



Core Issues Newsletter

OCTOBER 2014

Breast Cancer Awareness Month



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Breast cancer in the U.S.

This month is focused on breast cancer awareness. Proper breast health is of the utmost importance. This includes regular breast examinations, mammograms, and knowing what questions to ask a physician and when. Take advantage of the months activities to celebrate the women and men who are working towards maintenance and recovery.

This issue also includes a small segment on Hispanic Heritage month at UF, health friendly recipes, and new exercises for October. On behalf of the UF Health Fitness and Wellness staff, enjoy this month's core issues newsletter.



Breast Cancer Awareness Month

October 1st-31st

According to the American Cancer Society, some important statistic estimates regarding breast cancer in 2014 are:

- About 232,670 new cases of invasive breast cancer will be diagnosed in women
- About 1 in 8 U.S. women (about 12%) will develop invasive breast cancer over the course of her lifetime.
- In 2014, an estimated 232,670 new cases of invasive breast cancer were expected to be diagnosed in women in the U.S., along with 62,570 new cases of non-invasive (in situ) breast cancer.
- About 2,360 new cases of invasive breast cancer were expected to be diagnosed in men . **A man's lifetime risk of breast cancer is about 1 in 1,000.**

Common Dieting Mistakes

- **Buying "Fat-Free/ Sugar-Free"**

- These buzz words are being put on all sort of food items tricking individuals that they are eating "healthy." In reality, it means the exact opposite and you should avoid these foods at all costs. By removing a nutrient like fat to make a food "fat-free," food companies have to, in return, add other ingredients to make it palatable. These additives most of the time include a hodgepodge of chemicals you can't even pronounce. You are basically consuming refined carbohydrates and sugars in disguise. Stick with fresh, whole foods with minimal ingredients.

- **Lower Sodium Intake is Key to Treating High Blood Pressure**

- **NOT EATING ENOUGH**

- **Protein is the Only Essential Post-Workout Fuel**

- **Cutting Fat from a Meal Makes it Healthier**

- **Milk is the Key for Strong Bones**

-Milk has always been linked with calcium and how it is key to bone health. However, once we are full-grown adults we are more focused on preventing further bone loss. Vitamin K plays a major role in this aspect and in maintaining bone health, but 2 percent milk only provides 0.2 mg. Dark and leafy greens such as kale provide 1,062.1 mg per cup! They also contain calcium.

- **Meat is Essential to Getting Sufficient Dietary Protein**

- **FORGETTING TO LIVE LIFE**



Celebrate Hispanic Heritage Month 2014

In honor of Hispanic heritage, UF has arranged a series of events, ranging from concerts to Carnival, for the month of October. UF has published their annual Events Calendar for this year's celebration, which is included below. Take advantage of these events to either celebrate your own heritage or learn about someone else's!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29 "It's Our Story, It's Our Voices" Annette Taddes FORUM Rugh Hall 7:00pm	30 "It's Our Story, It's Our Voices" Latina Rebels FORUM Uttler Hall 7:00pm	1 "Let Your Voice Be Heard" Open Mic Night Ritz Union Grand Ballroom 5:00pm	2 "Jueves Sociales" HSA General Body Meeting Rugh Hall 6:30pm	3 "Set It Off" Tasting Plaza 12:30pm HBM Spaghetti Dinner Greenwich Green Apartments Clubhouse 5:00pm	4 "We are Proud of our Beginnings" STEP STROLL SALUTE COMPETITION Brick City Night Club 8:30pm	5 TECHO Philanthropy Day Plaza of The Americas 12:00pm
6 "El Juego De UF" Hispanic Trivia Night 5:30pm	7 "Yo Soy Latino" Art Exhibition Lil Casta 6:00pm	8 "Fiction to Non-Fiction" PAGEANT Ritz Union Grand Ballroom 6:30pm	9 "Jueves Sociales" HBM Get Fit Ritz Union Brownway 6:30pm	10 CONCERT Featuring Tonto Rosario Phillips Center 7:00pm	11 "Gatorbait Tailgate" UF Gators vs. LSU Tigers Well Hall 11:00pm	12 "Carnaval del Sabor" CARNIVAL Norman Field 1:00pm
13 "Leave Your Legacy" Informative Panel New Physics Building 6:00pm	14 "Unidos por Cultura" CLOSING CEREMONY Gator Walkway Foundation 6:00pm	15	16	17	18	19

