

# Core Issues Newsletter

DECEMBER 2014

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## Special Dates:

- ◆ December 1 - World Aids Day
- ◆ December 3 - International Day of Persons with Disabilities
- ◆ December 2- Special Education Day
- ◆ December 4 - National Cookie Day
- ◆ December 20 - Interns Graduate
- ◆ December 25 - Christmas Day

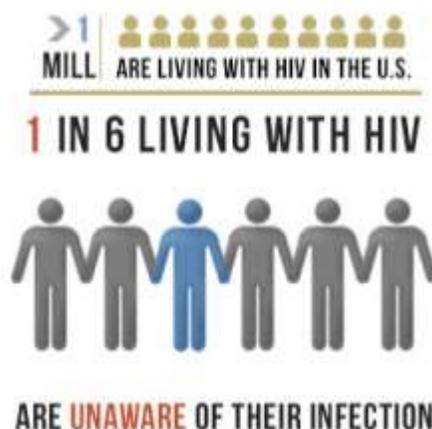


December 1st is Worlds AIDS Day , it is a very important day reminding us of the close reality that HIV still holds. One out of six individuals are unaware that they have the infection. Every 9.5 minutes someone in the US is infected. The month of December is an opportunity to dedicate time in bringing awareness to promote HIV testing, present HIV prevention information, and address ways to access care.

HIV, Human Immunodeficiency Virus, is a virus that only infects human beings. HIV attacks your T-cells and uses them to make more copies of itself. HIV destroys a great extent of your cells to a point where your body can't fight against infections/diseases anymore. This leads to AIDS, the final stages of HIV.

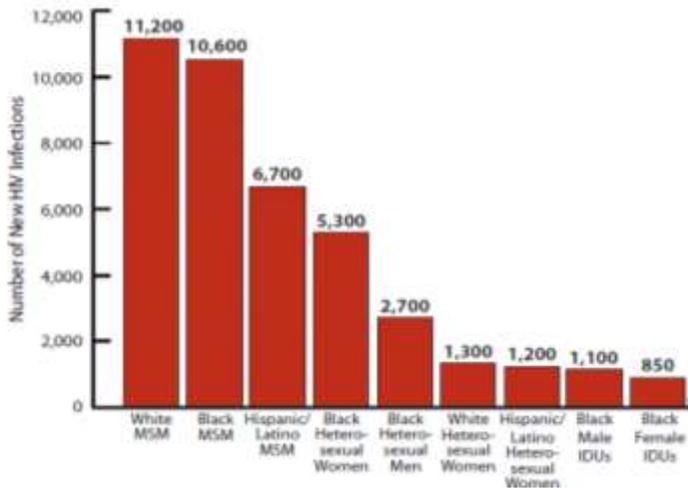
The proper treatment is called "antiretroviral therapy" (ART). If diagnosed in time this treatment is able to maintain the HIV virus levels low controlling the virus to give the individual a longer life.

## AIDS Awareness Month



- About 144,500 persons aged 13 years and older are living with HIV infection, including 180,900 (15.8%) who are unaware of their infection. –CDC
- 1,155,792 people in the United States have been diagnosed with AIDS

# AIDS Awareness Month



## YOU CAN LOWER YOUR RISK OF GETTING HIV THROUGH SEXUAL CONTACT BY:

- ✓ Choosing less risky sexual behaviors
- ✓ Using condoms consistently & correctly
- ✓ Reducing your number of sexual partners
- ✓ Using HIV medication to reduce your risk
- ✓ Getting tested & treated for other STDs

**THE MORE OF THESE ACTIONS YOU CAN TAKE, THE SAFER YOU WILL BE.**

Individuals who test positive for HIV most likely were unaware they were at risk. The CDC strongly recommends that health care providers include HIV testing as a routine component to the medical care for patients aged 13 to 64. This route will aid getting more people tested and also helps reduce the stigma around testing.

