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LOCAL  
GAINESVILLE  
EVENTS  
**NEWNAN'S**  
LAKE 15K JANUARY 25<sup>TH</sup>  
HOGGETOWNE MEDIEVAL FAIRE

ALACHUA COUNTY FAIR-GROUNDS JANUARY 25-26 & JANUARY 31-FEBRUARY 2, 2014 RIVER

WALKS AND WILDLIFE PROGRAM-  
**SO'LENO PARK**  
ROAD EVERY SATURDAY MORNING

# Core Issues Newsletter

VOLUME 1, ISSUE 1

JANUARY 2014

## National Blood Donor Month

January is National Blood Donor Month. It is estimated that about 44,000 blood donations are needed daily for hospital patients but because of the cold weather this time of the year, it is especially difficult to receive adequate donations. Organizations such as the Red Cross pay tribute to blood donors nationwide and encourage others to take action or even begin their own blood drive.

No matter what your reason may be, there is a constant need of donations to ensure that we can help those in need. If you are over 17 years old and at least 110 LBS then you may be eligible!



## Locations in Gainesville

### BLOOD MOBILES

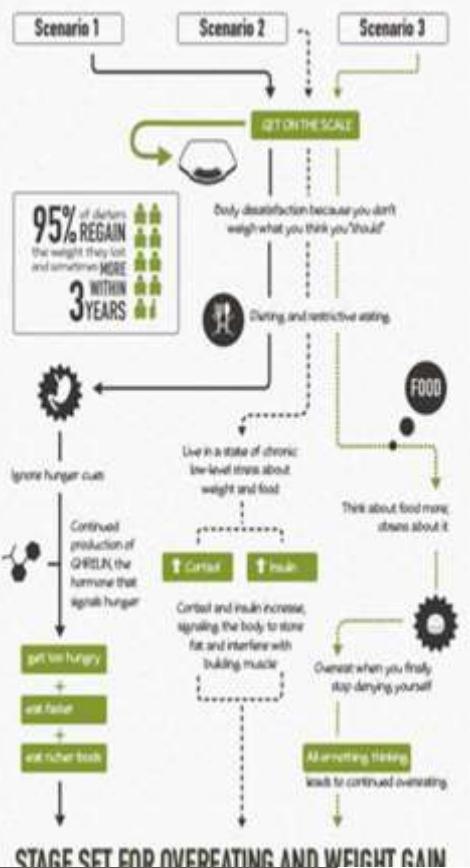
University of Florida-The Hub (January 24, 2014 10 AM-5PM)  
Spyglass Apartments (January 24, 2014 2PM-7PM)

### DONOR CENTERS

Regional Headquarters  
1221 NW 13<sup>th</sup> Street  
Gainesville, FL 32601

Corporate Headquarters  
4039 Newberry Road  
Gainesville, FL 32607

# Healthy Weight Week



## What Is It?

Healthy Weight Week is celebrated every year from January 19<sup>th</sup> through the 25<sup>th</sup> to veer away from the fad diets and focus on a healthier, diet-free lifestyle that will promote a positive body image for a lifetime. Although diets for the New Year may be successful, this will likely only last for a couple of weeks. The Healthy Weight Network hopes to encourage others to take actions towards living a healthier lifestyle and body acceptance.

## Why It's Important?

Our society's obsession with being thin has a serious effect on people's mental health. With the desire to attain an ideal body weight being strongly influenced by the media, about 24 million people of all ages and genders suffer from an eating disorder in the U.S.<sup>1</sup> That is why Healthy Weight Week is the first step in creating a healthier society. Stanford University School of Medicine found that 63 percent of participants in a study who had a positive body image were more successful at losing and maintaining weight for a year as compared to a 26 percent success rate for those who were discontent with their bodies.<sup>2</sup>

## What Can You Do?

The purpose of this week isn't about reaching a weight goal but creating a positive body image and creating healthy habits. The University of California, Irvine has provided activities that you can adapt for a lifetime. Choosing a few of these activities and gradually increasing them throughout the year will assist you in reaching your goals.