EVENTS CALENDAR SEPTEMBER 17TH THROUGH OCTOBER 14TH



Hispanic Heritage Month Carnival Celebration

When and Where: Sunday, October 12 2014, 1:00 PM at Norman Field

The purpose of this event is to celebrate the rich diversity of the Hispanic-Latino community through a day of soccer and carnival events. This event will bring together students organizations from all groups on campus to foster student involvement and solidarity. Students will come to celebrate Hispanic Heritage Month, but in reality we will be bringing students together from all walks off campus for an amazing celebration. The event will be open to the public.

Latte of the Month

INGREDIENTS

- 1/2 cup unsweetened vanilla almond milk
- 3 tablespoons pumpkin puree
- 1 teaspoon pumpkin pie spice
- 1/2 teaspoon vanilla
- 2-3 drops of liquid stevia (or sweetener of choice)
- 8 ounces brewed coffee (or 1-2 shots of espresso)
- Sprinkle of cinnamon

DIRECTIONS

1. In a cup or saucepan, mix together almond milk and pumpkin. Cook on medium heat on the stovetop or microwave for 30-45 seconds.
2. Remove from heat, stir in vanilla, spices, and sweetener, place in a cup and use a frother to foam the milk. You can also use a blender just process for 30 seconds or until foamy.
3. Pour coffee into a large mug, add the foamy milk mixture on top. Sprinkle with cinnamon. Enjoy!



Recipe of the Month

Ingredients:

- 1 1/2 cups Oat Flour
- 2 tbsp Splenda, Truvia, or Ideal
- 1 tbsp Baking Powder
- 1/2 tsp Salt
- 1 tbsp Cinnamon
- 1/4 tsp Allspice
- 1/4 tsp Nutmeg
- 4 Egg Whites
- 1/2 cup Raw Pumpkin
- 1 1/2 cups unsweetened Almond Breeze

To make these protein pancakes, use only 1 1/4 cup of oat flour and 2 scoops of your favorite vanilla protein.

Directions:

1. Preheat griddle to medium heat.
2. Mix oat flour, Splenda, baking powder, salt, cinnamon, allspice and nutmeg in a bowl.
3. Wisk egg whites and pumpkin. Mix in Almond Breeze.
4. Add wet ingredients to dry ingredients and mix together.
5. Spray griddle with non-stick butter spray.