If you answer yes to any of the following questions shows that you are at higher risk for HIV infection and getting tested is highly recommended:

- Have you had sex with someone who is HIV-positive or a person whose HIV status you didn't know since your last HIV test?
- Have you injected drugs (including steroids, hormones, or silicone) and shared equipment (or "works," such as needles or syringes) with others?
- Have you exchanged sex for food, shelter, drugs, or money?
- Have you been diagnosed with, or sought treatment for a sexually transmitted disease, like syphilis?
- Have you been diagnosed with or sought treatment for hepatitis or tuberculosis (TB)?
- Have you had sex with anyone who has any of the risk factors listed above or whose history you don't know?

**HIV TESTING DAYS**  
STUDENTS CAN GET  
**FREE TESTING**  
at **GATORWELL**  
TUESDAY THROUGH FRIDAY  
352-274-4450 / 3190 Radio Road, Room 104, Gainesville, FL 32611  
CALL TO SCHEDULE AN APPOINTMENT TODAY!

## Other HIV Testing Locations

- ⇒ Student Health Care Center: Confidential rapid HIV testing is available by appointment for a nominal fee. Infirmary Building | 352-392-1161
- ⇒ The Alachua County Health Department offers FREE, walk-in confidential HIV testing at:
  - ⇒ Pride Community Center, 3131 NW 13th St. Suite 61, inside the Liberty Center. 1st and 3rd

# Machine Spotlight: Human Sport®

The Human Sport is a piece of fitness equipment that is designed to closely reflect the human body mechanics. Our body is capable of many smooth, continuous motions, Human Sport is able to effectively simulate these natural movements, “it feels as if it were custom-built for each and every user.” The Human Sport focuses on making each individual muscle group stronger by adding integration of core stabilization as well. Many users enjoy the Human Sport’s variations to the traditional chest press, shoulder press, bicep curls, etc.

- You'll achieve overall strength and balance - enabling you to perform better and get more out of individual muscle group workouts.
- Human Sport doesn't allow you to depend on linear, machine-like movement for proper form.
- Its dynamic movement trains your muscles from an infinite number of angles



*“It’s not often that something so simple does so much.”*

# Human Sport Exercises

## SQUAT TO STANDING SHOULDER PRESS

- Feet shoulder width
- Squat
- Come up with a single-arm shoulder press
- Repeat.



## BILATERAL STANDING CHEST PRESS

- Hold handles near the bottom half of the pectorals
- Shoulder blades retracted
- Upper arms at about 45 degrees to the body
- Elbows bent to about 90 degrees
- Extend through the elbow, pressing the handles together straight in front of you. Keep shoulder blades retracted as you execute the movement.
- After pausing at full extension, return to the starting position



## BILATERAL SPLIT LUNGE

- Start in a lunge position holding handles
- Raise up, keeping hands at your sides
- Return to starting position.



## BILATERAL SQUAT

- Start by squatting down
- Hold handles and begin by raising up. Driving through your heels extend your hips and knees
- Hands at your side. Keep your head and chest up throughout.
- Reaching a full standing position, return to the starting position.



# Test Your Fitness Knowledge!

1. A resistance training program that starts with light weights and high reps for the first set and then gradually moves to heavier weights and fewer reps for ea. Successive set would be an example of which training style?

- a. Circuits
- b. Supersets
- c. Split Routines
- d. Pyramids

2. which of the following is the recommended rest interval between sets of resistance training exercise?

- a. 30 s
- b. 1-2 min
- c. 2-3 min
- d. 3-4 min

3. Which of the following muscle groups is a prime mover for extension of the knee?

- a. biceps femoris
- b. Biceps brachii
- c. Quadriceps femoris
- d. Gastrocnemius

4. Limited flexibility of which of the following muscle groups increases the risk of low back pain?

- a. quadriceps
- b. Hamstrings
- c. Hip flexors
- d. Biceps femoris

5. regular exercise will result in what chronic adaptation in cardiac output during exercise at the same workload?

