

May Newsletter



Get Moving for National Physical Fitness and Sports Month!

Since 1983, National Physical Fitness and Sports Month has been celebrated during the month of May. Being regularly physically active can benefit people of all ages. Benefits include an increase in muscular fitness, bone and heart health for children. Being physically active as an adult contributes to lowering risks of heart disease, type 2 diabetes and some types of cancer. Older adults need to be physically active too, doing so contributes to lowering risks of falling and improving cognitive functioning. No matter what your age, get active and start celebrating National Physical Fitness and Sports Month!

Here are a few tips to increase your physical activity at home!

- ⇒ Encourage family members to make small changes, such as taking a walk after dinner; everyone enjoys some fresh air!
- ⇒ Identify youth leaders in the community who can express to their peers the importance of physical activity. Teaching children to be active is important to ensure a fun and healthy life.
- ⇒ Take the stairs instead of the elevator; walk or ride a bike to work instead of driving; park further away from the office or the grocery store; sweep the floor instead of vacuuming, or push the lawnmower instead of riding one.

And remember, be active this May!

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Arthritis Awareness



May is arthritis awareness month! Approximately 46 million Americans are effected by this painful condition, and it is estimated that by the year 2030 the percentage of Americans with the disease will increase by 40% due to the aging of the baby boomer population.

Myth #1: Arthritis just consists of minor aches and pains associated with getting older.

Truth: Arthritis is a group of musculoskeletal disorders consisting of more than 100 different diseases/conditions that can affect people of all ages, races and genders. Two-thirds of people with arthritis are under the age of 65, including 300,000 children.

Three of the common diseases that make up arthritis are:

1) Osteoarthritis (the most common form of arthritis) is a progressive degenerative joint disease characterized

by the breakdown of joint cartilage. Risk factors include obesity, history of joint injury, and age.

2) Rheumatoid Arthritis is a systemic disease characterized by the inflammation of the membranes lining the joint. It causes pain, stiffness, warmth, swelling and in some cases, severe joint damage.

3) Juvenile Arthritis is a term used to describe most autoimmune and inflammatory conditions that can develop in children ages 16 and younger.

Myth #2: Arthritis is not a serious health problem.

Truth: Arthritis is an increasing burden on the healthcare system in this country. People with arthritis account for 44 million outpatient visits and 992,100 hospitalizations every year. Arthritis is a more frequent cause of limitations than heart disease, cancer or diabetes, making it the leading cause of disability in the Unit-

Unless action is taken, it is estimated that 67 million Americans will have arthritis by the year 2030.

Myth #3: People with arthritis should avoid exercising..

Truth: Exercise is imperative in the fight against arthritis. There is strong evidence showing that both endurance and resistance types of exercise provide benefits for people with osteoarthritis and rheumatoid arthritis. In addition to this, research indicates that exercise, weight management, and avoiding joint injury is monumental in preventing osteoarthritis. For every pound of weight lost, four pounds of pressure is taken off of each knee.

Myth #4: Not much can be done for arthritis.

Truth: Relief is available and new treatments are in the works. Move-

Gainesville Local Events

- Hogtown 5K Beer Run - 5/4/13, 8:30am @ Kanapaha Veterans Memorial Park

- Gainesville Biathlon Challenge Race #2 - 5/11/13, 7am @ Westside Pool

- Gainesville Fitness Series: Fitness 2K Schools Challenge - 5/18/13, 8am @ Westwood Middle School

- UF College of Dentistry Oral Cancer Awareness 5K - 5/18/13, 8am @ Bo Diddley Plaza
- Moonlight Walk - 5/18/13, 7pm @ Kanapaha Botanical Gardens



What's Your Aerobic Age?

The number of years since your birthday is your chronological age. Did you know that you have an aerobic age as well? It is also known as your "physiological age" which is a measure of your state of fitness.

You can be 55 years old but have the aerobic capacity of a 35 year old. Although your chronological age is uncontrollable, you are capable of lowering your aerobic age!