**Stop Dieting.** Instead of getting caught up with the diet trend and waiting to get thin, try focusing on what you can do now that will last you for a lifetime.

**Be active.** Instead of working out to burn off calories but for the energy and health benefits. Adults should aim for at least 20-30 minutes of physical activity for 5 days of the week.

**Build on your own special talents, interests and skills.** Feel good about yourself to create positive body image and self-esteem.

**Promote good relationships and communication.** Spend quality time with family, friends and acquaintances.

**Rediscover normal eating.** Try to eat at regular times during the day with typically three meals. Listen to your body and eat when you're hungry and stop when you're full.

**Eat well.** Balance out your meals to include all food groups: bread and grains, fruits, vegetables, milk and dairy, and meat.

**Relax and relieve stress in your life.** Stress can lead to many adverse health conditions such as high blood pressure, chest pain, back pain, indigestion, headaches, insomnia and anxiety. Try to incorporate about 10-15 minute relaxation sessions during the day.

**Respect and appreciate size diversity.** Recognize that beauty, health and strength come in all sizes.

# Recipe Of The Month

## Greek Chicken Pita

### Ingredients (serves 6)

6 chicken breast halves, boneless, skinless  
 2 tablespoons olive oil  
 1 teaspoon dried oregano  
 $\frac{1}{2}$  teaspoon salt, divided  
 1 cucumber

1 (8 ounce) container plain nonfat yogurt  
 1 clove garlic, minced  
 Red pepper flakes to taste  
 $\frac{1}{2}$  teaspoon ground coriander  
 6 whole wheat pita breads (6  $\frac{1}{2}$  inch diameter)  
 1 medium onion, thinly sliced

## Directions

Cut chicken breasts into 1-inch chunks. In a bowl, toss chicken with olive oil, oregano, and  $\frac{1}{4}$  teaspoon salt. Peel cucumber and cut lengthwise in half; with spoon scrape out seeds. Coarsely shred cucumber onto paper towels. Roll paper towels with shredded cucumber and press to remove as much liquid as possible from cucumber. In a small bowl, mix cucumber, yogurt, garlic, red pepper flakes, coriander and  $\frac{1}{4}$  teaspoon salt; set aside or refrigerate. Wrap pitas in foil and warm in 300° oven.

Meanwhile, cook chicken mixture in a skillet over medium-high heat until chicken is lightly browned on the outside and loses its pink color inside about 5 to 10 minutes. With slotted spoon, remove chicken to plate;

keep warm. In drippings in skillet over medium heat, cook onion slices (and other sliced/chopped vegetables, and beans) until just tender, about 10 minutes, stirring occasionally. To serve spread cucumber mixture on warm pitas; top with sliced lettuce, chicken, vegetables and tomato. Add a few chopped Kalamata olives for additional flavor.



### Nutrient Analysis per Serving:

Calories: 311  
 Protein: 22 g  
 Carbohydrate: 41 g  
 Fiber: 6 g  
 Fat: 8 g

# Predicted Popular Fitness Trends for 2014

**HIIT (High Intensity Interval Training):** Short intense bursts of exercises followed by short recovery breaks. Good intensive workouts for people with little time to get max results.

Ex: bodyweight training, sprints, plyometrics

**Fusion Fitness:** At least two types of workout into one. Benefits of fusion fitness include the muscle confusion concept and keeps motivation high by changing up routines.

Ex: Boxing and Pilates, running and strength training, Yoga and weight training or cardio.

**Obstacle Courses:** Races that involve a copious amount of exercises such as running and bodyweight strength exercises. These races allow for teamwork in a fun atmosphere!

Ex: Tough Mudder, Spartan Race, Warrior Dash

**Group Personal Training:** Groups of people led by one trainer. Perks to group fitness include a high motivational atmosphere and a more affordable way to get professional guidance.



## New Types of Exercises you might want to try for 2014

**Aqua Zumba-** Same high energy Zumba workout but just moved into a pool. Fun and easier on your joints.

**Tramping-** High energy, low impact, cardio class performed on trampolines.

**Yoga on the roof-** Yoga class performed on the roof while facing the sun. Creates a nice, relaxing setting especially during sunrise and sunset.