- A. increase
- B. Decrease
- C. No change
- D. Increase during dynamic exercise only

6. Which of the following is NOT true regarding the psychological benefits of regular exercise in the elderly?

- a. self-concept
- b. Life satisfaction
- c. Stimulate appetite
- d. Self-efficacy

7. Which resistance exercise would strengthen both the biceps and latissimus dorsi muscles?

- a. chin-ups
- b. Dead lifts
- c. Back extensions
- d. Upright rows

8. What at-home, single exercise using one's own body weight as resistance could be performed to strengthen the chest and triceps?

- a. chin-ups
- b. Crunches
- c. Pec deck flies
- d. Push-ups

9. In prevention of osteoporosis, it is important to regularly perform what kind of exercise?

- a. high-intensity
- b. Aquatic
- c. Low-intensity
- d. Weight-bearing

10. What muscles does a "standing leg curl" exercise strengthen?

- a. gluteal and quadriceps
- b. Hamstrings and calves
- c. Hamstrings only
- d. Calves only

11. Which of the following resistance training exercises is an example of a multi-joint exercise?

- a. bicep curl
- b. leg curl
- c. Leg press
- d. Calf raises

12. Which of the following is a possible medical emergency that a client can experience during an exercise session?

- a. Hypoglycemia
- b. Hypotension
- c. Hyperglycemia
- d. All of the above

# COCONUT SHRIMP WITH SWEET AND SPICY DIPPING SAUCE

## INGREDIENTS

- 3 EGG WHITES
- 2 TBSP STEVIA
- 6 ROUNDED TBSP UNSWEETENED COCONUT FLAKES
- 24 RAW, PEELED TAIL-ON SHRIMP
- 3 ROUNDED TBSP CORN STARCH
- 4 TBSP SUGAR-FREE ORANGE MARMALADE
- 1/2 TSP SRIRACHA CHILI SAUCE (USE 1 TSP FOR SPICIER SAUCE)
- WATER



## Nutrition Facts

Serving size 4 shrimp

Recipe yields 6

Calories 168

Total Fat 3.5 g

Total Carbs 8.7 g

Protein 22.2 g

## DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Whip egg whites until stiff peaks form.
3. In a separate bowl, add Stevia to unsweetened coconut flakes and mix well.
4. One at a time, coat shrimp in cornstarch, then coat in whipped egg whites. The more volume the better.
5. Coat the shrimp in coconut flakes, and place on parchment paper or a silicone baking sheet.
6. Bake at 375 degrees for 10-15 minutes, turning over after about 7 minutes. Because there is no flour on the shrimp, they will not turn golden brown like a typical breaded shrimp. When they are done, the coconut will be toasted and the tail will be pink. The egg white, if exposed, will still be white.
7. While the shrimp are in the oven, mix marmalade with Sriracha. More chili sauce will give it more heat. Add a little water to thin out the dipping sauce. The entire amount of dipping sauce is only 40 calories, so dip to your heart's content!

# Holiday Recipe

## PALEO CHOCOLATE CUPCAKES WITH COCONUT CREAM FILLING

### Ingredients

#### Cupcakes

1/4 cup coconut flour  
1/4 cup organic cocoa powder  
4 large eggs (room temperature)  
1/4 cup coconut oil  
1/3 cup powdered sweetener for low carb or honey for Paleo  
1/4 tsp baking soda  
1 tsp lemon juice  
Pinch of Celtic sea salt

#### Cream Filling (Optional)

Cream from 1 13.5 oz can of full fat coconut milk (refrigerate the can overnight and scoop out the cream that rises to the top)  
2 Tbsp powdered sweetener for low carb or honey for Paleo (sweeten to taste)  
1 tsp vanilla extract

#### Chocolate Frosting

3 very ripe avocados  
1/2 cup organic cocoa powder  
2/3 cup powdered sweetener for low carb or honey for Paleo (sweeten to taste)  
2 coconut oil, melted