Want to find out how old you are aerobically? First step, go for a 3-mile walk as fast as you can and time yourself.



Decade	Men	Women
40's	42—45 minutes	44— 49 minutes
50's	45—50 minutes	47—52 minutes
60's	48— 54 minutes	51—56 minutes

The average times for men and women in different age groups are listed to the left. If your time is less, you're aerobically younger; if it's more, you are aerobically older. If you don't work out on a regular basis, see your doctor before taking this test.

Source: Joann Bally, *Health & Fitness Weekly*



Happy Mother's Day!

Mother's Day became an official U.S. holiday in May of 1914. The origin of Mother's Day can be traced back to the mid-19th century during the Civil War, when Ann Reeves Jarvis created clubs to teach women of all ages how to care for children. These clubs became a unifying force in America at a time when the country was so strongly divided. In 1868, Jarvis organized "Mother's Friendship Day," where mothers gathered with former Union and Confederate soldiers to advocate unity. Ann Reeves Jarvis died in 1905, and her daughter, Ann Jarvis, worked to make it an official holiday to honor her own mother and the sacrifices every mother makes for her children. It took great effort for this day to be officially written on the National Calendar. By the time President Woodrow Wilson signed a document proclaiming the second Sunday in May to be Mother's Day, it was already traditionally celebrated by most towns across America. Mother's Day was never intended to become a "Hallmark holiday," but one that launches feminist causes, gives mothers a day of rest, or simply thanks them for all that they do for their families.



Some ideas/gifts to show your mother how much she means to you:

- A box of 52 of your favorite memories about your mom; one for her to read each week over the next year.
- A collection of favorite family recipes from all the generations.
- A list of all the things you wish you'd thanked her for before leaving home.
- Make a photo collage of her kids/grandchildren.
- Send her out on a date night with her girlfriends.
- Let her sleep in as long as she likes.
- Something re-gifted from your childhood- the hospital bracelet from when you were born; your first book.

Memorial Day Recipes

Kick off your summer with these great cookout or picnic recipes for your Memorial Day festivities:

Inside-Out Cheeseburger

Ingredients:

- 1/4 cup shredded Cheddar cheese
- 1/4 cup shredded Gruyere cheese
- 1 pound 90%-lean ground beef
- 1 tablespoon Worcestershire sauce
- 1 1/2 teaspoons paprika
- 1/4 teaspoon freshly ground pepper



Directions:

1. Preheat grill to medium-high or preheat the broiler.
2. Combine Cheddar and Gruyere in a small bowl.
3. Gently mix beef, Worcestershire, paprika and pepper in a large bowl. Shape into 8 thin, 4-inch-wide patties. Mound 2 tablespoons of the cheese mixture on each of 4 patties, leaving a 1/2-inch border. Cover each with one of the remaining patties. Crimp and seal the edges closed.

To grill: Lightly oil the grill rack. Grill the stuffed patties over medium-high heat, about 4 minutes per side for medium-well.

To broil: Cover a broiler pan with foil and coat with cooking spray. Broil the stuffed patties in the upper third of the oven, about 4 minutes per side for medium-well. In either case, let the burgers stand for 5 minutes before serving.

Nutrition Facts:

Per serving: 264 calories; 16 g fat (7 g sat , 6 g mono); 89 mg cholesterol; 1 g carbohydrates; 26 g protein; 0 g fiber; 186 mg sodium; 405 mg potassium.

Nutrition Bonus: Zinc (37% daily value), Calcium (15% dv), Iron (15% dv).