**Spin in a pool-** Spin class with a bike submerged in a waist deep pool. Low impact with a high calorie burn.

**SUP Yoga-** (Stand Up Paddle Yoga) Yoga performed on a stand up paddle board. Takes balance training and core stabilization to another level while enjoying the sun, blue sky, and cool breeze around you. If you aren't a water person, then there are indoor classes also available with boards hovering on 3-4 stability balls to give you the same wobble effect.

**Aerial Yoga-** aka antigravity yoga. Yoga performed in an anti-gravity hammock suspended from the ceiling helping you build strength and flexibility.

# Fun Facts



Hamster usually only blink one eye at a time.

## WTF fun fact #1682

Putting dry tea bags in gym bags or smelly shoes will absorb the unpleasant odor.



# Exercise of the Month

## Resistance Band Seated Row

Start off by wrapping the band around a sturdy object in front of you. Then you are going to want to have your arms extended with palms facing down. Squeeze the back to pull the elbows in just a bit past the mid-line of the body. Slowly bring your arms back to the starting position and repeat. A medium to heavy band works best.



## Dessert of the Month

### Almond Butter Health Balls

Makes 20-25 rich and gooey balls

1 cup creamy raw almond butter  
scant 1/3 cup honey  
1 tablespoon unsweetened cocoa powder  
1 teaspoon ground cinnamon  
1/4 teaspoon sea salt  
1/3 – 1/2 cup raw sesame seeds, for rolling

#### Optional add ins:

1/2 cup unsweetened shredded coconut  
1/3 cup (packed) pitted Medjool dates, chopped (about 5 dates)  
1/4 cup raw sunflower seeds



In a large bowl, mix the almond butter, honey, cocoa powder, cinnamon, and salt to combine. Stir in the shredded coconut, dates, and sunflower seeds.

Form the dough into 1 1/2-inch balls, handling them as little as possible to avoid melting the almond butter too much. Roll the balls in the sesame seeds to coat. Store in an airtight container in the refrigerator. (The balls taste best after they have had a chance to firm up in the refrigerator for several hours.)

# Message from Traye McGehee, ATC Clinical Coordinator

It is hard to believe that almost a month has already gone by in this New Year! I hope everyone had a wonderful holiday season. Many of us probably made a resolution to lose weight, get in shape, or to increase one's overall level of physical fitness. Hopefully everyone who made this resolution is succeeding at keeping it and you are starting to see some results from your hard work. Just remember to take baby steps if you have never exercised before or just starting back after a long time off. Also, you should always consult an Exercise Specialist if you don't know how to begin an exercise program or if you have questions about a particular exercise or piece of exercise equipment.

The New Year has brought about some new beginnings at UF Health Fitness and Wellness Center. We welcome a new staff Exercise Specialist to our team, (Kelly Harkins, MS, ATC), as well as four new interns who will be with us during the spring semester. A brief bio of each can be found in the attached "Meet the Staff" addendum to this newsletter. Another new beginning is that I was named Clinical Coordinator for UF Health Fitness and Wellness Center. This is a very exciting time for me and I look forward to the opportunity to lead my staff and to continue to provide excellent service to all of our members.

I want to thank the members of UF Health Fitness and Wellness Center for all the kind words and words of encouragement upon hearing that I had been named Clinical Coordinator as well as thank each and every one of you for being a member of the fitness center. Our goal as a staff is to always provide excellent customer service. Please let me or one of my staff know if you would like any assistance in achieving your fitness goals. Please also contact me anytime with any questions, comments, or concerns that you may have.

Traye McGehee, ATC  
Clinical Coordinator UF Health Fitness and Wellness Center

# 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  
Gainesville, FL 32608  
Phone: (352) 733-0843  
Fax: (352) 733-0861

Hours of Operation:  
Monday-Friday 5:30 AM-  
9:00PM  
Saturday 7AM-1PM  
Sunday: CLOSED

**UF Health 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, UF Health Fitness and Wellness Center is located in the Shands Cancer Hospital parking garage on SW 13th Street on the 1st floor.**