

COMING

ATTRACTIONS:

- ♥ Exercises of the Month
- ♥ Healthy Recipes
- ♥ Black History Month
- ♥ Fitness Trivia
- ♥ Couple Spotlight
- ♥ Member of the Month
- ♥ Supplements/Nutrition
- ♥ **What's New at the SFWC!**



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American Heart Month

February is American Heart Month! Educate yourself about your heart health. Heart disease is the leading cause of death in both men and women in the US. Fortunately, there are things you can do to improve your heart health.



Even small, steady changes in your life mean a stronger, more efficient heart. More than half of heart disease is preventable; here are 5 steps that you can take to work towards a healthier heart! You can get started today!

- 1. Get Moving!** Make physical activity a part of your everyday life. Aim for at least 3-4 days a week for a minimum of 30 minutes of cardio as well as resistance training and stretching.
- 2. Nutrition** is so essential for your heart, as well as your overall health. The latest study in *Archives of Internal Medicine* shows that people who eat loads of veggies, fruit, whole grains, fish, and legumes; drink moderate amounts of alcohol; exercise; maintain a healthy weight; and don't smoke have a whopping 92% decreased risk of having a heart attack compared to people with less healthy diets and habits.
- 3. Rest** Getting an adequate amount of sleep is very beneficial to heart health. Sleep metabolizes the stress hormone cortisol. Adopt a stress-free sleep routine. Take a nice bath, have a glass of warm milk or caffeine free tea, listen to relaxing music, or stretch.
- 4. If you smoke, quit!** Need an added incentive? Take this advice to heart: You start to improve your heart health within minutes of quitting. The heart health dividends keep growing. After one year, your heart disease risk is cut in half-- and after 10 years of not smoking, your heart disease risk is the same as for someone who has never smoked.
- 5. Socialize!** Studies show that people are more likely to stick to exercise programs when in groups. Social support lowers your risk of heart disease and helps you stay motivated. In fact, being married and having a strong social network may help protect against heart disease, according to a study of nearly 15,000 men and women. It turns out that people who have a spouse, go to church, join social clubs, and have a lot of friends and relatives have significantly lower blood pressure and other heart disease risk factors than loners.

Cardio Exercises

Interval Training on the Elliptical

It's very simple to implement an interval cardio workout into your routine: aim for 2 minutes of a 5-6/10 intensity, and then 1 minute of a perceived exertion rate of 8-9/10. Repeat that pattern for 20-40 minutes and you will have burned far more calories than you would have at a steady rate, plus you will make faster gains in your cardiovascular endurance.



Strength Training



Stationary Lunge with Bicep Curl

Grab a pair of dumbbells and hold them at arm's length next to your sides, your palms facing each other. Stand tall with your feet hip-width apart **(a)**. Step forward with your right leg and lower your body until your front knee is bent 90 degrees **(b)**. At the same time as you lunge, curl both dumbbells up to your shoulders **(c)**. Lower the dumbbells, pushing with the right foot stand back up returning to the starting position **(d)**. Step forward with the other leg and repeat. Continue alternating legs.

Flexibility

World's Greatest Stretch

This is a dynamic stretch. Start by lunging forward and bring one elbow to the opposite foot. Reach up or straighten front leg while in lunge position. Repeat on the other side, and continue.



Quinoa Blueberry Pancakes

Ingredients

2 1/2 cups quinoa, cooked
1 cup milk
4 eggs
3 tsp baking soda
1/4 tsp sea salt
1 tbsp honey
2 tbsp grapeseed oil
1 1/2 cups blueberries
cooking spray



Directions

In a blender combine: quinoa, honey, oil, eggs and milk – blend till smooth.

Add in salt, baking powder and blend for a few more seconds.

Heat a griddle or pan with cooking spray.

Pour 1/4 cup of batter on to hot griddle or pan.

Sprinkle blueberries of the top and cook for a few minutes.

Flip and finish both sides until golden brown. Enjoy!

