

Fall Core Issues

Newsletters Articles:

- Fall Fancy Recipes
- Recommendations for Osteoporosis
- Recommendations for Cancer
- Exercise of the Month
- Hydration Importance
- Label Changes



Leafs changing, cool
air blowing, recipes
with spices cooking....

But no matter the
changes we experience
throughout the year,
one thing remain....
The CORE ISSUES!

Breakfast



Baked eggs with cheese and zucchini

Ingredients

- 2 teaspoons butter
- 2 teaspoons olive oil
- 1/2 small onion, chopped
- 2 zucchini or yellow squash (12 ounces), thinly sliced
- 1/2 teaspoon dried basil
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/3 cup (1 ounce) shredded sharp provolone or Swiss cheese
- 8 large eggs
- 1 tablespoon heavy cream or chicken broth

RECIPE AT: <http://www.organicgardening.com/cook/baked-eggs-cheese-and-zucchini>

Aerobic, Resistance Training, and Flexibility Recommendations for Individuals with Cancer

Aerobic Exercise Recommendations:

- At least 3-5 days per week
- Several short bouts per day may be more tolerable than a single bout, especially if you are undergoing treatment.
- When tolerated without symptom or side effect exacerbation, duration of aerobic activity should be no different than that of a healthy adult (20-60 minutes equaling 150 minutes per week for moderate exercise and 75 minutes per week for vigorous exercise).
- Type of aerobic exercise should be activities such as walking, cycling etc.
- Progression of duration should be slower for more deconditioned individuals but should be tailored to the individual.
- Exercise should be reduced if it leads to an increased amount of fatigue.

Resistance Training Recommendations:

- At least 2-3 days per week
- At least 1 set of 8-12 repetitions
- Use weights, machines, or weight-bearing functional tasks

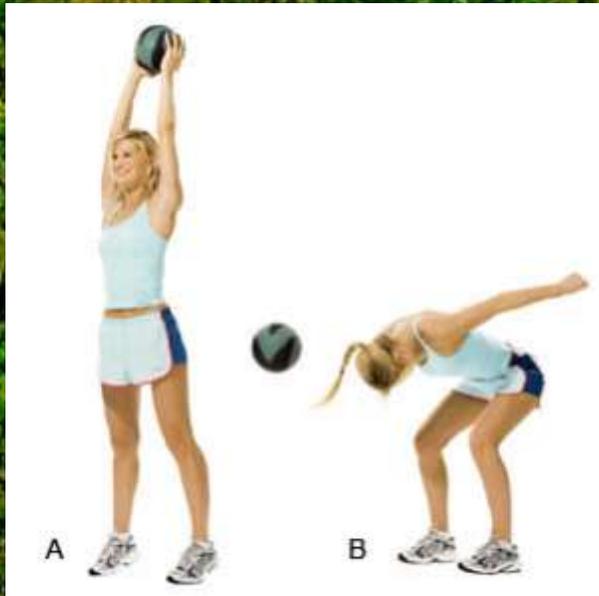
Flexibility Guidelines:

- Can occur daily
- Should be mindful of range of motion restrictions as a result of surgery and/or radiation therapy
- Stretch all major muscle groups and address specific areas of joint or muscle restriction.

Adapted from ACSM's Guidelines for Exercise Testing and Prescription

Exercise of the Month

Medicine Ball Slams



1. Hold a medicine ball with both hands and stand with your feet at shoulder width. This will be your starting position.
2. Initiate the countermovement by raising the ball above your head and fully extending your body.
3. Reverse the motion, slamming the ball into the ground directly in front of you as hard as you can.
4. Receive the ball with both hands on the bounce and repeat the movement.

Adapted from bodybuilding.com

Lunch Time



Mexican Style Sweet Potato

2 sweet potatoes, 1 tablespoon extra-virgin olive oil, 1/2 white onion, diced, 1/2 red pepper, diced, 1 garlic clove, minced, 1/2 teaspoon sea salt, 1 lime, juiced, 1 13oz can black beans, Extra-virgin olive oil, Parsley, chopped

- 1. Pop the sweet potatoes into the oven and bake at 400 degrees Fahrenheit for one hour.**
- 2. Remove from the oven and slice each potato lengthwise.**
- 3. Scoop out the insides so that there is only a thin layer remaining lining the edges. Set aside.**
- 4. Heat olive oil in a frying pan over medium heat, and cook the chopped vegetables until tender, about seven minutes. Seasoning with salt to taste.**
- 5. Drain and rinse the black beans and add to the frying pan along with the lime juice.**
- 6. While the bean and vegetable combo is cooking, mash the mixture with the edge of a fork to break up the beans.**
- 7. Add the cooked sweet potato insides to the bean mixture and mix until thoroughly combined.**

Stuff each potato with the bean mixture and serve with a drizzle of extra-virgin olive oil and chopped parsley.

