found to be more beneficial BEFORE a workout to get the muscles firing, leading to greater force production and decreased risk of injury during maximal exercise. Static stretches are more beneficial AFTER a workout to prevent tightness or stiffness following exercise, while promoting flexibility. See (and try) examples of both stretching methods pictured below. We would be more than happy to teach you a stretching routine to include in your everyday workouts.

By adding stretches that focus on all major muscle groups before you exercise, you will get more out of your workout and decrease muscular soreness afterward.



## Standing Hang

Type: Static

Muscles stretched: Glutes, lower back, hamstrings, calves



## Lunges

Type: Dynamic

Muscles stretched: quads, hamstrings, calves, abs, hip



## Triceps stretch

Type: Static

Muscles stretched: triceps, shoulder



## Cobra stretch

Type: Static

Muscles stretched: abs, hip flexors



## Side Bends

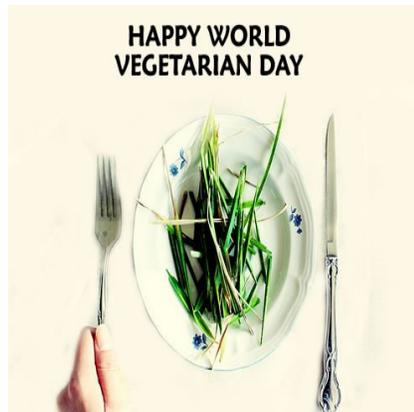
Type: Dynamic

Muscles stretched: obliques



# World Vegetarian Day, October 1, 2012

World Vegetarian Day is actually the start to World Vegetarian Month, which is in duration until the first of November, also known as World Vegan Day. Surprisingly, this day has only been acknowledged for less than a half-century. In the year of 1977, World Vegetarian Day was established by the North



American Vegetarian Society. It was then endorsed in 1978 by the International Vegetarian Union. To promote this day, the World Vegetarian Day website has a drawing of \$1000 for all non-vegetarians who pledge to abstain from all meat, fish, and fowl.

*"To promote the joy, compassion and life  
-enhancing possibilities of  
vegetarianism."*

## The Ins and Outs of a Vegetarian Diet

Vegetarian diets are often viewed as the most healthy type of diet. This is in fact true in many cases but not all. Fruits and vegetables fight off diseases, prevent early aging and ease the digestion process. It also promotes stronger bones, provides more energy, and leads to a longer, healthier life. Adding or substituting in fruits and vegetables into your diet can only help, not hurt you.

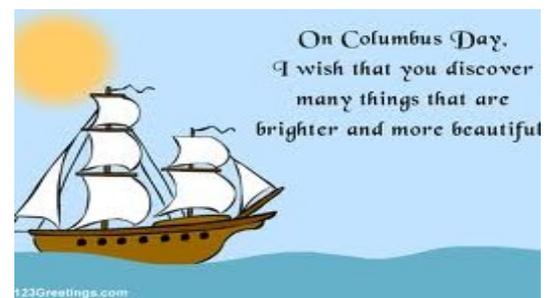


As to all things in life, there is a downside to having a vegetarian diet and only a few things to be cautious of. The primary source of quality proteins is meat, eggs, and milk. With a vegetarian diet, there will be a higher chance of a protein deficiency. Vitamin D and iron are also found in small portions in plants. Pregnant women, nursing mothers, and young children should all be cautious.

# Columbus Day, October 12, 2012

Columbus Day was established to give gratitude to the very day Christopher Columbus landed in the New World on the twelfth of October in the year 1492. He is often illustrated as the very first European to land in the Americas, coining him the "discoverer." Believe it or not, this day was not always a national holiday. There are records

that state some cities and states were commemorating this day as early as the eighteenth century. Columbus Day was created by the Italian-Americans and first celebrated in San Francisco in 1869. It was eventually made into a federal holiday in 1937. Since 1971, Columbus Day has been celebrated on the second Monday in October.



## October Member of the Month

“A dream doesn't become reality through magic; it takes sweat, determination and hard work.”

-Colin Powell

Congratulations to Kellie Stevens, our October member of the month!

Kellie started her medical fitness in early September and since then reports having shed a total of 12lbs!

She says one of her favorite parts of working out at Shands Fitness and Wellness Center is the ability of the trainers to modify the different exercises we implement in our training programs.

She also appreciates the fact that SFWC is welcoming to people of all ages, including her young daughter Danielle.

So be on the lookout for Kellie and Danielle as they pave their path to health and wellness here at the Shands Fitness and Wellness Center!

We look forward to hearing more success stories from our members, whether general or medical fitness, on how our services have helped you on your road to success!



## Tope's Favorite Core Exercise



Whenever I read a person's chart and I discover it's "core day," immediately there is a small burst of joy inside me. Core day gives me the opportunity to show our clients here one of my favorite exercises,

the pelvic tilt.

This is a simple exercise that can be done in a couple simple steps.

To begin, lie flat on your back with your legs straight on the floor. Once in position, bring your feet flat on that ground, curling your knees as the picture illustrates.

Here's where things get interesting. I want you to imagine you there's an invisible hand under your back. Now crush it with your back. Imagine yourself using your back to press on that hand. Once you complete that motion

you have successfully performed a pelvic tilt.

Now there are 2 basic ways to use a pelvic tilt. One way is to hold that contracted position in which you're crushing that imaginary hand for a minute. Or you can do it in a crush-release motion in which you crush for a second, release for a second, crush, release, repeating that cycle for a minute.

## Child Health Day

“All children should have the basic nutrition they need to learn and grow and to pursue their dreams, because in the end, nothing is more important than the health and well-being of our children.”

