

National Stress Awareness Month

April is *National Stress Awareness Month*. Even though a little stress is good because it provides energy and keeps us aware of all the things going on in our lives, it is important to keep daily stress levels in check. Too much stress can lead to or worsen a number of health problems. So, here are a few ways to relax and alleviate stress from your daily lives.



- **LAUGH!** Endorphins released in the brain during laughter promotes the relaxation of muscles which can be key to stress reduction.
- **Get to Gardening!** After all, it's Lawn and Garden Month. Gardening is considered to require "involuntary attention" just like sitting back and enjoying nature while boosting your mood.
- **Crack Open a Book!** Grab a cup of tea or coffee, relax and read a book to lower your heart rate and benefit from muscle relaxation.
- **Eat some Dark Chocolate.** In moderation of course. A small portion of dark chocolate has been found to reduce stress hormone levels.
- **Indulge in Yoga.** Deep breathing and yoga can increase your body's ability to stay calm and reduce stress-related symptoms. Yoga is a great activity for both the mind and body.

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It's Stress Awareness month, let's de-stress with some...

Yoga Exercises!

Yoga comes in many forms. Hatha yoga may be a great choice specific for stress management. It is one of the most common styles which consists of a slower pace and easier movements. The style of yoga you choose all depends on preference!

The core components of hatha yoga and most general yoga classes are:

- **Poses.** Yoga poses are a series of movements designed to increase strength and flexibility.
- **Breathing.** Yoga teaches that controlling your breathing can help you control your body and quiet your mind
- **Stress reduction.** A number of studies have shown that yoga can help reduce stress and anxiety.
- **Improved fitness.** Practicing yoga can lead to improved balance, flexibility, range of motion and strength.
- **Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease as well as alleviate chronic conditions, such as anxiety.

Some Relaxing Yoga Poses

Cobra



Child's Pose



Cow Pose



Seated Twist



Salutation Seal



Downward Dog



Clear your mind with Meditation

Breathing Meditation

for Stress Relief

When engaging in deep breathing, you want to try to breathe deeply from the abdomen. Try filling your lungs with as much fresh air as possible. The more oxygen you get into your system, the less tense, short of breath, and anxious you feel.

- Sit in a comfortable position with your back straight. Place one hand on your chest, the other on your stomach
 - Inhale in through your nose. The hand on your stomach should rise while the hand on your chest shouldn't
 - Exhale through your mouth, pushing out as much air as you can while contracting your abdomen. The hand on your stomach should move in as you exhale, but your other hand should move very little.
- Continue to breathe in through your nose and out through your mouth. Count slowly as you exhale. Try for 10 breaths or until you feel relaxed.



Visualization

for Stress Relief



Find a quiet area where there are not much distractions. People often fall asleep during a visualization meditation, so sitting upright or even standing is preferred for beginners. Close your eyes, relax your body, and let all your worries and stress fade away. Now, visualize your restful place with a peaceful mind. Allow your imagination to run wild and choose imagery that seems appealing. Imagine it as vividly and detailed as possible. Imagine your senses engaging as well. What can you see? Do you hear the gentle raindrops pitter patter against a window? Do you smell fresh flowers? Do you feel your feet sinking in soft beach sand? Visualization works best if you incorporate as many sensory details as possible.

If you are thinking about a dock on a quiet lake, for example:

- Walk slowly on the dock, noticing the colors and textures of the environment
- Spend some time exploring each of your senses
- See the sun setting over the water
- Hear the birds singing
- Smell the pine trees
- Feel the cool water on your bare feet

Taste the fresh, clean air. Enjoy the feeling of deep relaxation as you slowly explore your paradise. When you are ready, gently open your eyes and come back to the present. For beginners, it is normal to fall asleep or zone out during a visualization. You may also experience feelings of stiffness or heaviness in your limbs, minor, involuntary muscle-movements, or even cough or yawn. Again, these are normal responses.



Don't be fooled this April. Be aware of your health!