### Nutrition Facts

Net Carbs: 17

\* Less without coconut cream

### Instructions

Preheat oven to 350 F

Combine the coconut sweetener, baking soda, in a bowl, combine the eggs, lemon juice. Add the dry ingredients to combine. Line a muffin tin with 7 cupcake liners. Fill cupcake liners and bake for 18 - 20 minutes

Allow to cool before filling with cream and topping with the icing. Once cool, cut a small hole in the middle of each cupcake, reserving the lid/top of the hole that was cut out. Fill with cream and place the lid/top back on the cupcake to cover the hole. Pipe chocolate frosting onto each cupcake and serve.

#### For the cream filling:

Combine the coconut cream, sweetener, and vanilla and mix until smooth. Pipe the cream into the hole cut out of the cupcake.

#### For the chocolate frosting:

Place the meat of the avocados in a mixer and mix until completely smooth. Add the cocoa powder and sweetener and mix until thoroughly incorporated. Add the butter and mix to combine.

flour, cocoa powder, and sea salt. In a separate bowl, combine the coconut oil, and lemon juice. Add the dry ingredients to the wet and mix until combined. Line a muffin tin with 7 cupcake liners. Fill cupcake liners evenly with the batter and bake for 18 - 20 minutes or until cooked through.

# Food Label Shockers!

## When the label says:

### 1. "Natural"

- All this is saying that it does not include anything artificial or synthetic. For meat products it does not guarantee anything about how the animals were raised or if they were given antibiotics/hormones.

"Natural" ≠ "Healthful."



### 2. "No High-Fructose Corn Syrup"

- Food manufacturers make you believe that their product is free of these sweeteners but they simply replace the high-fructose corn syrup with other sugars like agave, brown rice syrup, and cane juice. Check the ingredients list anything ending in -ose is almost certainly sugar. Look for "unsweetened" or "no sugar added."

### 3. "Whole Grain"

- Food products labeled as "whole grain" tend to be higher in sugar and calories and a bit more expensive. Check the Nutrition Facts for the sugar content, also the higher up the ingredient is on the list, the more it is found in the particular food. According to scientists from Harvard University, it is best to purchase products with a 10-to-1 ratio of carbohydrates to fiber. Bread products that fall within this ration tend to contain a higher level of fat-fighting fiber

Nutrition Facts	
Nabisco Rye With Caraway Seeds Baked Whole Grain Wheat Crackers	
Serving Size	5 CRACKERS
Servings Per Container 10	
Amount Per Serving	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Polyunsaturated Fat 2g	
Monounsaturated Fat 1g	
Sodium 150mg	6%
Total Carbohydrates 20g	7%
Sugars 0g	
Protein 3g	
*Percent Daily Values are based on a 2000 calorie diet.	
INGREDIENTS: Whole Wheat, Soybean Oil, Whole Grain Rye, Caraway Seed, Salt.	

**Learn to separate reality from a sales pitch!**

**Fight back and avoid the "healthy disguised healthy foods."**

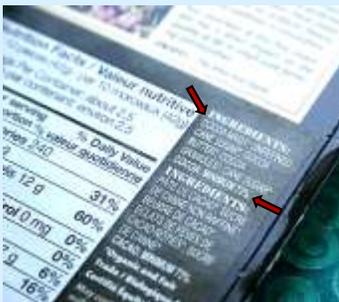
#### 4. "Multi Grain"

- Bread products with this labeling are technically white bread in disguise; their first ingredient tend to be wheat flour which is refined white flour in disguise. Whole grains aren't found in abundance in the product. The first ingredient should be whole grain. You want to look for the word "whole" or "brown" as in whole wheat, whole rye or brown rice flour. Make sure a sugar isn't following. Also keep an eye out for the "100% whole grain" claim. This is actually regulated by the FDA and means that all grains used in the food are indeed whole.



