

JANUARY  
2012

# Core Issues Newsletter

*Shands Fitness and Wellness Center*

## Maintaining New Year's Resolutions

### INSIDE THIS ISSUE:

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- ◆ FITNESS ASSESSMENTS
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- ◆ RECIPES
- ◆ NEW INTERNS
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### DATES TO REMEMBER:

- ◆ JAN 1—NEW YEAR'S DAY
- ◆ JAN 20—INAUGURATION DAY
- ◆ JAN 21—MARTIN LUTHER KING DAY

### MONTHLY AWARENESS:

- ◆ NATIONAL BLOOD DONOR MONTH
- ◆ NATIONAL GLAUCOMA AWARENESS
- ◆ CERVICAL HEALTH AWARENESS
- ◆ THYROID AWARENESS
- ◆ HOT TEA MONTH

The coming of the New Year also marks the time of year when everyone **sets their sights on their New Year's resolutions.** Exercising and losing weight are usually at the top of people's lists. However, studies have shown that only 12% of people who set New Year resolutions actually keep them, and most give up on their **resolutions by Valentine's Day.** **Sticking to your New Year's resolution to exercise more, get into shape, or lose weight is not as simple as it may seem, so we've come up with tips to help you stick to your plans:**

Be 100% committed. You will reach **your goals only if you're 100%** committed to achieving them. Take your goals seriously and go in full-heartedly.

Set daily goals. Many resolutions are achieved easier if they are broken up into smaller goals and worked on every day at the same time. Make these smaller goals part of your daily routine and gradually build on them as you progress.

Have a workout buddy. Exercise is easier to stick to when you have a friend or workout buddy to exercise with. It makes time go faster and exercising more fun.

Hold yourself accountable. Hold yourself responsible for the goals



you do not reach and share your goals with family and friends so they can help you stick to your goals and hold you accountable.

Reward yourself. For each goal reached or step made in the right direction, you should treat yourself. For example, for 10 pounds lost, go to the mall and buy yourself something nice.

Have a backup plan. Many goals are brushed off because of other priorities or time conflicts. Instead of completely forgoing your prior plan, substitute it for something easier or less demanding. That way, even if you don't follow your original plan, you still worked toward your goal and made a step in the right direction.

Hopefully these tips help you stick to **your New Year's resolutions and accomplish your goals.** Continue working hard at them and start slowly to see the long-term benefits. Good luck and Happy New Year!

# MEMBER SPOTLIGHT

For our January member of the month, we chose Saleh Batais. Saleh has been a member of **SFWC's Medical Fitness program** since June 2012. Originally from Saudi Arabia, He studied at Indiana University and moved to Gainesville in 2007 for his PhD in linguistics at the University of Florida. He originally began coming to Shands Fitness and Wellness because of impingement and extreme inflammation in his shoulder. At the time of



his injury, pain became so unbearable he could not even pull his shirt over his head. Since starting the Medical Fitness program, he has regained range of motion in his shoulder and has decreased inflammation, lowered his blood sugar, and improved his cholesterol. He is grateful for the medical fitness program and says Shands Medical Fitness has taken very good care of him.

*“Whether you think you can or whether you think you can't, you're right.”*

*—Henry Ford*

## A New You in the New Year

The New Year is a perfect time to start achieving your health and fitness goals. Consider measuring your body composition using the BODPOD device. The BODPOD is a small chamber that you sit in that determines your body volume and density. From this, your body fat and lean mass percentages can be calculated. An estimate of your resting metabolic rate can also be calculated based on your body composition and physical activity level. This information can be used to help you set weight loss targets or lean mass goals. Measure your body composition after 4-6 months and see if you are

meeting your goals! The BODPOD assessment is fast and accurate and an interpretation of your results is provided right after the test. Each assessment is fast and accurate and an interpretation of your results is provided right after the test. Each assessment and results review take about 20 minutes.

Another way to consider changing your lifestyle is to re-evaluate your dietary habits and typical food intake. A nutritional analysis can be very useful if you are looking to improve your diet quality, lose weight, gain weight or meet specific health goals. By track-

ing food intake for a minimum of 3 days, we can:

- ◆ Analyze your food patterns and see what your caloric intake is.
- ◆ See if you are matching the American Heart Association guidelines for healthy diets.
- ◆ Find areas for improvement to help you with sport performance.