Peach & Blueberry Cobbler

Ingredients:

- 3 tablespoons unsalted butter
- 3 tablespoons canola oil
- 1 cup whole-wheat flour
- 1 1/2 teaspoons baking powder
- 1 cup reduced-fat milk
- 1/2 cup sugar
- 1 teaspoon vanilla extract
- 3 ripe firm peaches, pitted and sliced into eights
- 2 cups fresh or frozen blueberries

Directions:

1. Preheat oven to 350°F.
2. Place butter and oil in a 12-inch cast-iron skillet or a 9-by-13-inch baking pan. Heat in the oven until melted and fragrant, 5 to 7 minutes.
3. Meanwhile, combine flour, baking powder and salt in a large bowl. Add milk, sugar and vanilla; stir to combine.
4. Add the melted butter mixture to the batter and stir to combine. Pour the batter into the hot pan. Spoon peaches and blueberries evenly over the batter.
5. Return the pan to the oven and bake until the top of the cobbler is browned and the batter around the fruit is completely set, 50 minutes to 1 hour. Remove to a wire rack to cool for at least 15 minutes. Serve warm.

Nutrition:

Per serving: 182 calories; 8 g fat (3 g sat , 3 g mono); 11 mg cholesterol; 26 g carbohydrates; 3 g protein; 3 g fiber; 212 mg sodium; 140 mg potassium.

Beat the Heat: Be Active While Staying Cool

Summer is back, and the warmer climate we all know and love brings with it fun opportunities to get outside and enjoy the Sunshine state's...well...sunshine! As the heat picks up, here are a few ideas for you to get outside and stay cool:

- St. Augustine Day Trip—Drive out to the coast and enjoy the nice beaches, shops, food, and attractions offered by our country's oldest city.
- River Tubing—Florida's natural springs are always cool when the sun is hot. Locations like Ginnie Springs or Itchetucknee are a great way to relax and view nature and wildlife.
- Little Talbot Island—This state park in north Jacksonville offers everything from camping, kayaking and surfing on the beach,

to forest hikes and saltwater marshes. Enjoy this diverse natural area for a day or weekend trip.

- Florida Caverns State Park—Take a tour of one of Florida's only dry caves. The park also offers canoeing and fishing on the Chipola River, horse riding trails, and full facility camping.

Try one or all of these activities! Be sure to bring plenty of water on any of these excursions to prevent dehydration. Now get outside and have some fun!

Ultraviolet Awareness Month



May is ultraviolet awareness month! Most people know the risks of UV rays on your skin and to always wear sunscreen when hitting the beach or pool but did you know UV rays can affect your eyes? Small amounts of UV radiation over long periods of time can cause cataracts, retina and macular degeneration, and pinguecula, So remember to wear sunglasses when you are outside, especially if you are around water! When looking for a pair of sunglasses you should get ones that block out 100% of UVA, UVB, and HEV radiation. Also be sure they block out at least 75% of visible light as well as being appropriately matched for the activities you do. Just like shoes, sunglasses are not one-size-

National Bike Month

In order to celebrate cycling as a healthy and environmentally friendly alternative means of transportation, May is designated as National Bike Month by the League of American Bicyclists. Whether you're heading to work or school, getting in a cardio workout, or just want to enjoy a sunny day, get out and take a ride! May 17th is also National Bike to Work Day, so break out the old bike and start your day with some exercise! Has it been a while since you've gone for a ride? Don't worry! We offer bike fits and cycling training here at the SFWC. Just come in and ask!





World No Tobacco Day: May 31st

Every year on May 31st the World Health Organization (WHO) recognize World No Tobacco Day. They call attention to the health risks of tobacco use and advocate policies to reduce tobacco worldwide. This year the theme is to “ban tobacco advertising, promotion, and sponsorship.” Comprehensive advertising bans have been proven to reduce the numbers of new smokers and continuing tobacco users. However, most countries lack these

kinds of bans.

Worldwide more than 6,000,000 people a year are dying from smoking while over 600,000 are dying from second hand smoke. Tobacco use is the most preventable and largest underlying cause of death attributing to the death of 1 in 10 Adults.

Cessation of smoking has immediate health benefits as well as in the long term. For example within 12 hours of smoking cessation the levels of carbon monoxide in your blood return to normal. In 15 years your risk of Coronary Artery Disease will be the same as a nonsmoker.