Spaghetti Squash and Meatballs



Ingredients

1 spaghetti squash
1 pound ground turkey
1/4 tsp dried oregano
1/4 tsp garlic powder
1/4 tsp dried rosemary
1/4 tsp dried thyme
1/2 tsp sea salt
black pepper to taste
1 egg beaten
1 jar of organic tomato sauce
1/2 cup shredded raw parmesan cheese (for topping)

Directions

Preheat oven to 350 degrees Fahrenheit

Slice spaghetti squash in half and remove all seeds with spoon
Place spaghetti squash face down on large baking sheet, add 1/2 cup water and cover with foil

Cook spaghetti squash for 45 minutes

While spaghetti squash is cooking, mix together remaining ingredients (except cheese) in a large bowl

Make 2 tbsp size meatballs with hands and place on a greased cookie sheet

Bake for 20 minutes (alongside the spaghetti squash) turning half way through)

Remove turkey meatballs from oven, and place into a pan with sauce, warm sauce thoroughly

Remove spaghetti squash and scrape insides

Place spaghetti squash in a bowl and pour sauce and meatballs on top

Sprinkle with parmesan cheese, and Enjoy!

Healthy Hot Cocoa

Ingredients

1 cup, plus 1-2 tablespoons milk of choice (I used rice milk, vegan)
2 rounded teaspoons unsweetened cocoa powder
1 teaspoon raw sugar (or sweetener of choice)
1/4 teaspoon vanilla extract
cinnamon, optional

Directions

Place milk in a small pot over medium low heat.

Meanwhile, place cocoa powder, sugar, and extra tablespoon of rice milk in a small bowl.

Whisk until a paste/thick mixture forms and powder is absorbed. Add additional tablespoon of rice milk, if needed.

Whisk cocoa mixture into milk mixture. Heat till hot but not boiling. Pour into a mug and sprinkle with cinnamon, if using.

Serve and enjoy once the drink is cool enough to safely drink.



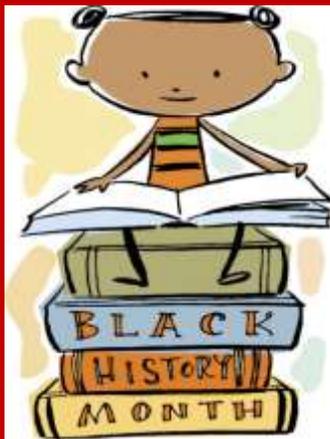
February is



"We should emphasize not Negro history, but the Negro in history. What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."

- Carter Woodson

African American historian, scholar, educator, & publisher



Do You Know These Contributors to Our Nation's History?



Daniel Hale Williams was the first doctor to perform a successful open-heart surgery in 1893. He also founded the first black-owned hospital and was the first African American to be inducted into the American College of Surgeons in 1913.

Althea Gibson became the first black person to play in and win Wimbledon and the United States national tennis championship. She won both tournaments twice, in 1957 and 1958. In all, Gibson won 56 tournaments, including five Grand Slam singles events.



Marie Maynard Daly was an American biochemist. She was the first African American woman in the United States to earn a Ph.D. in chemistry.

Charles Hamilton Houston was a prominent African-American lawyer, Dean of Howard University Law School, and NAACP Litigation Director who orchestrated the abolishment of numerous segregation laws. He also mentored and trained future Supreme Court Justice, Thurgood Marshall.



Richard and Mildred Loving were sentenced to a year in prison for marrying each other. Their case *Loving v. Virginia* in 1967 was a landmark in the civil rights movement. There was a unanimous decision by the US Supreme Court that this racial prohibition was unconstitutional. All race-based legal restrictions on marriage were abolished.

February Fitness Trivia!

February is American Heart Month. Below are fun facts about fitness and health.



- ♥ It takes 70 muscles to speak a single word.
- ♥ People who are physically inactive can lose as much as 3% to 5% of their muscle mass per decade after age 30.
- ♥ It can take about 200,000 frowns to make a permanent wrinkle.
- ♥ Eating spicy foods an hour or two before you workout has been shown to increase your metabolism.
- ♥ People in Sweden refer to interval training as fartlek, which means “speed play.” On average, every minute you walk extends your life by one and a half to two minutes.
- ♥ Your heart beats approximately 100,000 times per day. That means that in just 10 days, your heart beats one million times.
- ♥ The number of fat cells in your body is determined at birth. A gain in body fat does not increase the number of fat cells, but rather the size of the existing fat cells.
- ♥ Your Brain is 2% of your body weight, yet uses 20% of the oxygen.
- ♥ On average, you breathe 700 gallons of air per hour.
- ♥ A normal sized heart weighs about the same amount as a softball.



