

# CORE ISSUES NEWSLETTER



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## St. Patrick's Day!



Everyone knows to wear green on St. Patrick's Day so you don't get pinched but do you know much more about the holiday? Do you know why it is celebrated on the 17<sup>th</sup> of March? Who St. Patrick was? Why shamrocks to represent this holiday?

St. Patrick was the man who is credited with bringing Christianity to Ireland. He was born in Britain during the 4<sup>th</sup> century. When he was a teenager, St. Patrick was taken to Ireland by Irish raiders and enslaved. After six years, he managed to escape and become a priest once returning back to Britain. Not long after, St. Patrick decided to go back to Ireland and spread the teachings of Christianity as a missionary. Upon his return to Ireland, it was said that he used the Shamrock to explain the Holy trinity to the pagans. For thirty years he continued to baptize newly converted Christians and establish monasteries, churches, and schools. St. Patrick died on March 17<sup>th</sup>, hence why the holiday is celebrated on this day.

### Local Events:

Rim Ramble Hike at Payne's Prairie: Saturday March 15<sup>th</sup> at 8 am

Meet at La Chua Trail for a guided 3.5 mile tour. Cost is \$5 per person

Family Day at the Dairy Farm: Saturday March 15<sup>th</sup> 9am-2pm

Family Day includes a tour of the Dairy Farm where you will enjoy butter making, calf petting, a hay ride, and much more. The event is free to the public

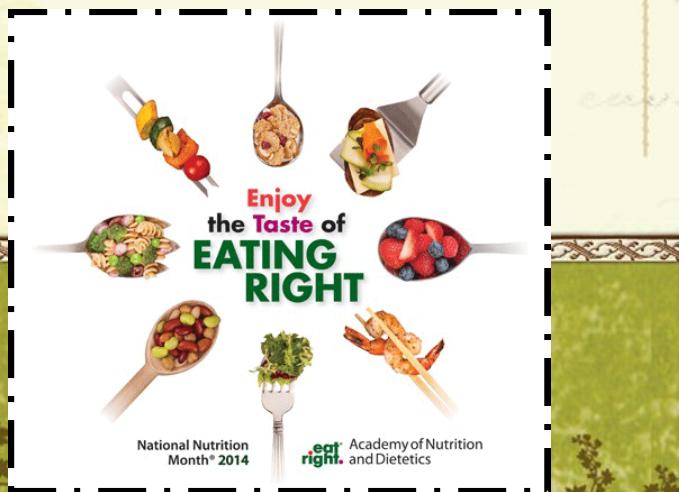
TriGator Super Sprint: Sunday March 30<sup>th</sup> at 8:30am @ Ben Hill Griffin Stadium

Swim 250 yards, Bike 3.4 miles, and Run 1.1 miles

# National Nutrition Month

March is recognized at National Nutrition Month which is dedicated to helping individuals live a healthier lifestyle. "National Nutrition Month" is a federally registered trademark of the Academy of Nutrition and Dietetics that has been used to help with a campaign with educating and informing on healthy eating habits and engaging in regular physical activity. The Academy of Nutrition and Dietetics consists mostly of registered dieticians and nutritionists who hope to help others with achieving the optimum nutrition and lifestyle.

National Nutrition Month originated in 1973 and since then has continually increased in popularity with the enthusiasm of the members of the Academy and all of the media coverage that followed along with the campaign which consisted of announcements, posters and tents that were set up. Each year, the number of members continued to increase which resulted in significant improvements in their campaigns the distribution of their materials.



The theme for March 2014 National Nutrition Month is "Enjoy the Taste of Eating Right". While there are many factors that may play a role in choosing one's diet, research has shown that the most important factor was the taste of food. That is why the main focus of this year's campaign is to promote ways to create meals that are not only tasty but that are also nutritious and follow dietary guidelines.

Here are some easy ways to enhance the flavor of your food!

- Try high-heat cooking techniques such as pan-searing, grilling, and broiling to intensify flavors
- Grill or roast veggies in very hot (450 degrees) oven or grill and spray or brush it lightly with oil beforehand so it doesn't dry out
- Spice things up with peppers!
- Adding acidic ingredients help lift and balance flavor.

# Recipe of the Month

## Stuffed Bell Peppers!

### Ingredients

- 1 cup quinoa
- 2 red bell peppers
- 1 tsp olive oil
- 1 clove minced garlic
- 1 1/2 tbsps fresh parsley (chopped)
- 1 cup tomatoes (chopped)

- 1 cup broccoli florets
- ½ cup diced onions
- 1 small zucchini, diced
- 1 bell pepper of your choice, diced
- 2 teaspoons Italian seasoning
- 1/2 cup canned black beans, drained and rinsed



### Directions:

1. In a skillet heat the olive oil on medium heat and add the garlic. Sauté the garlic until it becomes fragrant.
2. Add the onion to the skillet and cook until translucent.
3. Add the chopped zucchini, tomatoes, and pepper to the onion and garlic along with the Italian seasoning, sautéing a few minutes more, until the vegetables become soft.
4. Add the cooked quinoa, cooked broccoli, parsley and black beans. Cook until mixture is hot, reduce heat to low and prepare the peppers. Bring a large pot of water to boil.
5. Cut the tops off of the 4 large bell peppers, rinse and take out the seeds. Blanch the peppers in the boiling water for a few minutes, watching them carefully. You do not want them to get too soft or they will not stand.
6. Preheat the oven to 350F. Stand the blanched peppers up in a baking dish and stuff them with the Italian bean/rice mixture.
7. Top with grated soy mozzarella cheese if desired and bake for 10 minutes. Broil the peppers for the last few minutes of the baking time if using cheese, until the cheese is melted.



