

# Core Issues Newsletter

## National Great Outdoors Month!

June is National Great Outdoors Month! Since June of 1996, leaders in recreation have been meeting in Washington D.C. to show the economic importance of outdoor recreation and implement various recreation initiatives. Great Outdoors Month is all about spending time outdoors engaging in whatever your favorite activities may be. In Gainesville there are many areas to enjoy being outside such as Paynes Prairie, La Chua Trail, **San Felasco Park, Devil's Milhopper, Hawthorne Trail** and many others. This June do some exploring of Gainesville and the surrounding areas with your family and enjoy the Great Outdoors!

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### *Local Events:*

- **Schools Out Family Fest**  
Saturday, Jun 7 11:00a to 5:00p  
Forge Farm and Prairie Creek Lodge Gainesville, FL Live music geared toward kids from great local bands, local food vendors, arts and crafts, games, nature walks, food and garden workshops, water fun, and more!
- **Armageddon Ambush - The Extreme Mud Run**  
Saturday, Jun 28 8:30a to 4:00p  
Waldo Motorsports Waldo, FL Runners will combat end of the world disasters and live through it....maybe.



## Recipe of the Month

### Spaghetti Squash with Turkey Vegetable Ragu



#### Ingredients:

- 2 tsp olive oil
- 1 large (28oz) can of diced or crushed tomatoes
- 1 large zucchini, large dice
- 2 yellow squash, large dice
- 1 med onion, chopped
- mushrooms, roughly chopped
- 2 cloves garlic, minced
- 1/2 lb ground turkey, cooked and seasoned
- 1 large spaghetti squash

#### Directions:

1. In a large heated sauté pan, drizzle a couple of teaspoons of olive oil and add onions and garlic.
2. Cook onions and garlic for 3-4 minutes until softened.
3. Add zucchini, squash, and mushrooms and continue to cook for 5-7 minutes over medium high heat. Season vegetables with salt and pepper to taste.
4. Then add ground turkey and tomatoes, combine and let cook through.
5. Continue to simmer for about 10 minutes.
6. Cook Spaghetti Squash: Poke some holes in the squash and microwave it for 4-5 minutes to make the skin easier to cut through. Cut spaghetti squash in half long ways, clean out the seeds and membranes, then place open side down in a baking dish filled with about a 1/4 cup of water. Cover with plastic wrap and microwave for another 4-5 minutes depending on the size of the squash (refer to the sticker on the squash for more exact times). Once cooked, let cool a bit.
7. Scrape out stringy flesh of cooked spaghetti squash into plate and serve with sauce. Add Parmesan and red pepper flakes to taste.



# Dessert Of The Month

## Delightfully Baked Apples



### Ingredients:

- 4 large good baking apples
- 1/4 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup chopped pecans
- 1/4 cup currants or chopped raisins
- 1 Tbsp butter
- 3/4 cup boiling water



### Directions:

- Preheat oven to 375°F. Wash apples. Remove cores to 1/2 inch of the bottom of the apples. It helps if you have an apple corer, but if not, you can use a paring knife to cut out first the stem area, and then the core. Use a spoon to dig out the seeds. Make the holes about 3/4-inch to an inch wide.
- In a small bowl, combine the sugar, cinnamon, currants/raisins, and pecans. Place apples in a 8-inch-by-8-inch square baking pan. Stuff each apple with this mixture. Top with a dot of butter (1/4 Tbps).
- Add boiling water to the baking pan. Bake 30-40 minutes, until tender, but not mushy. Remove from the oven and baste the apples several times with the pan juices.



