

# Core Issues Newsletter



November | 2012

## Happy Thanksgiving!

### Inside this Issue

- ◆ Deviled Egg Recipe
- ◆ Age Related Muscle loss
- ◆ Core Exercise of the Month
- ◆ Cranberry Muffin Recipe
- ◆ Energy Ball Treats
- ◆ Running for Thanksgiving
- ◆ Survey Results
- ◆ New Rate Options
- ◆ The Wasiknator

### Dates to Remember

- ◆ Nov.4 Daylight Savings
- ◆ Nov.6 Election Day
- ◆ Nov. 11 Veteran's Day
- ◆ Nov. 15 Great American Smokeout
- ◆ Nov. 22 Thanksgiving Day

### Monthly Awareness

- ◆ American Diabetes Month
- ◆ Lung Cancer Awareness Month
- ◆ Native American Heritage Month
- ◆ National Family Caregivers Month

Ready for the month of November? We sure are! As you can tell from the "Inside this Issue" section, this is going to be a *very* busy month.

As we enter this chilly month of November we have a couple important reminders for you. First, that time to renew your memberships is here! When you come in, stop at the desk to check for your renewal information.

If we have provided you with awesome service thus far, we would love to continue working with you, our faithful members.

Another big reminder for this month; keep exercising! Thanksgiving is right around the corner, and many mouths are already salivating at the thought of all the food that will be devoured on the 22nd. That said, make sure as you enjoy time with family and friends, you burn those calories off before and after Thanksgiving! Don't use this month to slack off. Keep striving toward your goals and keep fit!

We have delicious recipes for you to try and important information about your fitness and wellness to consider this month. We hope you enjoy!



# Fun Recipe for Thanksgiving

## Eggciting News!



Have you considered serving a devilled egg on your table this Thanksgiving?

This popular treat often finds its way to potlucks, cookouts, parties, and even the dinner table all around the world.

This unique dish dates back to ancient times, when it was known to the Romans as “Andalusia”. The “devilling” concept was adapted to any food that was heavily seasoned, dating back to the eighteenth century. They are considered to be historical amalgams in the culinary world because of their widespread use all over the globe.

This Thanksgiving try this recipe to spice up your table!



### **Instructions:**

1. Place the eggs in a pot, add just enough cold water so that they are fully covered, and put on high heat. Add a bit of salt to the water; they will be easier to peel later.
2. Cover and bring the water to a boil, then turn off the heat and let them sit, still covered, for 12 minutes.
3. Rinse the eggs with cold water and let them sit to cool down. You can also put them in an ice bath.
4. Once they've cooled, peel them and cut them lengthwise.
5. Scoop out the yolk and place the yolks and whites in separate bowls.
6. Add the remaining ingredients (except for the paprika) to the yolks in the bowl, and mash it all together.
7. When a smooth consistency has been reached, scoop the mixture back into the empty egg whites.
8. Top with a sprinkle of paprika, and enjoy!

### **Ingredients:**

- 6 hard-boiled eggs, peeled and cut lengthwise
- 1/4 C nonfat plain Greek yogurt
- 2 tsp dijon mustard
- 1/4 tsp pepper
- 1/8 tsp salt
- paprika to garnish

# Preventing Age-Related Muscle Loss "Sarcopenia"

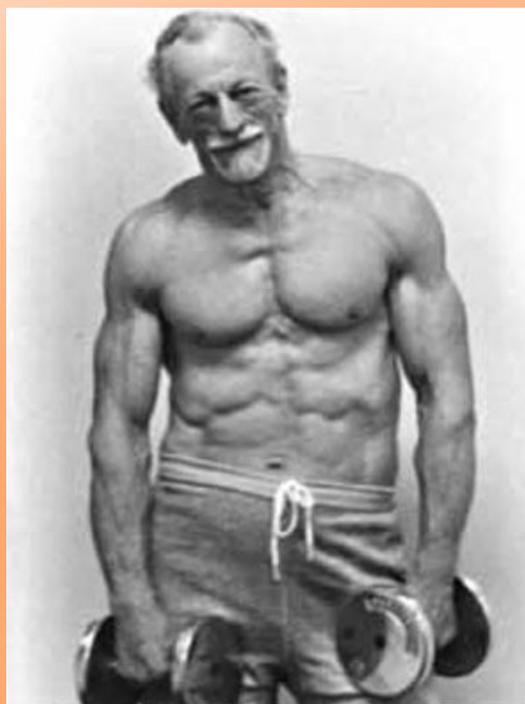


As the nationwide epidemic of an unhealthy population continues to rage, the necessity of physical activity for maintaining health has never been more important.