World Health Day

World Health Day is on April 7th, the 65th anniversary of the founding of the World Health Organization (WHO). Every year they chose a public health theme. This year it's high blood pressure or hypertension. High blood pressure increases your risk of cardiovascular disease, stroke kidney failure and more. In 2008 40% of adults age 25

and over suffered from raised blood pressure. Ways to control blood pressure include:

- Eating a balanced diet
- Avoiding Alcohol and Tobacco
- Regular Physical Activity at Shands Fitness Wellness Center!

For more information on hypertension and World Health Day visit <http://www.who.int/world-health-day/en/>.

Walk to Work Day

April 5, 2013

A chance to reduce carbon emissions, get fit, and avoid traffic jams – what more could you ask from **Walk to Work Day?**



Happy Golf Day!

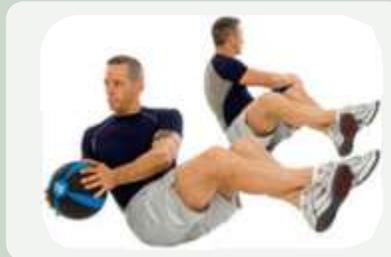
April 10, 2013

Do you love golfing? Do you want to improve your golfing form? Well, just a reminder that Shands Fitness and Wellness Center offers a **Golf Swing Analysis!** Get the complete biomechanics of your swing, enhance game performance and muscular fitness, reduce chance of injury, and we even offer post surgical joint replacement testing!

Call (352) 733-0834 to schedule your Golf Swing Analysis appointment!

Improve your swing with some golf core exercises!

Seated Russian Twists with the medicine ball



- Sit on gym mat holding medicine ball in both hands
- Find your center of balance and raise your feet off the floor, balancing on your glutes
- Hold the medicine ball in front of you with straight arms
- Twist the torso to the left and to the right, reaching and planting the ball on the floor each side

Downward wood chop with medicine ball



- Stand tall holding medicine ball with both hands
- Start with ball to the right, above head, and with torso turned to the right
- Move ball from high position to low position, from right to left across body and downward, like chopping wood
- Reach the finish position with the ball across body, body turned to left, knees bent

Member Spotlight

Steve Hildebrandt

This month our member spotlight is on Steve Hildebrandt! In 2008 Steve underwent physical therapy for a shoulder injury. He joined the Medical Fitness program directly after when it was still at OSMI and has stuck with it for over 5 years! In his first 6 months he lost 75 lbs. and has continued to improve his fitness since then. He says his biggest improvement has been that he can now do squats with perfect form for over a minute when he couldn't do 3 on his first day. "Keeping up with it really makes a difference. I wish (younger) people would come in (for medical fitness) because it would save you so many sport injuries."



Steve enjoys coaching and playing volleyball, plays 3rd base on his softball team, The Regulators, in the city rec league, and is a professional bowler. He will be turning 57 the end of July.

Favorite Exercise: Loves to hate Russian Twists and Inchworms.

William Coognin is leaving us on April 18th! Wish him luck as he is graduating from UF Physical Therapy school!

Gainesville Local Events

- April 6th, 7am: **Yerman Friends of Children 5K Run & Walk**—at the *Westside Baptist Church*
- April 7th, 8am: **Equal Access Clinic 5K** - at *SW Rec Center*
- April 13th, 8am: **Gainesville Tri Hard Kids' Triathlon** - at *Westside Park*
- April 13th, 9am: **Gator Stompin' 5K** - *University Ave*
- April 20th, 9am: **Fallen Heroes 5K** - *UF Commuter Lot*
- April 27th. 9am **Swamp Dash & Bash** - at *Wendy Hill Farms*

Zucchini Lasagna

Servings: 8 • Serving Size: 1/8

Calories: 345 • Fat: 17 g • Carbs: 16 g • Fiber: 2 g • Protein: 36 g
Sugar: 8 g • Sodium: 801

Ingredients:

- 1 lb 93% lean beef
- 3 cloves garlic
- 1/2 onion
- 1 tsp olive oil
- salt and pepper
- 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- 3 medium zucchini, sliced 1/8" thick
- 15 oz part-skim ricotta
- 16 oz part-skin mozzarella cheese, shredded
- 1/4 cup Parmigiano Reggiano
- 1 large egg



Directions:

In medium sauce pan, brown meat and season with salt. When cooked, drain in colander to remove any fat. Add olive oil to the pan and sauté garlic and onions for about 2 minutes. Return the meat to the pan, add tomatoes, basil, salt, and pepper. Simmer on low for at least 30-40 minutes, covered. Do not add extra water, the sauce should be thick.

Meanwhile, slice zucchini into 1/8" thick slices, salt lightly, and set aside for 10 minutes. Zucchini emits a lot of water when cooked, so salting it takes out a lot of that moisture. After 10 minutes, blot excess moisture with a paper towel.

On a gas grill or grill pan, grill zucchini slices for about 1-2 minutes per side or until cooked. Place on paper towels to soak any excess moisture.

Preheat oven to 350°.

In a medium bowl mix ricotta cheese, parmesan cheese, and egg. Stir well.

In a 9x12 casserole dish spread some sauce on the bottom and layer the zucchini to cover. Place some of the ricotta cheese mixture over the zucchini, then top with the mozzarella cheese, and repeat the process until all of the ingredients are used up. Top with sauce and mozzarella and cover with foil.

Bake 45 minutes covered at 375°, then uncovered 15 minutes. Let stand about 5 - 10 minutes before serving.



DANCE MARATHON AT THE UNIVERSITY OF FLORIDA



Dance Marathon at the University of Florida is a 26.2 hour event that benefits Shands Hospital for Children, a Children's Miracle Network hospital. Every year, more than 800 students will stay awake and stand for 26.2 hours in the Stephen C. O'Connell Center to raise money for pediatric research, equipment, and treatment. The "dancers" stand to represent the struggles that the patients at Shands Hospital for Children go through on a daily basis. In other words, they "stand for those who can't." This year the event takes place on April 13th-14th. More than \$5.3 million has been raised for CMN in the 18 years since DM at UF began, making it the most successful student-run philanthropy in the Southeastern United States. Last year alone, students raised more than \$886,000 for the kids.

Many organizations have been hard at work since last summer preparing for this year's event. Aside from individual fundraising, organizations participate in various events throughout the year to raise money for the cause, such as a bowling tournament, a kickball tournament, and a 5K race. Dance Marathon is hoping to reach a significant milestone this year, and their philosophy is that every dollar counts. To see one of the miracle families that Dance Marathon works with, visit:

<http://www.youtube.com/watch?v=4fKZ5jFuOmU> to watch Garrett's Story.

If you are interested in helping the students' effort to make a difference for the kids or to learn more visit: floridadm.org!





Lawn & Garden Month

If you garden for fun, you may not be aware of how beneficial this hobby is for your health. While you are working in your garden plotting new seeds, cutting your ripe, fresh vegetables, or pulling out weeds, you're actually doing a decent amount of exercise!

Basic yard care tasks like mowing the lawn or raking the leaves are great forms of exercise. Gardening is not only beneficial to your physical health but to your mental health as well! It is a great stress reliever to tidy up your garden.

Still not convinced that raking leaves and planting a fruit tree can be as good for you as an aerobics class? There's research that proves it! Various health professionals and university studies show that gardening and yard work are more than just enjoyable hobbies.

Losing Weight by Gardening

Losing weight requires you to burn more calories than you consume and so the amount of weight you'll lose gardening depends on several factors including your size and the task you are performing.

Some general examples from Iowa State University,

below, show how some of the more strenuous gardening tasks can really burn calories.

Digging Holes -

Men: 197 calories, Women: 150 calories

Planting -

Men: 177 calories, Women: 135 calories

Weeding -

Men: 157 calories, Women: 156 calories



The National Institute of Health lists gardening for 30 - 45 minutes in its recommended activities for moderate levels of exercise to combat obesity, along with biking 5 miles in 30 minutes and walking 2 miles in the same time.

