

Core Issues Newsletter



Mental Health Awareness Month!

May is Mental Health Awareness month. It was established in 1949 in hopes to bring attention to how many people actually suffer from mental health issues. Today, that number is one in four Americans. Many people don't consider or even think about mental health as an importance as compared to physical health. However, you need a balance of good mental health and physical health to be considered overall a healthy individual; don't ignore one over the other. Some illnesses, disorders, or issues that people can suffer from include: depression, anxiety disorders, deficit hyperactivity disorder, bipolar disorder, eating disorders, personality disorders, and drug abuse; just to name a few. These should not be ignored but rather acknowledged and one should seek treatment.

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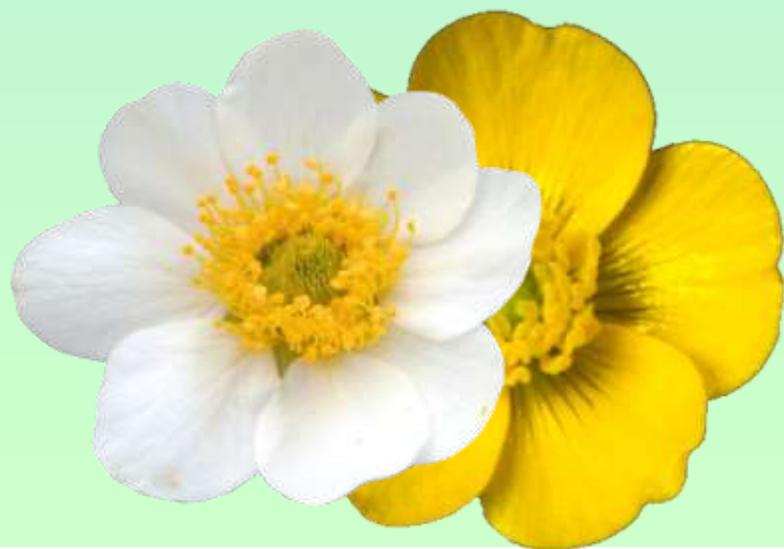
Local Events/ Important Dates:

- **Mothers Day! Sunday May 11th**
- **3rd Annual Stroke Fair: May 8th 10am-12pm**
Shands Rehab Hospital Gainesville, FL

Goal is to increase stroke awareness

- **Moonlight Walk: Saturday, May 10th 7:00p**
Kanapaha Botanical Gardens Gainesville, FL

Twinkle lights, lanterns, and approximately 1500 luminaries along a 1.25 mile walkway. There will also be live entertainment, food, and refreshments. Adults \$10, children ages two to thirteen \$5, and members receive a \$2 discount. No pets allowed



Recipe Of The Month



Quinoa Vegetable Salad

Ingredients :

Original recipe makes 5 cups

- 1 teaspoon canola oil
- 1 tablespoon minced garlic
- 1/4 cup diced (yellow or purple) onion
- 2 1/2 cups water
- 2 teaspoons salt
- 1/4 teaspoon ground black pepper
- 2 cups quinoa
- 3/4 cup diced fresh tomato
- 3/4 cup diced carrots
- 1/2 cup diced yellow bell pepper
- 1/2 cup diced cucumber
- 1/2 cup frozen corn kernels, thawed
- 1/4 cup diced red onion
- 1 1/2 tablespoons chopped fresh cilantro
- 1 tablespoon chopped fresh mint
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 2 tablespoons olive oil
- 3 tablespoons balsamic vinegar



Directions:

1. Heat the canola oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes. Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes. Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold.
2. Stir the tomato, carrots, bell pepper, cucumber, corn, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper. Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

Dessert Of The Month

Chocolate Almond Macarons

TIME: 50 minutes

SERVINGS: 6

Ingredients:

3/4 c blanched almonds

1/2 c sugar, divided

4 egg whites

1/4 c unsweetened cocoa powder

1 tsp vanilla extract

1/2 tsp almond extract



1. Preheat the oven to 325°F. Line 2 large baking sheets with parchment paper.
2. Toast the almonds in a large deep skillet over medium heat, stirring often, for about 3 minutes or until golden. Tip into the bowl of a food processor fitted with a metal blade.
3. Add 1 tablespoon of the sugar. Process until the almonds are finely ground.

4. Beat the egg whites with an electric mixer on high speed until the whites hold soft peaks. Gradually beat in the remaining sugar until the whites hold stiff peaks. Beat in the cocoa, vanilla extract, almond extract, and salt. Gently fold in the almonds.