Yet, as people age there is a tendency to slip into a pattern of inactivity that often leads to declining health. This is often fostered by a physiological process called, sarcopenia, a "special term given to muscle atrophy [loss] specifically associated with aging."

Sarcopenia is a word from Greek that means, "poverty of the flesh". A fitting term giving that from birth up into the late 20s, the body grows rich in muscles mass and strength with each passing year. But studies have shown that beginning at age 30, each decade the human body loses 8-10% of dynamic strength, averaging to about 1% each year. Thus from 30 years old onward, the human body enters an *intentional* process of becoming weaker.

Even more concerning is the fact that the losses of strength are faster than the losses in actual muscle mass. The effects of sarcopenia are not as obvious in early in life, but as time passes the sarcopenia compounds year after year eventually producing severe muscle weakness. The human body even



goes as far as replacing fat in places where muscles once occupied space.

The good news is that leading an active lifestyle, replete with cardiorespiratory fitness and weight lifting can fight sarcopenia. The reason being, there is a portion of sarcopenia that is genetic (inevitable) and there is another portion that is simply due to inactivity (completely avoidable).

While it is impossible to reverse the body's genetic programming, a large part of sarcopenia can be greatly reduced if not completely eliminated by weight bearing activities.

Thus, as we approach this Veterans Day, consider what you can do to fight sarcopenia, and retain your muscle so you can lead a healthy lifestyle.

# Core Exercise Of the Month



Are you excited for this month's feature core exercise? We hope you are! This month we'll be discussing the plank with the leg lift, a slight modification to a very popular exercise. If you have been a client with us long enough here at SFWC, at some point you have probably performed a plank. Today we will be discussing how the leg lift with the plank will force you to recruit more muscle fibers to stabilize yourself while performing the plank.

Begin by lying flat on the floor in a prone position, with your stomach rested on the floor. Next you want to tuck your elbows by your side and straighten your legs.

With your elbows, lift your entire body weight off the ground keeping your hip low enough to have your entire body straight (see picture).

You should feel your core muscles contracting to sustain you in space. Now here's where things get interesting!

While in the plank position slowly raise a leg, lifting your toes off the ground as high as you can.

Immediately you should feel your core muscles firing and recruiting more muscle fibers to keep you balanced in space. Now slowly lower that raised leg back down to the floor, controlling its

descent (not slamming it back down).

When performing this exercise, if you find it difficult to hold your leg up for a minute, you can alternate your leg lifts, keeping each leg in the air between 1-3 seconds

Eventually as you get stronger you should be able to hold one leg up during the plank for an entire minute.

This is a great exercise to do at home while watching TV. As time progresses your core will become stronger, and you'll significantly improve your posture. Some fun exercises to keep that core strong!



# Thanksgiving Breakfast Ideas



November 23 is Eat a Cranberry Day so be sure to stock up on extra cranberries this Thanksgiving. Whether it is cranberry juice, jam, sauce, or just plain cranberries, they are a great addition to any meal. This “superfruit” is full of important antioxidants, vitamins and minerals, dietary fiber, and even contains anti-cancer agents. Be sure to include this delicious ingredient in your Thanksgiving meals and save some leftovers for Eat a Cranberry Day. Try our muffin recipe below for a delicious treat this holiday season.