PUMPKIN SPICE PANCAKES



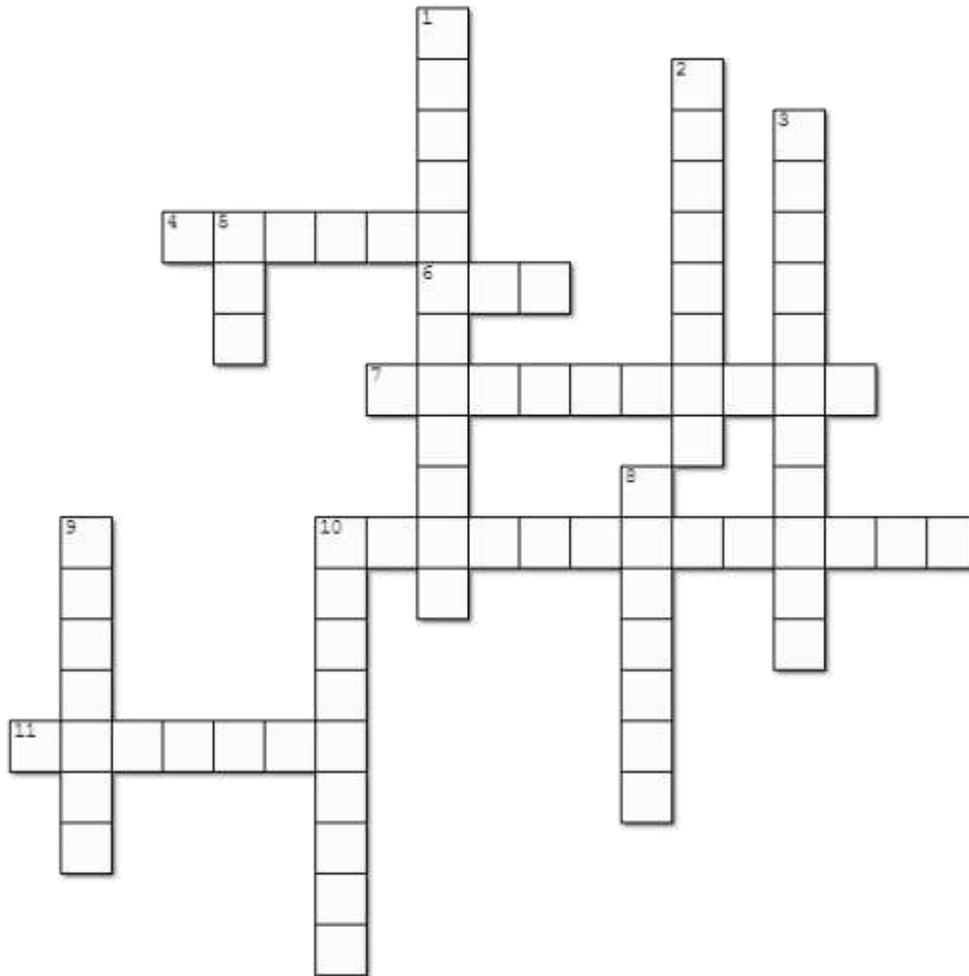
Nutrition Facts

Calories: 64

Fat: 1.3 grams

Carbs: 9.5 grams

Crossword Challenge



Across

4. Manufacturer of the plate weights at UF Health Fitness and Wellness
6. Women age 50-74 should have a mammogram every ___ years.
7. The muscle opposite your prime mover, which can help control a motion or slow it down.
10. A pushing exercise that targets your deltoid muscles
11. muscle(s) that stabilizes the origin of the agonist and the joint that the origin spans (moves over)

Down

1. Exercise (machine) that targets the quadriceps
2. A general name for an exercise engaging multiple muscle groups is a ___ movement.
3. An individual below 200 mg/dL is at the desirable level of total _____.
5. Test that estimates your caloric expenditure
8. Exercise (machine) that targets the hamstrings
9. The muscle that is causing the movement, often called the 'prime mover.'
10. muscle(s) that stabilises a joint around which movement is occurring

Exercise of the Month:

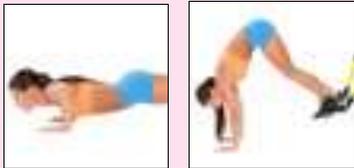
Want an extra challenge? Or looking for something different to spice up your workout routine? Try TRX suspension training!

The TRX Suspension Trainer is a workout system that puts you in control, you decide the intensity level. Simply adjust your body position to add or decrease resistance. It leverages gravity and utilizing your own bodyweight to perform hundreds of exercises.

The TRX Suspension Trainer:

- ◇ Delivers a fast, effective total-body workout
- ◇ Engages your core
- ◇ Increases muscular endurance

PUSHUP TO PIKE



- Assume pushup position with both feet in TRX stirrups (A).
- Perform a pushup.
- Return to plank, then raise hips upward as high as possible, leaving legs straight (B).

RETURN TO PLANK
AND REPEAT

SINGLE LEG SQUAT



- Hold a TRX at 45 degrees (A).
- Place left foot flat on floor with right leg suspended and toes pointed up.
- Squat down on left leg, dropping slightly lower than 90 degrees (B).
- During squat, keep right leg straight at all times.

SWITCH LEGS AND REPEAT

Try TRX for a fresh twist to your usual workout regimen!

SUSPENDED LUNGE



- Start standing facing away from the TRX (A).
- Place right leg in both stirrups, as shown.
- Bend left leg to 90 degrees (B).

EXTEND LEGS
AND REPEAT

SUSPENDED CRUNCHES



Here the abs are working to support your body weight at rest (as well as to flex your spine), a set of suspended crunches packs twice the wallop of floor crunches. So 2 for 1 deal!