# Dessert of the Month

## *Triple Berry Delight*

### Ingredients

- 1 cup whipping (heavy) cream
- 2 tablespoons sugar
- 2 cups Yoplait® Thick & Creamy vanilla yogurt (from three 6-ounce containers)
- 1 round angel food cake (8 inches in diameter), cut into 1-inch pieces
- 1 cup fresh blueberries
- 1 cup quartered fresh strawberries
- 1 cup fresh raspberries



### Directions

1. In chilled medium bowl, beat whipping cream and sugar with electric mixer on high speed until stiff peaks form. Gently stir in yogurt. *Decorative flourish*
2. Place cake pieces in large bowl; gently stir in yogurt mixture. In medium bowl, gently mix berries.
3. Spoon half of the cake mixture into 9-inch springform pan; press firmly in pan with rubber spatula. Top with half of the berries. Repeat with remaining cake mixture; press with spatula. Top with berries. Cover and refrigerate at least 4 hours or overnight.
4. Run metal spatula carefully along side of dessert to loosen; remove side of pan. Cut dessert into wedges.



# March Madness



The history of March Madness originated in the state of Illinois. It started off as a annual tournament for all of the high school basketball teams in the area. It was sponsored by "IHSA" (Illinois High School Association) in 1908 and grew to over 900 schools competing in the tournament by the 1930's. There were a slew of teams that were coined the "Sweet Sixteen" which drew sellout crowds to the University of Illinois and thus March Madness was born. The term "March Madness" was coined by Henry V. Porter who started his career as a teacher and coach at Athens High School in central Illinois. He thought that the term would be a perfect fit to describe the excitement surrounding the Illinois State high school tournament. The first time that "March Madness" appeared in the IHSA Journal was in 1939.



## March Madness Today

Though the name remains the same, it is quite different nowadays than the original version of it. Similar to what was coined in 1908 as the "Sweet Sixteen" it is called the "Elite Eight". It signifies the best eight teams in each of the divisions or class, which consists of 1A, 2A, 3A and 4A. They range from the smallest schools all the way up to the largest schools. They also now have an exciting contest called "The Happening" which features the states best 3-point shooters and dunkers. They incorporated this event into the tournament to draw an even bigger crowd and to show case some individual skills. Nowadays everyone who is an avid basketball fan always looks forward to the exciting month of march solely because of March Madness.



cause of March Mad-



# Member Spotlight

This month's Member Spotlight is on Julie Sablik! Julie has been a member of the Medical Fitness Program since November of 2012! She decided to join the Medical Fitness program because, as a former athlete, she was used to having a coach guide her through workouts and this program offered her just what she was looking for! Julie says that even though it's a smaller gym, you really get to know all the trainers and that there is a family feel here. She says in the time she has been a member here that she feels more energized, toned, and just healthy overall. Julie has lost 20 pounds during her time here! When asked if living a healthy lifestyle is important to her she said, "Living a healthy lifestyle has always been very important to me. When you feel healthy and good about yourself it positively impacts all the other aspects of your life and even has the power to inspire others around you to start living a healthy lifestyle." Keep up the good work Julie!

#beast

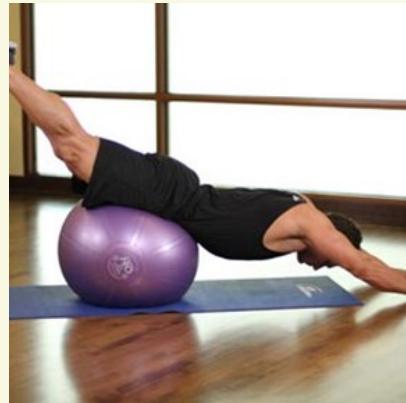


# Exercises of the Month

## 1) Downward Facing Balance

Main muscle: Gluteus

Other muscles worked: Hamstrings and Back



## 2) Side Jackknives

Muscles worked: Obliques



# Fun Facts



Mosquitoes prefer certain blood types, and people with the "O" blood type are more likely to get bitten.



This is what Japanese dwarf flying squirrels look like



Apples are more efficient at waking you up in the morning than caffeine.



# Message from Traye

March Madness is beginning and the Gators look as though they will be a #1 seed following the SEC tournament this weekend. It is an exciting time if you are a basketball fan but it can also be one that affects our dietary habits negatively with too much snacking on high calorie foods and beverages. Unfortunately, Saint Patrick's Day is another day that can lead to over-consumption of "empty" calories. Personally, I don't advocate depriving oneself of their favorite snack foods as it tends to make one want it more. A doable alternative is to keep fruits and vegetables around the house that are easily accessible with plenty of water to drink. If you are out to eat look to include a healthy alternative in your meal that many restaurants now include in the menu. In fact now would be a good time to start making this a healthy habit and incorporate it into our lifestyle since many of us will be spending a fair amount of time in front of the television in the upcoming weeks. I hope you all have a Happy and Healthy Saint Patrick's Day and GO GATORS!!!!!!



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

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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.

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 UF Health Shands Cancer Hospital parking garage on SW 13th Street on the 1st floor.