-Michelle Obama

October 1st of this year will mark annual child health day. If you're not familiar with this little known day, it was instituted by President Calvin Coolidge in 1928 to promote child welfare.

According to national averages, 1 in 6 children between the ages of 2

and 19 are overweight. These numbers are growing due to the lack of activity and proper nutrition in the lives of young children.

So on this child health day, take some time to reflect and consider whether your decisions are positively or negative-

ly affecting your child's health.

Your lifestyle should reflect the lifestyle you want your children to emulate. Make the right decisions and promote their health.



# RECIPES PAGE

Here are a few recipes to help get you into the seasonal mood. Not only are these recipes delicious, they are also healthy. How can you go wrong with that?

Since October 21st is Apple Day, there is a scrumptious recipe including this fruit so that you may celebrate it on its day! Changing up the ratio to more fruit to topping, you'll love every bite of this apple crisp.

Being October, of course a pumpkin recipe is needed. Below is a little twist on a traditional breakfast staple.

- Alexia Torres

## Whole Wheat

## Pumpkin

## Waffles

### Directions:

1. Preheat waffle iron.
2. In a large bowl, combine milk, egg yolk, pumpkin, vanilla, oil and brown sugar together. Place egg white in a separate smaller bowl and beat with a hand mixer until firm peaks form. Set aside. Pour in remaining dry ingredients to the wet and slowly incorporate. Fold egg whites into waffle batter.
3. Spray waffle iron with non stick cooking spray. Pour about 1/2 cup of batter onto waffle iron. Close the top slowly. Cook about 2 minutes or until waffles are crispy.

Source:  
www.thespiffycookie.com

*Yield: about 6 large waffles*

### Ingredients:

- 1 cup milk
- 1 egg, separated
- 1/2 cup plain pureed pumpkin
- 1/2 tsp vanilla extract
- 3 Tbsp canola oil
- 2 Tbsp brown sugar
- 3/4 cup whole wheat flour
- 1/2 cup all purpose flour
- 2 tsp baking powder
- 1/4 tsp salt
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg



As an alternative to topping waffles with butter and syrup, use Greek yogurt with honey and cinnamon to taste. This provides a source of protein and calcium without many added calories.

## Apple Crisp

### Ingredients:

- 4 medium apples
- 1/2 cup rolled oats
- 1/2 cup white whole wheat flour
- 1/4 cup turbinado sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ginger
- 1/8 teaspoon nutmeg
- pinch of salt
- 2 tablespoons & 2 teaspoons melted butter
- 2 teaspoons real maple syrup

### Directions:

1. Preheat oven to 400 degrees and grease a 13 by 9-inch baking pan.
2. Cut the apples in half and remove core/inedible parts.
3. In a medium bowl, combine the remaining ingredients. Use a big spoon to mix it well.
4. Scoop about two tablespoons of "dough" into each apple half and use your hands to mush it into a mound. Sprinkle a little more raw sugar on top.
5. Bake for 20 to 25 minutes, until the tops are golden. Top with ice cream or Greek yogurt and serve warm.

Source: <http://cookieandkate.com>

Having a greater amount of fruit per portion allows you to indulge without feeling guilty.





# From the Desk of the Wasiknator!

This month we are sending out our 2nd member survey. Please take the time to complete this survey. Your responses are very important to both my staff and myself. Our goal is to provide you with the best fitness and wellness center in Gainesville and also provide you with excellent customer service. Thank you in advance for helping us serve you better.

Football season is in full swing and the Gators have a daunting task ahead of them if they would like to win the National Championship this year. They would have to beat (at press time) the top 7 teams in order to win it!! This may seem like a daunting task, but as Coach Muschamp has stated, they are taking one game at a time.

The daunting task for the football team's goals also mimics many of our own goals in fitness and life. Taking one step at a time is the key. If you look too far ahead, it may not seem like you can accomplish your goals. You may have to make adjustments in mid-stream, just as the Gators make adjustments at halftime and during the following weeks practices.

The next time you face a daunting challenge, take a page out of Coach Muschamp's playbook, take one step at a time, don't look too far ahead and make adjustments as needed. With this, you will win at the game of Life.

The Wasiknator

## UPCOMING EVENTS IN THE GAINESVILLE AREA



### Shands Fitness and Wellness Center

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Phone: 352-733-0834

**Together we discover. Together we teach.**

**Together we care for our patients and our communities.**

**Together we create unstoppable momentum.**

- ◆ OCTOBER 3 – STEPPING OUT FOR CANCER (OCALA, FL)
- ◆ OCTOBER 6 – PINK UP THE PACE 5K (ST. AUGUSTINE, FL)
- ◆ OCTOBER 6 – STAYIN' ALIVE 5K (OCALA, FL)
- ◆ OCTOBER 6 – OCALA AQUATICS DASH & SPLASH 5K AND 400M SWIM (OCALA, FL)
- ◆ OCTOBER 12 – PALS GOLF TOURNAMENT
- ◆ OCTOBER 13 – HALLOWEEN HOBBLE 5K RUN AND 1 MILE WALK (GAINESVILLE, FL)
- ◆ OCTOBER 13 – HUSTLE FOR HUMANITY 5K RUN (GAINESVILLE, FL)
- ◆ OCTOBER 19-21 – UF COLLEGE OF MEDICINE ALUMNI WEEKEND
- ◆ OCTOBER 20 – LAND BRIDGE TRAIL RUN (GAINESVILLE, FL)
- ◆ OCTOBER 20 – CF SAB 5K BREAST CANCER BENEFIT RUN (OCALA, FL)
- ◆ OCTOBER 27 – GHOSTS AND GOBLINS SPOOKTACULAR 5K TRAIL RUN (OCALA, FL)

INFORMATION FOR ALL EVENTS CAN BE FOUND ONLINE