#### 5. "Dark Chocolate"

- Not all dark chocolate is created equal. Ideally we want our dark chocolate to be more antioxidant-rich cocoa and low in sugar. However if you look at the ingredient list sugar is often the leading one. Since there is "no official classification" for what percentage of cocoa dark chocolate has to contain food manufacturers take advantage. Make sure "chocolate liquor" or "cocoa mass" (this is where the antioxidant content is found) is listed before sugar. Aim for a product with at least 60% cocoa content.



#### 6. "Reduced Sodium"

- "Reduced sodium:" the product contains 25% less sodium than the original. I.e.: if the original product contains 900 mg per serving, the "reduced-sodium" alternative still contains a high level of 675 mg of salt.
- Look for products that say "low sodium." It guarantees that the product contains 140 mg of sodium or less per serving.



## The Top 11 Fitness Snacks

1. Nutter Butter Packets
2. Frozen Grapes
3. Pouched Fish
4. Edamame
5. In-shell Pistachios
6. Hard-boiled Eggs
7. Dark Chocolate
8. Icelandic yogurt
9. Jerky (10:1 protein-to-fat ratio)
10. String Cheese
11. Dried Plums



## Local Events

### Festival of Trees & VIP Party

Friday, Dec 5 10:00a

Tioga Town Center Newberry, FL

Festival of Trees is open to the public to view and bid on beautifully decorated Christmas trees. All proceeds benefit **Children's Miracle Network at UF Health Shands Children's Hospital**. **During the VIP party on Thursday evening, guests will get first peek at the trees and have the option to 'buy it now'.**

### Polar Express Holiday Train Show

December 6, 2014 from 10:00 am to 4:00 pm / December 7, 2014 from 1:00 pm to 4:00 pm

Matheson Museum

513 East University Avenue

Join the Matheson Museum for the Polar Express Train Show. See the Matheson Museum transformed into a winter wonderland! The Polar Express along with many other holiday trains will be on display. Learn about the time when railroads were the life blood of North Florida. Experience the meticulous artwork and skillful engineering of these elaborate train sets. Opportunity to buy Christmas train sets and accessories at the show.

Tickets are \$4.00 for an adult and \$1.00 for children 12 and under.

For tickets or more information call 352-378-2280 or email [info@mathesonmuseum.org](mailto:info@mathesonmuseum.org).

Answers: 1. d, 2. c, 3. c, 4. b, 5. c, 6. c, 7. a, 8. d, 9. d, 10. b, 11. c, 12. d

# Message from Traye!

I hope everyone had a wonderful Thanksgiving! As a reminder our Holiday hours are as follows:

## Christmas:

Christmas Eve: 5:30 a.m. - 3:00 p.m.

Thursday (Christmas Day): Closed

Friday, December 26, 2014: Closed

Saturday December 27, 2014 : Regular Hours 7 a.m. – 1 p.m.

## New Years:

New Year's Eve: 5:30 a.m.- 6:00 p.m.

New Year's Day: Closed

Friday, January 2, 2015: Closed

Saturday, January 3, 2015: Regular Hours 7 a.m. – 1 p.m.

Beginning January 5, 2015 we will be offering a new class at the fitness center. Please see a Exercise Specialist for more details if you are interested in participating in this new, exciting high-energy class.

## TURBO FITNESS

30 minute circuit training class focusing on both upper and lower body as well as core exercises. Classes will begin promptly at 11:00 a.m. and will run concurrently until 2:00 p.m. There will be 6 total classes for each day of the week Monday-Friday. Class size will be limited to 10 participants. (Online signup will be required to guarantee a spot in a particular class). All participants in this program will be able to use any of the equipment available at the fitness center before and after participating in a class if so desired but not before 11:00 a.m. and not after 2:00 p.m.

Cost: \$35 on a month to month basis.

No initiation fee and no early termination fee

I wish everyone Happy Holidays and hope to see you at the fitness center soon!

Traye