# Exercise Of The Month

## June Abs of Steel Challenge

[www.stephanniestallardfitness.com](http://www.stephanniestallardfitness.com)

<b>1</b> 15 sit-ups 5 crunches 5 leg raises 10s plank	<b>2</b> 20 sit-ups 8 crunches 8 leg raises 12s plank	<b>3</b> 25 sit-ups 10 crunches 10 leg raises 15s plank	<b>4</b> REST DAY	<b>5</b> 30 sit-ups 12 crunches 12 leg raises 20s plank	<b>6</b> 35 sit-ups 15 crunches 15 leg raises 25s plank	<b>7</b> 40 sit-ups 20 crunches 20 leg raises 30s plank
<b>8</b> REST DAY	<b>9</b> 45 sit-ups 30 crunches 30 leg raises 35s plank	<b>10</b> 50 sit-ups 50 crunches 30 leg raises 38s plank	<b>11</b> 55 sit-ups 65 crunches 33 leg raises 42s plank	<b>12</b> REST DAY	<b>13</b> 60 sit-ups 75 crunches 40 leg raises 50s plank	<b>14</b> 65 sit-ups 85 crunches 42 leg raises 55s plank
<b>15</b> 70 sit-ups 90 crunches 42 leg raises 60s plank	<b>16</b> REST DAY	<b>17</b> 75 sit-ups 100 crunches 45 leg raises 65s plank	<b>18</b> 80 sit-ups 110 crunches 48 leg raises 70s plank	<b>19</b> 85 sit-ups 120 crunches 50 leg raises 75s plank	<b>20</b> REST DAY	<b>21</b> 90 sit-ups 130 crunches 52 leg raises 80s plank
<b>22</b> 95 sit-ups 140 crunches 55 leg raises 85s plank	<b>23</b> 100 sit-ups 150 crunches 58 leg raises 90s plank	<b>24</b> REST DAY	<b>25</b> 105 sit-ups 160 crunches 60 leg raises 95s plank	<b>26</b> 110 sit-ups 170 crunches 60 leg raises 100s plank	<b>27</b> 115 sit-ups 180 crunches 62 leg raises 110s plank	<b>28</b> REST DAY
<b>29</b> 120 sit-ups 190 crunches 62 leg raises 115s plank	<b>30</b> 125 sit-ups 200 crunches 65 leg raises 120s plank	<b>30-day AB challenge</b>				

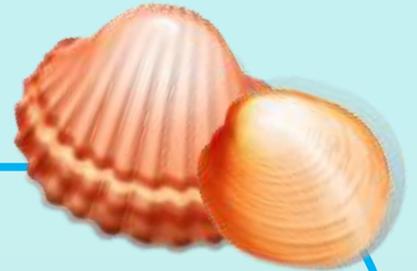


## 30 DAY BURPEE CHALLENGE

[www.30dayfitnesschallenges.com](http://www.30dayfitnesschallenges.com)

<b>DAY 1</b> 5 BURPEES	<b>DAY 16</b> 50 BURPEES
<b>DAY 2</b> 10 BURPEES	<b>DAY 17</b> 55 BURPEES
<b>DAY 3</b> 15 BURPEES	<b>DAY 18</b> 60 BURPEES
<b>DAY 4</b> 20 BURPEES	<b>DAY 19</b> 65 BURPEES
<b>DAY 5</b> REST DAY	<b>DAY 20</b> REST DAY
<b>DAY 6</b> 20 BURPEES	<b>DAY 21</b> 65 BURPEES
<b>DAY 7</b> 25 BURPEES	<b>DAY 22</b> 70 BURPEES
<b>DAY 8</b> 30 BURPEES	<b>DAY 23</b> 75 BURPEES
<b>DAY 9</b> 35 BURPEES	<b>DAY 24</b> 80 BURPEES
<b>DAY 10</b> REST DAY	<b>DAY 25</b> REST DAY
<b>DAY 11</b> 35 BURPEES	<b>DAY 26</b> 80 BURPEES
<b>DAY 12</b> 40 BURPEES	<b>DAY 27</b> 85 BURPEES
<b>DAY 13</b> 45 BURPEES	<b>DAY 28</b> 90 BURPEES
<b>DAY 14</b> 50 BURPEES	<b>DAY 29</b> 95 BURPEES
<b>DAY 15</b> REST DAY	<b>DAY 30</b> 100 BURPEES

# Member Spotlight



## Dr. Ted Copeland

### **What's your favorite dessert?**

Lemon Meringue Pie

### **What's your favorite animal?**

Cats! Dr. Copeland has had his cat for 6 years now and he likes it because it acts like a dog

### **What are some of your hobbies?**

Fishing and Golfing

### **What's your favorite exercise?**

He enjoys riding the recumbent bike because "you can talk while you ride".