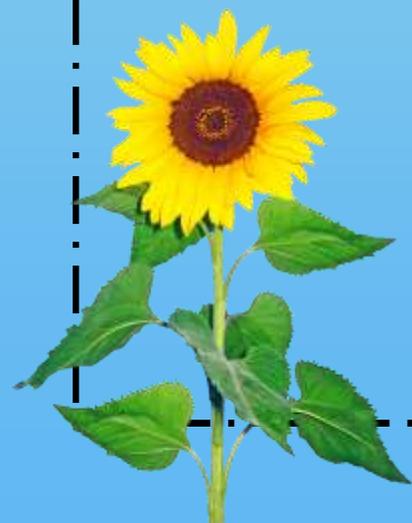
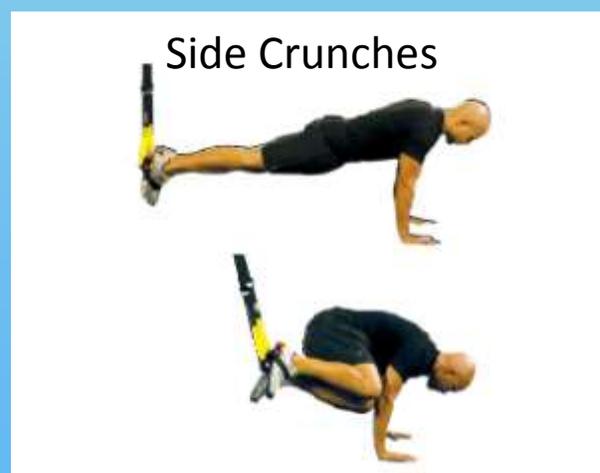
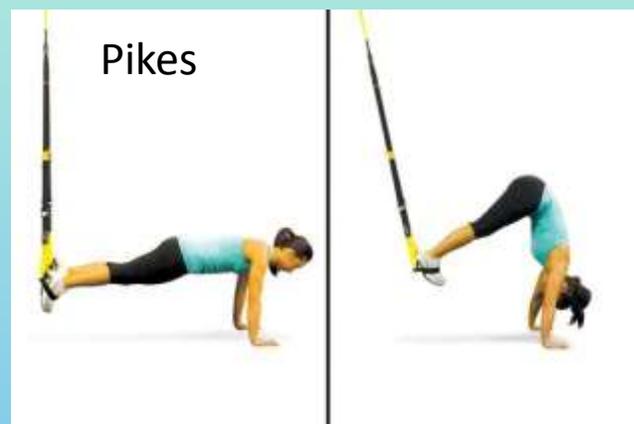
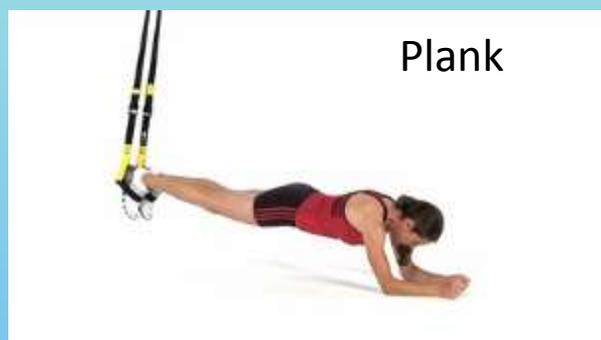
5. Drop the mixture by rounded tablespoons onto the prepared baking sheets, leaving 1" between each macaroon. Bake for 27 to 30 minutes or until very lightly browned. Place