Each dietary consult is about 50 minutes. To find out more about a BODPOD test or nutritional analyses and body composition, please contact the staff of the fitness center.

## CORE EXERCISE OF THE MONTH

After 2 months of plank exercises, we will now break off plank modifications into a new exercise. This month we will be introducing the resistance band core hold, a deceptively difficult exercise depending on the difficulty of the resistance band you choose to assist you.

This exercise can be performed in 3 simple steps:

- ◆ Choose a resistance band
- ◆ Hang it over a fixture
- ◆ Pull down and hold as displayed in the picture

Sounds easy right? Wrong. The key to this exercise is choosing a band that is not too thick or too thin. If you pull down your resistance band and you do not feel your core activate while holding the band at your sides, your band is too thin. If you pull

down and your band remains suspended in the air, instead of down at your sides your band is too thick. You need to select a band that allows just enough to pull the band down to the side of your thighs while activating your core.

While performing this exercise, make sure to not lean into the band. You want to remain upright like the model in the picture with your chest up and head up. The more you lean in, the less of your core you activate while performing this exercise.

To make it even more difficult, as the time ticks away step back a hair. This will create more tension on the band, demanding more core activation to keep the bands at your sides. Keep stepping back until you reach your



limit of tolerance. Hold this position for one minute and give your core a serious kick!

*“Cheers to a New Year and another chance for us to get it right.”*

*—Oprah Winfrey*

## HOT TEA MONTH

January is known for New Year's resolutions, bowl games for college football and cold weather. It is also National Hot Tea Month. Tea dates all the way back to the 10<sup>th</sup> century and is still a very popular beverage across cultures to this day. Tea has grown consistently over the years. In the year of 2011, its sales surpassed \$7 billion. Consumers of tea have various reasons for their intake of tea; health reasons, taste, weather conditions,



etc. In respect to health, an estimated 3 cups of black tea per day produced 5 times the amount of germ-fighting cells as normal. Weight loss can also be promoted through the consumption of green tea. It contains cat-

echin content that promotes fat oxidation. In comparison to coffee, tea has less caffeine. It also does not damage your teeth as coffee does. In fact, it prevents plaque buildup and promotes healthier gums. There is a heap of other health benefits that correlate with the consumption of tea. The following are just a few: prevention of cavities, Parkinson's disease, high blood pressure, heart disease, flu, cancer, improves bone density, etc.

# Winter Recipe Ideas



Satisfy your Hot Chocolate cravings this winter by indulging in this healthy, Protein Hot Chocolate!

## Ingredients:

- ◆ 1/2 Cup Almond Milk (can substitute Skim or Unsweetened Soy Milk)
- ◆ 1/2 Cup Water
- ◆ 1 tsp Vanilla
- ◆ 1 scoop Protein Powder (vanilla or chocolate works)
- ◆ 2 TB unsweetened, dark Cocoa Powder
- ◆ 1 tsp Organic sweetener (Stevia, truvia, etc.)

## Directions:

Mix Milk and Water together in a microwave safe dish and microwave until hot. Add the vanilla and set aside.

Mix Protein Powder, Cocoa Powder, and Organic Zero together in a Magic Bullet cup. Add Milk mixture. Blend in Magic Bullet until frothy. Pour into a mug and enjoy!

If you do not have a Magic Bullet, you can use your blender, a shaker cup, or a spoon.

Try this Quinoa Chicken Chili for a warm, delicious dinner on any cold night!

## Ingredients:

- 1 cup quinoa, rinsed
- 1 (28 oz) can crushed tomatoes
- 1 (14 oz) can diced tomatoes with green chilies (Rotel)
- 2 (16 oz) can black bean
- 1 (15 oz) corn, drained
- 2 1/2-3 cup chicken stock
- 2 large chicken breasts
- 1 large bell pepper, seeded and chopped
- 1 tsp minced onion
- 1 tsp garlic
- 1 tsp cumin
- 1 tsp crushed red pepper
- 1 tsp chili powder (taco seasoning is good too)



## Instructions:

Season with salt and pepper.

Place everything in a 6 qt slow cooker and cook for 5-7 hours on low. Remove chicken, shred it and return to slow cooker. Keep warm until ready to serve. Garnish with cheese or sour cream.