### **How long have you been working out here?**

4 months

### **What was your life profession?**

Dr. Copeland was the Chairman of Surgery at the University of Florida and is retired now

### **Where did you go to school?**

Duke University – Undergrad

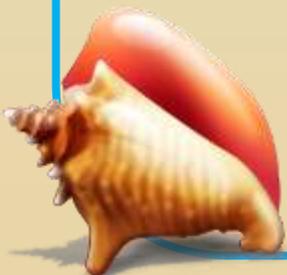
Cornell University – Med School

University of Pennsylvania – Residency

### **Interesting facts?**

Has 2 grandchildren

Dr. Copeland was in the army for 2 years. One of those years he was in Vietnam and was awarded a bronze star medal.





## Fun Facts

On average, there are 178 sesame seeds on each McDonalds BigMac bun.



Cats can hear ultrasound.

A lion's roar can be heard from five miles away.



The Main Library at Indiana University sinks over an inch every year because when it was built, engineers failed to take into account the weight of all the books that would occupy the building.



## Skin Cancer:

### Detection and Prevention Tips



#### The ABCs to Skin Cancer Early Detection: Signs of Abnormal Moles

1. **Asymmetry** - not symmetrical
2. **Border Irregularity** - have borders that are rough, jagged, uneven, and/or blurry
3. **Color** - not uniform in color but have more than one color or shade.
4. **Diameter** - are bigger than a pencil eraser. This includes moles that do not have any other abnormalities (color, border, asymmetry).
5. **Evolution** - moles that make any changes to symmetry, borders, colors, and diameter of an existing mole.

Skin Cancer is the abnormal, uncontrollable growth of skin cells due to DNA damage that can be a result of UV exposure from the sun or tanning bed rays. The unrepaired damaged DNA causes genetic defects and mutations that results in the abnormal growth and formation of malignant tumors. One in every five people will develop skin cancer in their lifetime. It is the most common type of cancer here in the U.S. with the number of new cases each year being more than breast, lung, colon, and prostate cancers combined. Therefore it is important to be informed, use preventative methods, and have a skin check performed by your primary physician or dermatologist annually.

#### Prevention Tips:

- ◆ Use a broad spectrum (UVA/UVB) sunscreen
- ◆ Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- ◆ Examine your skin head-to-toe every month.
- ◆ Avoid tanning and UV tanning booths.
- ◆ Skin cancer also can form on the lips. To protect your lips, apply a lip balm or lipstick that contains sunscreen with an SPF of 30 or higher.

# Message from T raye

Have you ever lost your motivation to exercise? Don't be afraid to admit it because it happens to most if not all of us at some point. What many of us need is to add variety to our workouts. Fortunately, making small changes frequently can have a big effect on changing our levels of fitness. What is the best way to change your workout? I would suggest any way that keeps you interested and challenged. Some simple ideas to add variety to your workout are as follows: 1. Try interval training with a stopwatch-count time instead of repetitions. 2. Try varying the equipment that you use between free, machine, and cable weights along with basic body weight exercise. 3. Alternate days of heavy lifting with fewer repetitions with light lifting and increased repetitions. Another way you may choose to add variety to your workouts is to enlist the services of a fitness professional through either personal or group training or by participating in the Medical Fitness program that we offer at the fitness center. If any of these options interest you make sure to speak to an exercise specialist upon your next visit to the fitness.

A colorful plate is a healthy plate! The beginning of summer allows us to enjoy many locally grown fresh fruits and vegetables. The more colors you eat every day, the more nutrients you have in your diet. Try some new fruits and vegetables this summer with fun and creative recipes. You can also do the following to add color to your diet: Put berries or fruit in your yogurt, make veggie-kebobs for the grill, add new fruit to smoothies, put vegetables in soup and pasta dishes, purchase pre-peeled or pre-cut produce, or start your day with fruit in your oatmeal or cereal.

I hope everyone is having a great beginning to summer and I look forward to seeing you at the fitness center!

Traye McGehee, ATC

Coordinator UF Health Fitness 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

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.