Source: <http://www.fitnessexchange.com/blog/fun-fitness-trivia-that-may-surprise-you/>

Four Fun Facts about



1. The name of February came from the Latin word *februum* which means purification & cleansing.
2. February is the only month that can pass without a full moon. This last happened in 1999 and will happen again in 2018.
3. February has 28 days until Julius Caesar gave it 29 and 30 days every four years. This is because the Roman emperor Augustus took one day from February and added that to August because August was a month that was named after him.
4. February is also National Dental Month, National Bird-feeding Month, and Chocolate Lover’s Month.

Couple Spotlight

Robert and Ellen Sherwood

Robert and Ellen are both originally from Toronto Canada. They first met when Bruce was 2.5 yrs. and Ellen was a newborn. Their families spent a lot of time together when they were kids. Bruce's family immigrated to Fla when he was 12yrs. Ellen visited on a couple of occasions but they didn't get serious until Bruce was in the Navy and they started corresponding. They got engaged over the phone and were married in Toronto (1969) after Bruce finished his Navy enlistment. They moved to **Florida where Bruce worked while Ellen went to UF to get her Master's** in Education. Ellen landed a teaching job in Ocala and Bruce went to CC on the GI bill and got an AA before transferring to UF and graduated with a BSEE. The most memorable travel experience happened in the Canadian Rockies when Ellen saved Bruce's life after a car fell on him. The second most memorable experience is when a Humpback whale breached behind their sailboat and lifted their hull while they were traveling down the inside passage between Alaska and Washington state. Their favorite travel location is the Ayakulik River on Kodiak Island, and their favorite hobbies are fly fishing, metal detecting , tamar (Ellen). Their favorite foods are steak, fruits and pizza. They have been going to Shands Fitness and Wellness since the 1st of Dec 2014.



Donald and Kristina Fields

Kristina Fields was born in Iowa and moved to California at the age of 17. Donald is a California native. They met at UCLA while Donald was getting his doctoral degree in Physics and Kristina was the Physics librarian. Donald won over Kristina one weekend when he took her on two dates. One to the ballet (Philadelphia) on a Friday and the Hollywood Bowl the next day. Donald was a physicist in the aerospace industry and Kristina was a librarian and teacher. They have two children and two grandsons. The Fields enjoy gourmet cooking, gardening, art, and exercise. Their favorite cuisine is Japanese. They are also avid travelers. Some of their favorite places to travel are Greece, Australia, Thailand, Belgium, and Alaska. They have been to every state in America, and hope to revisit some of their favorite places. Donald and Kristina moved to Gainesville last year because they have always enjoyed the city and its unique atmosphere. They started coming to **Shands Fitness and Wellness Center last November. "We love exercise and the great staff here. It is nice to work with trained professionals who understand the science behind exercise and physical activity."**



Member Spotlight

Andrea Durham



Andrea is a Gainesville native. She has three children and three grandchildren. She enjoys visiting the mountains in northern Georgia and North Carolina, where her daughter currently resides. One of her favorite hobbies is shopping: for others and herself. Andrea listens to all types of music, like gospel and R&B. While she is working out, she likes listening to up-tempo songs. Her family, work, and fitness keep her busy. She has been coming to Shands Fitness and Wellness Center for several years. She started Medical Fitness late last year. **“I really like the people here. The trainers give me that extra push and guidance that I need during my workouts.”**

Scott Fanning



Scott was born in Mason City, IA and grew up in Ocala, FL. He has lived in Gainesville since 2008. He is a former SSgt of Marines serving 8 years including two deployments to Iraq. After leaving the Marine Corps, he studied accounting at the Fisher School of Accounting at the University of Florida and currently works at UF Health Shands. He loves outdoor activities. His favorite sports are golf and soccer, and currently he is a volunteer youth soccer coach for i9 Sports. Scott tries to come to Shands Fitness and Wellness Center on a consistent basis every week during his lunch break. **“I love coming because it gives me a nice break during the work day and keeps me active.”**

Supplements 101

Vitamins and minerals are an integral part of a balanced and healthy diet. The following supplement recommendations will cover the basic building blocks of a robust supplement program:



Multi-Vitamin / Multi-Mineral

Supplementing a healthy diet can improve the body's ability to detoxify and lose weight. There are many different combinations to promote certain functions of the body, however it is good to consider a high quality, high dose multivitamin as a solid foundation to begin with. We are lucky there are many multi-vitamin/multi-mineral supplements available to us today from your local health food store or pharmacy. These have great results but we recommend where possible to choose raw, wholefood nutritional supplements as our bodies are designed to recognize nutrients best when they come from food. Look for these in specialized health food stores or ask your integrative physician.