- Assume pushup position with core tight and hips slightly elevated.
- Place both feet in each stirrup of the TRX approximately 18 inches off ground (A).
- Crunch knees to chest, contracting abs and keeping hips elevated (don't sag).

Everyone Welcome Back Cliff!

Noticed something new around UF Health Fitness and Wellness Center? One of our staff members is back! Cliff has spent the last year in a post-baccalaureate program with USF College of Medicine. Now he has completed the program, he will be returning for the next two years while he is applying to medical school. Make sure to say hello when you see him and wish him luck on his medical school journey!



Member Spotlight: Judith Syer



- So, how long have you been with the medical fitness program?

Judith has been with the medical fitness program since September of 2009. She has been working with our staff for about five years now.

- What is your biggest motivation for exercise?

Judith sustained some extensive injuries many years back resulting in loss of full lower body movement. The medical fitness program allows her to maintain proper health and her workouts help her maintain an excellent degree of motion and function.

- What is your favorite part of working out?

'When I'm done!' Judith claims.

- What is one interesting fact about yourself?

Judith loves taking care of her two grandchildren. She has a granddaughter, age 6, and a grandson, 21 months. She spends most of her weekdays taking care of them and enjoying their company. She does admit they can be quite the handful though.

- What is your favorite health food?

Judith is a vegetarian. She tries to eat extremely healthy and fresh foods. Recently, she has enjoyed making her own veggie burgers! She also enjoys her fair share of tofu.



Local Events

Sesame Street Live: Make A New Friend

Tuesday, Oct 21 6:30p

More dates & times (1)

University of Florida: Stephen C. O'Connell Center Gainesville, FL

Legalize Marijuana? A Conversation with the Experts

Friday, Oct 24 10:00a

University of Florida: Curtis M. Phillips Center for the Performing Arts Gainesville, FL

"Legalize Marijuana? A Conversation with the Experts," will be held at 10 a.m. Oct. 24 in the Curtis M. Phillips, M.D. Center for the Performing Arts at the University of Florida. The event is sponsored by the Allen L. Poucher Legal Education Series and is presented by the Florida Law Review. It is free and open to the public. Free parking will be available in the garage and the adjacent parking lot..

Making Strides of Gainesville

Saturday, October 25, 2014

Event Time: 7:30 am registration | 9 am walk

Walk Length: 5K (3.1 miles)

Location: Downtown Gainesville

Contact Us: Jessica Clayton | jessica.clayton@cancer.org | (352) 376-6866

Haunted Hustle 5K

Sunday, Oct 26 8:30a

Westside Park Gainesville, FL

Come support the University of Florida chapter of Habitat for Humanity at our 5K race! It will be held at Westside Park on Sunday, October 26th. Registration begins at 7:30am and the race starts at 8:30am. Come in your best costumes to celebrate Halloween! There will be a costume contest, so get creative for a chance to bring home some extra treats!

Trunk or Treat

Friday, Oct 31 5:00p to 7:00p

Abiding Savior Lutheran Church Gainesville, FL

This Halloween, bring your kids, grandkids and family friends to Abiding Savior's Trunk or Treat. This is a fun, safe way for the family to trick or treat! Come in costume and "trunk or treat" by walking from car to car. Make sure to decorate your vehicle and bring candy or other goodies to hand out! We'll also have hot dogs, chips and drinks available.

Message from Traye!



I hope everyone is having a good October! This month is dedicated to breast cancer awareness and the importance of regular screenings and preventative care. Regular exercise and proper nutrition are also extremely important in helping to prevent breast cancer along with many other cancers that are prevalent in our society.

As we approach the end of the year, now is a great time to rededicate yourself to a fitness routine in an effort to help avoid the extra pounds that many of us tend to put on with all the delicious treats around Halloween, Thanksgiving and Christmas. Keeping a consistent exercise routine during this time of year will make it that much easier to continue into the New Year when everyone else is making the New Years' resolutions to **BEGIN** their exercise routine again.

Due to the numerous holidays and the time spent with family and friends during the month of November and December we will do again as we have in the past and lower the required number of visits for Reward members to 10 instead of 12. This is a small way of saying "Thank You" for being members of our fitness center!!!

GO GATORS!!!