## How to Make a Cranberry Muffin:

- 1 cup flour
- 1/2 cup whole wheat flour
- 1/2 cup oatmeal
- 1/3 cup brown sugar, packed
- 4 ounces unsweetened applesauce
- 3 tbsp honey
- 3 tsp baking powder
- 1/2 tsp salt
- 1 egg, slightly beaten
- 2 tbsp vegetable oil
- 3/4 cup skim milk
- 3 tbsp apple butter
- 1/2 cup dried cranberries

Optional: chopped walnuts



## Preparation:

1. Preheat oven to 400 degrees. Lightly grease or line a muffin tin.
2. In a medium bowl combine flours, oats, sugar, baking powder and salt.
3. In a small bowl, combine egg, oil, skim milk, honey, applesauce, apple butter and dried cranberries
4. Add to dry ingredients. Mix until dry ingredients are just moistened.
5. Fill muffin cups two-thirds full.
6. Bake for 17 to 20 minutes, or until muffins spring back when lightly touched.
7. Makes 12 whole wheat cranberry muffins.



# How to Make Cashew Treats



November 23 is also National Cashew Day, try not to go nuts. This holiday is an excellent reminder to snack on this healthy treat. Whether you like them plain, salted, roasted, or covered in sugar, cashews are a delicious snack or addition to recipes. Cashews are full of good fats, protein, fiber, and even antioxidants, but snack careful because good fat is still fat. So grab some cashews this holiday season and try our cashew treats or snack on them the way you like them. Either way, this day will be all its cracked up to be.



## Directions

1. Place the cashews and almonds in a food processor and pulse until very finely chopped.
2. Add the dates and process until the mixture is well blended and starting to clump together. (Grab a bit of the mixture between your fingers and see if it presses together cohesively. This is the consistency you are looking for.)
3. Add the 1/2 cup of coconut, vanilla, cinnamon, and salt, and process to combine.
4. Pour about a 1/4 cup of extra shredded coconut into a bowl.
5. Roll the mixture into about 20 small balls, then coat each one in coconut.

## Ingredients

- 1/2 cup cashews
- 1/2 cup almonds
- 1 cup fresh dates
- 1/2 cup shredded coconut
- 1/2 tsp vanilla extract
- 1/2 tsp ground cinnamon
- pinch salt
- extra shredded coconut to roll

# Running Advice for Thanksgiving



*"Running is the greatest metaphor for life, because you get out of it what you put into it."*

*-Oprah Winfrey*

Running has long been respected as an effective and healthy exercise. However, recent studies now suggest more benefits than we normally credit to the exercise. Although we are still continuing to learn how running can improve overall health, here are several benefits that may change the way you think about the exercise:

## 1) **Burn fat**

Running has proven to be one of the most effective (and simpler) fat burners. Compared to walking, running has been shown to burn twice as many calories in half as much time. Whether you're looking to shed a few pounds or get toned, running is a healthy alternative to less healthy means of weight loss.

## 2) **Improve brain function**

Running can improve other vital organs apart from the heart and lungs. Research has shown that running can improve mental coordination, memory loss, determination, and focus. At the University of Maryland, where the role of exercise in mental health has been studied, it has been reported that running can cause neurogenesis (growth of new brain cells) and angiogenesis (growth of new arteries), both of which increase brain volume. Running has also been used in other studies to fight the progression of degenerative diseases such as

Alzheimer's and dementia. Additionally, running can help improve mood and fight depression.

## 3) **Prevent bone loss**

The bones are made to respond to stresses placed on them, and as they adapt to those stresses, your bones become stronger. Because it is a



weight-bearing exercise, running places repetitive stress on your bones with each step, forcing them to respond and adapt to the demands placed on them. This is especially useful for fighting bone loss and degeneration (e.g. osteoporosis) normally seen in older age groups.

## 4) **Improve overall health and well-being**

In addition to the benefits listed above, running has been shown to improve immunity, increase cardiovascular and pulmonary capacity, improve heart health, lower bad cholesterol while raising good cholesterol, and significantly decrease the risk of countless diseases and medical problems such as high blood pressure, diabetes, strokes, heart attacks, and much more.