More Health Benefits of Gardening

Gardening for only 30 minutes a day will help:

- Increase flexibility
- Strengthen joints
- Decrease blood pressure and cholesterol levels
- Lower your risk for diabetes
- Slow osteoporosis

Sources:

[Gardening for Exercise, Iowa State University Extension](#)

[Gardening Really Is Good Exercise, Virginia Tech Virginia Cooperative Extension \(No longer online\)](#)



It's Also Keep America Beautiful Month!

Keep America Beautiful month celebrates all things that we can do to keep our part of the world clean and beautiful. The Keep America Beautiful campaign focuses on three main initiatives: **Litter Prevention, Waste Reduction/ Recycling and Community Greening & Beautification**. So, take the extra time this month and Keep our America Beautiful!



From The Desk of the Wasiknator

From the Desk of the Wasiknator:

March Madness is here. Busted Brackets. Cinderella Stories. Gators in the Sweet Sixteen and out of the Elite Eight AGAIN!!

The highs and lows of the NCAA basketball tournament are very similar to the highs and lows of working on your fitness and wellness program. Some great successes and a few stumbling blocks.



Over the past 3 weeks I have been involved in the Shands Employee Wellness Event. This is an annual event for Shands employees to complete a Health Risk Questionnaire and have a biometric screening (fancy term for getting your height/weight, Blood Pressure, Pulse, lipid profile and glucose readings). Once completed, the employee then has a conversation with a health coach to go over the results and offer tips to improve the employee's wellness. This is the second year of the event and just like one's basketball tournament bracket, some people were very happy with their results/progress and others had disappointment. Shands Fitness and Wellness Center is here to help our members reach their fitness/wellness goals. Read further on how we are trying to do this...

I also just returned from Hilton Head, SC after attending the 23rd Annual Art and Science of Health Promotion Conference. It was a great conference and offered a lot of information regarding improving health and wellness within the community.

A few staggering facts that I learned from the conference:

After age 35, one loses 5% of body function every 10 years

Smokers: a 1 pack per day smoker dies 10 years earlier, BUT has 18 more years of disability in their lifetime

3 Food Felons that rob energy and memory: sugars, syrups and simple carbs

Get rid of that soda, corn syrup and cookies!!

13 Modifiable Health Risks:

Alcohol, Blood Pressure, Cholesterol, Depression, Driving, Glucose, Nutrition, Physical Activity, Preventative Exams, Self Care, Stress, Tobacco and Weight

As you can see there are a lot of variables that go into one's wellness. In trying to help our members continue to improve their health and wellness, on April 1, 2013, the Shands Fitness and Wellness Center will have 6 Certified Health Coaches on staff. If you are looking for some strategies to develop a health improvement plan to achieve optimum health/wellness, please feel free to set up an appointment with one of our coaches. The following staff members will be Certified Health Coaches: Clifford Gordon, Fernando Hurtado, Traye McGehee, Shirley Minton, Jeff Plasschaert and Mike Wasik. The fee is \$25/hour for a consult.

I hope your brackets did not get busted too badly, and good luck in your journey for good health and wellness.

The Wasiknator

ShandsFitness 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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Fitness.ufandshands.org

Shands Fitness and Wellness Center is one of
Gainesville's newest fitness and wellness centers
at which medical fitness is also available.

NOW OPEN TO THE GENERAL PUBLIC!

Hours of Operation:
Monday - Friday 5:30 am - 9 pm
Saturday 7 am - 1 pm
Sunday - Closed

All aspects of our programs are aimed at helping people achieve a healthy and fit lifestyle that can last a lifetime. Whether just improving your fitness level, recovering from an injury or managing diabetes, high blood pressure or high cholesterol, Shands Fitness and Wellness Center is there to help. The Shands Fitness and Wellness Center is located in the Shands Cancer Hospital parking garage on SW 13th St. on the 1st floor.