Vitamin C

Vitamin C is one of the most important antioxidants. It is important to know that Vitamin C is not produced by the body. The therapeutic properties of Vitamin C are plenty. They include very high anti-viral and anti-bacterial properties, aiding in the prevention of cataracts and helping to lower cholesterol. Vitamin C is a great antidote for neutralizing free radicals that will cause premature aging. Vitamin C works wonders at the onset of a cold or flu when taken to bowel tolerance. High doses of Vitamin C is effective as a therapeutic agent in the treatment of cancer. Vitamin C is worth taking separately because the amount you need does not fit in a multi-vitamin. This can be taken in a powdered form or pill form. Look for Vitamin C as Ascorbic Acid.

Essential Fats

Essential fatty acids or EFA's cannot be made by the body and we therefore need to get them from the food we eat. These oils are great to maintain healthy hair and skin, elevate moods, nourish your brain, assist in a healthy pregnancy, increase energy, and regulate blood sugar. There are two ways of meeting your essential fat requirements: one is from the diet, either by eating a heaped tablespoon of ground seeds every day, having a tablespoon of special cold-pressed seed oils and/or eating fish three times a week; the other is to supplement concentrated oils. For omega 3 this means either flax seed oil capsules or the more concentrated fish or krill oil capsules providing EPA and DHA.

Probiotics

Probiotics help to boost our immune system by assisting the body to absorb nutrients. 80% of our immune system is located in the digestive system. When good bacteria get destroyed by stress, poor diet and antibiotics, probiotics help the digestive system by balancing out the good and bad bacteria. Prebiotics are equally important. They are necessary to keep your army of good bacteria alive to continue to keep the bad bacteria in check.

SPRING
2015

Meet Our Interns!



Erin Basinait



Erin is a fourth-year Health Education and Behavior student at the University of Florida. She is from Fort Myers, Florida and is the youngest of three sisters. Her passions are fitness, nutrition, and cooking. She enjoys being in the outdoors and yoga. **Erin's favorite shows are Modern Family, Breaking Bad, Shark Tank, and Chopped.** She is excited to travel in the future, to places like Colorado.



Kathlyn Vu



Kathlyn is a fourth-year Health Education and Behavior student at the University of Florida. She was born in Baton Rouge Louisiana, and was raised in Plant City, Florida. Her family is from Vietnam, where she visits frequently. Kathlyn enjoys all types of music like country and reggae. Her hobbies include painting, longboarding, going to the beach, and attending concerts. She will go to nursing school in the fall.



Dina Walters



Dina is in her last year at the University of Florida studying Applied Physiology & Kinesiology and is minoring in Spanish. Her family is from Jamaica and she was raised in both South and North Florida. She loves food, basketball, dancing, music and likes to DJ in her free time. Her favorite artists include Stevie Wonder, Lenny Kravitz, and Christon Gray. This summer she plans to intern at her **church, Greenhouse.** **Dina's goals for the future** include medical missionary work, domestically, overseas, and in Latin American countries.



A Message from Traye

A lot of people think they need to work out two hours a day in order to get fit and healthy. We often times put so much pressure on ourselves that failure is inevitable. I have always contended that a workout should fit into your lifestyle and that the number of days and time spent working out should be realistic. Consistency and shorter workouts are the Key! Short duration workouts are not only time effective, but also produce a positive hormonal state. Many studies conclude that long workouts produce a hormone called cortisol. Cortisol is a stress hormone that strips muscle and places high levels of stress on the body, thereby creating an unhealthy state. Some tips to get you started are: Perform circuit training, Design split routines, perform weights and cardio on separate days, or perform a weight/ cardio mix. If you need help with understanding the various differences among these types of workouts or need help getting going with this type of workout, please schedule a time with a staff member and they would be happy to discuss these with you. Remember one key to being consistent with your workouts is making sure it is something that you enjoy and mixing it up with different types of activities/exercises.



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UFHealth.org



What's New!

A red rectangular box containing the text "TURBO FITNESS" in a bold, italicized, black font, with "30 MINUTE CIRCUIT TRAINING" in a smaller, black font below it.

TURBO FITNESS
30 MINUTE CIRCUIT TRAINING

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.