<http://greatist.com/health/recipe-mexican-sweet-potatoes>

Aerobic, Resistance Training Recommendations for Individuals at Risk for and with Osteoporosis

Aerobic Recommendations for At-Risk Individuals:

- Weight-bearing aerobic activities 3-5 days per week
 - Moderate to vigorous intensity
- 30-60 minutes per session in a combination of aerobic weight-bearing and resistance activities
 - Weight-bearing activities like tennis, stair-climbing/descending, walking, and activities that involve jumping like volleyball or basketball.

Aerobic Recommendations for Individuals with Osteoporosis:

- Weight-bearing aerobic activities 3-5 days per week
 - Moderate intensity
- 30-60 minutes per session in a combination of aerobic weight-bearing and resistance activities
 - Weight-bearing activities like tennis, stair-climbing/descending, walking, and other activities as tolerated

Resistance Training Recommendations for At-Risk Individuals:

- 2-3 days per week
- Moderate intensity and 8-12 repetitions of exercises involving major muscle groups
- Vigorous intensity and 5-6 repetitions of exercises involving major muscle groups
- 30-60 minutes per session in a combination of aerobic weight-bearing and resistance activities

Resistance Training Recommendations for Individuals with Osteoporosis:

- 2-3 days per week
- Moderate intensity with 8-12 repetitions involving each major muscle group. Some individuals may be able to tolerate more intense resistance training.
- 30-60 minutes per session in a combination of aerobic weight-bearing and resistance activities

Adapted from ACSM's Guidelines for Exercise Testing and Prescription

Hydration: The What and How During Exercise

It is a common assumption that when you exercise, you need to drink some type of sports drink so you don't get dehydrated. BUT, that assumption is untrue. Lets get the facts about water and sports drinks and stay hydrated during these long Florida summers!

Why is hydration important? It can improve or sustain performance.

What should I drink?

WATER:

When exercising at low-moderate intensities for <1 hour, only water should be consumed.

SPORTS DRINKS:

When exercise exceeds 1 hours at high intensity, or when exercising at low-moderate intensities for extended periods of time. The sports drink should have between 5% and 8 % carbohydrate solution.

When should I drink?

Before Exercise: 16-20oz of H₂O or sports drink at least 24 hours before exercise and then 8-12oz of H₂O or sports drink 10-15 minutes before exercise.

During Exercise: 3-8oz of H₂O every 15-20 minutes when exercising for <1 hour, and 3-8oz of sports drink every 15-20 minutes when exercise exceeds 1 hour.

After Exercise:

The technical way to know how much water was lost during exercise is to weigh after exercising and replace every pound lost with 20-29oz with water or a sports drink. A simpler way to measure is by urine color. The darker in color your urine is, the more fluid that needs to be replaced.

Know the importance of staying well hydrated!!

staying hydrated helps your body regulate blood pressure, body temperature, helps with digestion, and allows your joints to stay lubricated... Just to name a few!! So do your body a favor this summer and stay hydrated!

Navigating Nutrition Labels

There are some changes the FDA will be making to all nutrition labels to make them easier to read! Check them out!

- Proposals to list added sugars
- Nutrition counts for more realistic portion sizes
- Nutrition information for multiple servings of food within a single package
- Potassium, Iron, Calcium and Vitamin D will be required to be listed with Vitamin A and C being optional.
- Calories will be made bigger and bold
 - Total fat, Saturated fat, and trans fat will be listed on the label. Calories from fat will not be listed.

Link below: <http://www.fda.gov/food/guidanceregulation/guidancedocumentsregulatoryinformation/labelingnutrition/ucm385663.htm>

DINNER



TURKEY CHILI

2 tablespoons olive oil, 1 ½ lbs ground turkey, 3 large carrots, 5 to 6 stalks of celery, 1 onion, 4 cloves garlic, Salt and pepper, 2 rounded tablespoons of canned chipotle chilies (in adobo), 1 15-oz. can tomato sauce, ½ cups chicken stock, 2 cups blue corn tortilla chips (optional), 1 cup shredded pepper jack cheese (optional)

Directions

1. Heat the olive oil over medium-high heat and brown the meat.
2. While browning meat, chop the carrots, celery, onion, and garlic, and add the vegetables to the pan. Cook for about 10 minutes until soft.
3. Finely chop the chilies and combine chipotle sauce and chilies with tomato sauce.
4. Add the tomato sauce and broth to the meat and vegetable and bring to a boil, reduce heat and simmer until thickened.
5. Optional: Transfer chili to a casserole dish, turn on broiler, and top with chips and cheese. Broil a couple minutes until the cheese melts and serve.