# Meet the Spring Interns

## Katrina San Juan

"Katrina San Juan is a senior at the University of Florida majoring in Applied Physiology and Kinesiology. She is also specializing in Fitness and Wellness. Katrina enjoys dancing, arts & crafts, and outdoor adventures. She has a strong desire to help others and has dreams to travel the world on medical mission trips. Katrina plans to pursue a career in the nursing field and hopes to become a nurse practitioner."



## Ross Elliott

Ross is a senior at UF studying Applied Physiology and Kinesiology. His greatest passion is rock climbing and the travels that climbing allows him to experience. He coaches and competes on the UF rock climbing club team, where he has been able to travel across the country to climb against other college teams. After graduation, he plans to climb and enjoy the outdoors in addition to pursuing a career of promoting health through physical therapy.



## Megan Gendzier

Meghan Gendzier is an Applied Physiology and Kinesiology Senior at the University of Florida with a specialization in Fitness and Wellness. Her passion for being fit and healthy originated from a competitive career in Irish Dancing for ten years, qualifying and competing in the World Championships. In the future she hopes to expand her knowledge in the exercise field by obtaining certifications as a Clinical Exercise Specialist and Certified Sports Nutritionist. She is interested in a career in Cardiovascular Rehabilitation or Corporate Wellness.



## Daniel Karpel

From West Palm Beach; A senior Applied Physiology Kinesiology major at the University of Florida. Daniel plans to go on to do a post-bachelors program at FAU to prepare to go into either Medicine or Physical Therapy. He enjoys waterskiing and doing improvisational comedy.



## Kendall Weigand

"Kendall Weigand is a senior Applied Physiology and Kinesiology student. She is in the UF Honors Program and is involved in Dance Marathon as her organization's delegate, supporting Children's Miracle Network at Shands Hospital for Children. Kendall is a member of her sorority, Alpha Chi Omega, where she serves on the chapter relations and standards board. In her spare time, she plays the piano and enjoys participating in intramural sports."



# Medical Fitness Memberships

Beginning January 2013, the Medical Fitness program will have a change in the membership categories. There will be two types of Medical Fitness memberships, a 12 visit/month membership and an unlimited membership. The Medical Fitness 12 visits per month membership will have 12 visits in which the staff supervises each workout. The remaining days in the month you may work out on your own. With the 12 visit membership, if you do not schedule an appointment in the shape.net system, you will have a self-guided workout.

Medical Fitness is a supervised workout by the staff Exercise Specialists and interns. Each time a Medical Fitness client comes in for a workout, the staff or interns design each workout and supervise the workout. Depending on the time of the day, a client may have one-on-one supervision or may have to share that supervision among 4-6 other clients. One must schedule an appointment for this membership category.

January 2013 Medical Fitness Membership Type	Cost
12 visits/month*+	\$75
Monthly Unlimited	\$85
3 month unlimited	\$79/month, \$237
*Medical Fitness members will have 12 supervised workouts each month and unlimited self-guided workouts each month. +No rollover visits from one month to another. All unused visits will be lost.	

## Personal Training

We offer one-on-one personal training and group training. This is personalized training. Each workout is designed exclusively for the personal training client and the Exercise Specialist only works with the Personal Training client(s).

Personal Training pricing will remain the same:

Individual Personal Training	\$25/hr
Group Personal Training	\$30/hr (2clients \$15/each)

The unlimited membership will have an exercise specialist supervise each of your workouts. An appointment must be made for each visit for this membership category.

- ◆ Early cancellation fees for any membership will be \$100.
- ◆ A Medical Freeze may be placed on your membership due to a medical condition. A note from an MD must be presented to initiate the freeze and to unfreeze the membership. You will be responsible for fulfilling the entire membership once the freeze is lifted. There is no fee for a medical freeze.
- ◆ A Membership Freeze for those who may be out of town for several months is now available. This will cost \$10/month to put your membership on a freeze. You will be responsible for fulfilling the entire membership once the freeze is lifted.