Exercises Of The Month

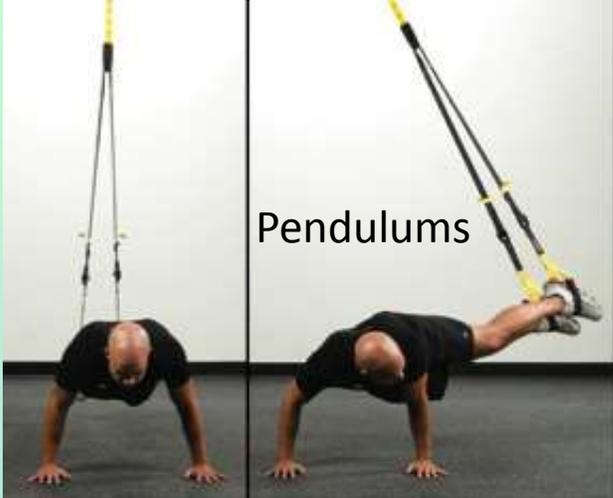


TRX Ab Exercises





Mountain Climbers



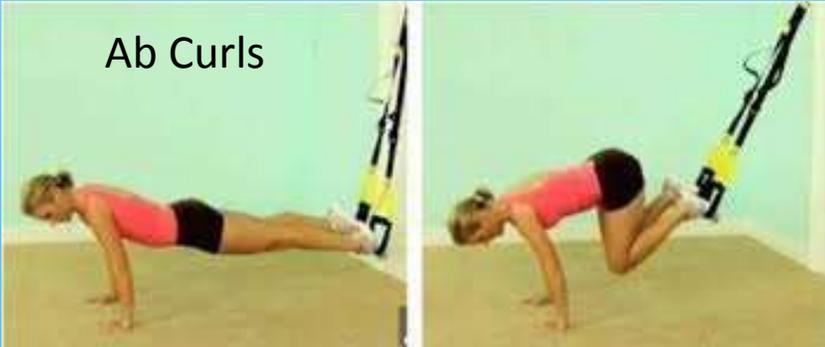
Pendulums



Side Plank



Ab Curls with Push Up



Ab Curls

Member Spotlight

Robert Brinson

When did you start working out here?

“I started working out in early 2012 because my wife belonged to the medical fitness program here and the personal training here appealed to me so I decided to sign up. “

Why he continues to work out here.

Bob enjoys the atmosphere and the trainers, he feels like he is progressing daily.

Where do you find the motivation?

I make it daily routine and I don't want to lose everything that I have accomplished thus far so I continue to pursue the fitness lifestyle.

Accomplishments made?

I continued to lose weight which totaled roughly 40 pounds and at the age of 70 I feel better than when I was in my late 40's.

Hobbies- Disc golf, hiking, being outdoors, adventures that includes hiking the grand canyon.



Caffeine: How does it really affect our health?



How many cups of coffee do you drink each morning when you are getting ready to start your day? One cup? Four cups? The average amount of

caffeine that is consumed in the US is about 300 mg per person per day according to the FDA which is about two to four cups of coffee. Some recent studies show that there are a variety of health benefits to consuming a moderate amount of caffeine. However, there are still some studies that show there is a negative impact on our health from caffeine intake so this article will show both sides to this story.

First off, what is caffeine? It's a natural stimulant that's naturally derived from 60 different plant sources. Caffeine stimulates the central nervous system to combat sleepiness. The effects of caffeine can be felt within 15 minutes of ingesting it and last for up to 6 hours!!

There are quite a few potential health benefits from caffeine. One study showed that having 3 cups of coffee a day could reduce the risk of liver cancer by 50%. Another recent study showed that drinking 4 cups of coffee a day could cut the risk of mouth and throat cancer in half. Some other studies have shown that ingesting caffeine may protect against type 2 diabetes, Parkinson's disease, cardiovascular disease, and stroke.

The negative effects of caffeine mostly come from having very large doses of it. According to the Mayo Clinic, consuming more than 500-600 mg of caffeine a day could lead to insomnia, nervousness, restlessness, irritability, upset stomach, fast heartbeat, and even muscle tremors. Also, there was a previous study that showed even caffeine in moderate amounts during pregnancy could increase the risk of low birth weight babies.

The thing to take away from all of these studies is that caffeine affects everyone in different ways and that different amounts of caffeine affect people in many different ways.



Message from T raye

The fitness and wellness industry is filled with many different gadgets and gimmicks not unlike many other industries. While many of these gadgets/gimmicks claim to be the latest and greatest and will sculpt your body and help you lose weight with little to no effort one must be wary of these types of claims. A good rule of thumb that I'm sure everyone has heard is "If it sounds too good to be true, then it probably is!" One fairly new gadget that is on the market that I feel is worthy of looking at more closely if you are serious about keeping track of your physical activity as well as calorie expenditure and intake on a daily basis is the Fitbit or Nike Fuel band. I personally have used the Fitbit and have been pleasantly surprised at its ease of use and accuracy of measurement. This gadget doesn't claim to make attaining fitness easy or to melt the pounds off while being a "Couch Potato", but it makes keeping track of your daily activity and the "Sweat Equity" you are putting into becoming more fit.

As a reminder our Sport Performance camp begins on June 9th and runs through August 7th. This camp is open to individuals age 12 and older and will emphasize strength, power, speed and agility. Please contact the fitness center for more information.



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) 733-0834

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!

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