

JANUARY 2015

Shands Fitness and Wellness Center

Core Issues Newsletter



Happy New Year!

Healthy Weight Week: January 19-25

This is the 21st annual “Health Weight Week,” to celebrate a diet-free lifestyle by practicing healthier eating habits. This is an educational event with efforts to promote healthy living and to prevent eating/weight problems. The main goal is “to help change public perception that weight determines health and that dieting is a viable health solution.”

According to the CDC, more than one third of American Adults are considered obese. More and more Americans are lead to believe that following diets is the only way to lose that unwanted fat, however fad-diets can be unhealthy and don't give you the required nutritional intake that we need. Short-term the answer. It's not In order to achieve healthy weight made both in diet levels. Start by add- and fruits to your for an apple. It's all style change.



dietary changes is not about counting calories. and then maintain a changes have to be and physical activity ing more vegetables diet. Switch the chips about a continuous life-

Healthy Weight: It's not a diet, it's a lifestyle!

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Special Dates

- January 1– New Year's Day
- January 6– New Interns
- January 19– Martin Luther King



Take the “5-Day Smoothie Challenge”

GROCERY LIST:

- 3 Vine tomatoes
- 3 Large carrots
- 1 Red onion
- 3 Cucumbers
- 1 Garlic clove
- 1 Jalapeno
- 1 Red beet
- 1 Sweet potato
- 1 Small red apple
- 1 Bundle celery
- 8 Strawberries
- 2 Bananas
- Raspberries small carton
- 1 Mango
- Golden cherry tomatoes (small carton)
- 1 Small pineapple
- 1 Green pear
- 1 Small avocado
- 3 Limes
- 1 cantaloupe
- Bundle Cilantro
- Mint

Day 1 Blanka Shock: Spicy Tomato

INGREDIENTS:

- 3 small vine tomatoes
 - 1 large carrot
 - 1/4 cucumber
 - 1 garlic clove
 - handful cilantro
 - lime juice from 1 lime (to taste)
 - 1/8 cup red onion*
 - 1/2 jalapeño*
- (*)- Optional



STEPS:

1. Add ingredients listed above to a blender.
2. Simply pulse blend for about 1 minute to ensure you remove any chunks, then blend until smooth.
3. Instead of ordering a salad with your meal, try this. Or, simply drink as a snack.

Approximate macros: 119 calories, 9g protein, 27g carbs, 0g fat

BENEFITS OF THIS SMOOTHIE:

- Vitamin A, vitamin C, vitamin E, potassium
- Carrots have been known to help stimulate appetite and help with digestion
- Tomatoes have high water content which will allow you to feel fuller while not adding on additional calories
- Cilantro is rich in antioxidants and even dietary fiber which have been show to help reduce “bad cholesterol” (LDL) levels

Day 2

Guile Sonic Boom: Tropical Golden Smoothie

INGREDIENTS:

- 10 yellow cherry tomatoes
- 1/2 cup mango (chopped)
- 1/2 banana
- 1/4 cup pineapple
- 1/4 cucumber (peeled)
- splash of coconut water*



Approximate macros (without coconut water): 173 calories, 3g protein, 43g carbs, 0g fat

BENEFITS OF THIS SMOOTHIE:

- Cherry tomatoes contain an antioxidant called lycopene which has been shown to help lower your risk of cardiovascular disease and even cancer
- Vitamin B-6 which has been shown to help the body metabolize protein and help improve brain health
- Mangos have pectin which have been known to help in lowering levels of bad (LDL) cholesterol

Day 3

Chun-Li Lightning Kick Sweet Red Pre Workout

INGREDIENTS:

- 1/2 red beet
- 1 small red apple
- 1 celery stick
- 3 large strawberries
- 1/4 banana
- green tea*
- 1/3 cup raspberries*
- 1 tsp ginger*



Approximate macros with the optional ingredients: 168 calories, 1g protein, 35g carbs, 1g fat

BENEFITS OF THIS SMOOTHIE:

- Beets are great for exercise as they help to improve blood flow thereby increasing your muscular endurance
- Beets help to purify the blood, reduce inflammation and even cleanse the liver

Day 4

E. Honda Torpedo Green Muscle Smoothie

INGREDIENTS:

- 2 kale leaves
- 1/2 small avocado
- 1/2 green pear
- 2 pineapple slices
- 3 strawberries
- 1/4 cucumber
- 1 mint sprig*
- fresh lime juice*

ice, water as needed



Approximate macros:

254 calories, 6g protein, 40g carbs, 12g fat

BENEFITS OF THIS SMOOTHIE:

- Has enzyme bromelain – found in pineapple – to serve as an anti-inflammatory to help prevent bruising, swelling and redness
- Mint can help relieve allergy symptoms and help ease digestion

Day 5

Ryu Hadouken Orange Energy Blast

INGREDIENTS:

- 1/3 cup cantaloupe
- 60g raw or cooked sweet potato (*I recommend using chilled, cooked sweet potato if you do not have a high-powered blender*)
- 1 large carrot
- 1/3 banana
- 1 tsp cinnamon*



Approximate macros (with raw sweet potato and without coconut water): 135 calories, 2g protein, 32g carbs,

BENEFITS OF THIS SMOOTHIE:

- Anti-inflammatory properties due to content of anthocyanins found in sweet potatoes
- Stabilize blood sugar by incorporating cinnamon to encourage healthy weight loss

*Had a Hard Time Sticking to your
New Year's Resolutions?*



American Psychological Association's tips to successful resolutions:

1. Make a plan that will stick: Be specific and ask how realistic each goal is.
2. Start small: Break an overall goal into small manageable steps.
3. Change one behavior at a time: Too much too fast is difficult to adhere to.
4. Involve a buddy: Have someone to keep you motivated and accountable.
5. Ask for support: **You don't have to feel alone when you are overwhelmed!**

Why Dynamic Stretching?

“Dynamic stretching effectively prepares the whole body for any physical activity. “

It activates the muscles that will be used during the workout.

- Improves: strength, endurance, speed, and power.
- Focuses on many planes of motion
- Helps develop ROM in the whole body
- Aids in correcting muscle imbalances
- Increases flexibility, balance, and muscular endurance
- Reduces injuries
- Varies with age groups and fitness levels

Examples of **Dynamic Stretches** :

- High Knees
- Butt Kicks
- Forward Lunge
- Backpedal
- Lateral Lunge
- Swing (SL Deadlift)
- Cardio
- Figure-4's
- Knee-hugs
- Ankle Grab
- Toy Solider
- Heel-walks



Back Pedal



Spiderman

Road to Sculpted Shoulders!

Exercise 1

Arm Circles

Start with a quick warm-up.
Grab 2 low-weight dumbbells by
doing circles to the front and to
the back with each arm.

2-3 SETS, 5-10 REPS

Exercise 2

Military Dumbbell Press



Exercise 3

90-Degree Lateral Raise



Exercise 4

Arnold Dumbbell Press



Exercise 5

Front Raises



Exercise 6

Dumbbell Upright Rows



Run toward your Resolutions...



...by setting some **SMART** goals!

<i>Draft Goal:</i> _____ _____	
Specific	
Measurable	
Achievable	
Relevant	
Time Bound	
Obstacles:	Solutions:
<i>Final Goal:</i> _____ _____ _____	

A Message from Traye !

I hope everyone had a Great Holiday Season with friends and family. The New Year brings many New Years' resolutions which I hope everyone is successful in keeping. Many of us resolve to lose weight, exercise more, and adopt a healthier lifestyle. As noted in this month's newsletter it is very important that these goals be SMART goals. They need to be Specific, (What are you are trying to accomplish?), Measurable, (Not vague, ie. "I'm going to eat healthier" versus "I will incorporate 2 to 3 servings of both Fruits and Vegetables on a daily basis", Achievable, (Make sure the goal is one that can be attained and is realistic), Relevant/Realistic, (A goal must represent an objective toward which you are both willing and able to work towards), Timely, (A goal should be grounded within a time frame). Using this method of goal setting will help to keep you on track with any goal you may have set for yourself in the New Year!!!

A reminder to all General Fitness members participating in the Rewards membership program: All memberships will revert back to having to work-out 12 times/month to receive the reduced membership rate of \$24.99, \$19.99 or \$9.99 beginning January 15, 2015.

Turbo Fitness has begun!!! Please ask an Exercise Specialist for more information regarding this new and exciting program held daily from 11 a.m. to 2 p.m., Monday through Friday.

We look forward to seeing you at the Fitness Center in the New Year!