# General Fitness Memberships

Includes our \$19.99 Rewards Membership, our monthly and 6 month memberships. With these memberships, you are oriented to the facility until you feel comfortable using the machines on your own. We also offer fitness assessments upon the start of your membership and anytime afterward. There is no charge for follow up assessments. This is included in your initiation fee. We recommend a minimum of 12 weeks between each assessment. The staff is more than happy to re-educate you about the equipment or introduce you to other pieces of equipment at the facility. In order to do this, please set up an appointment with an exercise specialist or intern so they can have dedicated time to help you.

## New Rate Options!!!

Beginning January 2013

In response to our members wanting more flexibility and cost savings, Shands Fitness and Wellness Center has added two new membership categories to our general membership: a \$9.99 Rewards Membership and a \$24.99 Rewards Membership. These memberships will begin January 2013. All current members will be able to convert their current memberships to one of the new membership categories if desired.

January 2013 Fee Schedule	\$9.99*	\$19.99#	\$24.99^
+Initiation Fee (one time) New Members only	\$50	\$50	\$50
Number of workouts required/month	12	12	12
Fee for 11 workouts or less	\$45	\$45	\$45

\*\$9.99 Rewards Members workout hours: M-F 11am-3pm, 7pm-9pm, Saturday 7am-1pm  
 +does not apply to current members  
 #requires a one year membership  
 ^initial 2 month membership, then converts to a month to month membership

### \$19.99 Rewards Membership

Will remain in effect. This is a year-long membership. One must attend 12 workouts or more each month to have the \$19.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45.

3pm and 7pm-9pm, Saturday 7am-1pm only. The membership will be for one year. One must attend 12 workouts or more each month to have the \$9.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45. The member must only workout during these hours.

bership, with an initial 2 month commitment. One must attend 12 workouts or more each month to have the \$24.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45. The membership will roll each month until cancelled 30 days in advance in writing by the member.

### \$9.99 Rewards Membership

Will have limited hours that one can work out in the Shands Fitness and Wellness Center. All \$9.99 members can work out M-F from 11am-

### \$24.99 Rewards Membership

For those individuals who do not want to commit to a year-long membership. The \$24.99 Rewards Membership is a month to month mem-

## *Shands Fitness and Wellness Center*

*Together we discover. Together we teach.  
Together we care for our patients and our  
communities.  
Together we create unstoppable momentum.*



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## FROM THE DESK OF THE

Happy New Year!!

I hope that 2013 brings great things for each of you.

For our Shands employee members, 2013 brings a great pilot program to the Shands Fitness and Wellness Center. New this year, thanks to the Shands Wellness Council and the Shands Human Resources, the Shands Employee Wellness Incentive Program will reduce each **member's monthly payment by \$10 each month if the employee works out 12 days or more at the Shands Fitness and Wellness Center.** With this incentive, a Shands employee can potentially workout at the Shands Fitness and Wellness Center for FREE each month!

Similar to our new GatorCare insurance program, if our employees choose to work on their fitness and wellness at the Shands Fitness and Wellness Center, their memberships will be reduced compared to other fitness facilities in town.

Here is the breakdown on costs:

\*\$9.99 Rewards Membership: FREE if one works out 12 days or more each month. One year membership required. If one attends 11 days or less of workouts, the member will be charged the normal monthly rate of \$45. Workout hours limited to: M-F 11am-3pm, 7pm-9pm, Sat 7am-1pm.

\*\$19.99 Rewards Membership: \$9.99 if one works out 12 days or more each month. One year membership required. If one attends 11 days or less of workouts, the member will be charged the normal monthly rate of \$45.

\*\*Unlimited Medical Fitness Membership, \$69.00 if one works out 12 days or more each month. One year membership required. If one attends 11 days or less of workouts, the member will be charged the normal monthly rate of \$79.

In March 2013, all benefits-eligible Shands employees are invited to participate in the Shands Wellness Event where you complete a health risk assessment (HRA) and biometric screening performed. If you complete the HRA, biometric screening, are a non-smoker (or attend a smoking cessation class) and have had your flu shot (if you had your flu shot prior to 12/31/12 you will get an extra \$10 gas card) you get a free box lunch and a \$25 gas card. As you can see, it pays to be involved in the Shands Wellness programs.

For all non-Shands members, you too can workout for free. For every member you refer and joins, you get a free 2 week extension to your **membership. Make sure that new member mentions your name so that you can get the free two week membership. Let's make 2013 a year to remember.**

The Wasiknator