If you or a loved one are trying to quit smoking some resources are tobaccofreeflorida.com and the Florida Quitline 1-877-U-CAN-NOW (822-6669) or <http://www.smokefree.gov>.

Member Spotlight:

Henry Kolb

This month's member spotlight is on Henry Kolb! Henry is a general fitness member on the 19.99 rewards plan. He joined SFWC back when it was still just Fitness Express almost 6 years ago! Henry got into exercising when he read about all the health benefits that come from just 20-30 minutes of exercise 3 times a week. He is an RN and also a researcher at UF. His hobbies include Yoga, Tai Chi, Pilates, bicycle riding and always making his 12 visits a month to Shands Fitness and Wellness Center! Henry said that since he started working out at SFWC he “sleeps better and feels better.” “The more you work out the less you pay so you can't beat that!” Henry is especially proud of his daughter who is a Film and Media student at the University of Florida. She was just recently inducted as ambassador to her college. Congratulations! Keep making your 12 a month and Go Gators!



Goodbye, SFWC!

Thank you to all the members and staff that have made this internship one of the most rewarding opportunities we have been fortunate enough to experience. Everyone has been so kind and through you we have grown so much and are ready to move on to the next step in our careers and lives. Also, we came out Certified Health Coaches! Not too many students can say they got more than a bit of work experience out of their internship sites. We will miss you all very much and hope you don't forget us! We're all graduating with our Bachelor's in Applied Physiology and Kinesiology from the College of Health and Human Performance at the O'Connell Center at the University of Florida on May 5th. Keep striving toward your fitness goals and if you treat the next group of interns half as well as you treated us, they will be just fine.

Sincerely,

Your Spring 2013 SFWC Interns

Dan, Katrina, Ross, Kendall, and Meghan



Exercise of the month: Bear Crawls!

Target zone: Abs, butt/hips, legs, thighs, shoulders

To do the bear crawl, simply drop onto all fours with your hands directly under your shoulders, then rise up onto your feet. Now you're in the bear position!

Step forward with right hand and left foot, and then immediately do the same with the opposite hand and foot. Build up your speed until you are crawling forward quickly (taking about 10 total 'steps') and then reverse your movement, stepping backwards with the right hand and foot, followed by the left, for 10 steps. That's one set. Try 3 sets total, taking a brief rest in between sets

There are plenty of ways to make the bear crawl more challenging: Add push-ups every few steps, place frisbees under each foot, or try crawling backward for a physical and mental test of coordination.



A word from the Wasiknator

Summer is almost here. The roads have cleared now that the students have gone home for the summer. There is now room to eat at your favorite restaurants and there is still room to invite your friends and co-workers to join Shands Fitness and Wellness Center.

In talking with one of the Shands Fitness and Wellness Center members about my son who was having a difficult time choosing a college to attend (UF— a large school with large classes and a lot of majors to choose from or Roger Williams University, a small northern Division III school with quality programs, but limited majors) I started to think about why people choose to join the various fitness/wellness centers in town.



Just like choosing colleges, choosing a fitness/wellness center depends on a variety of factors. Do you want to be at a facility that has everything under the sun or one that specializes in a few areas. Do you want to have a crowded gym area or one you can easily hop on your favorite cardio or strength machine? Do you want personal training by staff that are personal trainers because they enjoy working out themselves, but do not have the educational background or by staff that also enjoy fitness and have at a minimum of a Bachelor's of Science in Exercise Sciences, most with Masters degrees and specific National certifications related to fitness/wellness? Sometimes price is a factor, convenience to home and work and where your friends go. Do you feel comfortable working out at the fitness center? Do you feel intimidated?

I know it is difficult to choose the “right” place for your fitness/wellness needs. I hope that you feel that you have made the “right” choice here at the Shands Fitness and Wellness Center.

Oh, and my son, he is going to be a GATOR!! Like father, like son. He plans to be an engineer.

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.*

1310 SW 13th Street
Unit 4
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(352) 733-0843

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

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!

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