If you are not a frequent runner or are looking to add running to your exercise routine, there are a few precautions to take. Make sure to start with small goals and progress from there. Too much too soon is bad for your body, so it is important to reasonably progress yourself from baseline to allow your body time to adapt to your running.

Secondly, it is important have the proper footwear for running to prevent injury to your bones and joints. Your running shoes should provide good arch support to maintain the proper distribution of force that travels through your feet as you run. Your shoes should also offer good stability to prevent the risk of injury to your feet and joints, particularly your ankles and knees. When done safely, running may be one of the most beneficial single exercises you can do.

# The Results Are In!!!



Thank you to everyone who participated in the Shands Fitness and Wellness Center Membership survey. We had over 200 members complete the survey. I appreciate all of the feedback as it will help us become a better fitness and wellness center. Based on some of the feedback, we have already begun to implement some of the changes. I also would like to clarify a few areas that were brought up by our members.

## Membership Categories

### General Fitness

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.

**During the month of November, Mack Jean, one of our senior interns, will be scheduling fitness assessments and appointments to help our fitness members learn how to use the various pieces of equipment. He will be available Monday through Friday 10am-7pm; Thursday, November 1st through Friday, November 30<sup>th</sup>.**

### Medical Fitness

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.



## Bored With Your Current Workout???

Check out our predesigned exercise routines with beginner, intermediate and advanced exercises located at the front desk. We have various exercise routines that address your upper body, lower body and core. These workouts are designed by our staff and interns. Change up your exercise routine with one of our predesigned exercise workouts!

### 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).

### Free Parking!

Parking is free to all members. It is **only** to be used during the time you are working out in the fitness and wellness center.

If you work out prior to 8:30am or after 3:30pm, you do not need a parking pass to park in the garage. You have access to all areas of the garage. (Exceptions: please do not park in the Avant Garde or Bluegills parking spots at any time, 24 hour enforcement for those parking spots).

Between the hours of 8:30am-3:30pm, you must have a Shands Fitness and Wellness Center parking pass displayed on your dashboard. The parking pass is obtained from the staff at the fitness and wellness center. Each month you need to replace the parking pass.

# General Fitness Memberships



## 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, requires a one year membership

+does not apply to current members

#requires a one year membership

^initial 2 month membership, then converts to a month to month membership

### \$9.99 Rewards Membership

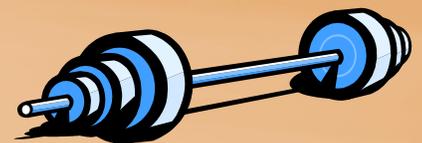
Will have limited hours that one can work out in the Shands Fitness and Wellness Center. **All \$9.99 members can work out Monday-Friday from 11am-3pm and 7pm-9pm, Saturday 7am-1pm only.** The membership will be for one year. One must attend 12 workouts or more each month to have the \$9.99 membership 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.

### \$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 membership, 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.

### \$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.



# 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.

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.

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.



## Personal Training

Personal training pricing will remain the same.

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



## *From the Desk of the Wasiknator*

Thank you to all of the members that completed the Shands Fitness and Wellness Center Survey. Your input is very valuable to us.

In this edition of Core Issues, I have outlined some of the topics that were brought up in the survey. Your feedback helped bring to light a few areas that needed clarification and attention.

Also, in this edition, I have outlined some new programming for our general fitness and Medical Fitness programs. We have added a \$9.99 Rewards Membership and a \$24.99 Rewards Membership in response to our members. The \$9.99 membership has a lower monthly fee with reduced hours for workouts. The \$24.99 membership offers a shorter commitment with a slightly higher membership fee.

With our Medical Fitness program, we have adjusted our memberships to be 12 visits/month with unlimited self-guided workouts and have kept our unlimited membership as well. There has been a slight increase in the fees for our Medical Fitness membership. All current Medical Fitness members may extend their current membership at the current rates prior to December 31, 2012. If you have any questions regarding these memberships, please feel free to contact me or my staff.

For our \$19.99 Rewards Members, you will only need to attend 10 visits in the months of November and December to pay \$19.99 for that month.

The Wasiknator

