

COMING

ATTRACTIONS:

- ♥ Exercises of the Month
- ♥ Healthy Recipes
- ♥ Healthy Habits
- ♥ Blood Pressure Month
- ♥ Local Events
- ♥ **What's New at the SFWC!**



TABLE OF  
CONTENTS

Exercise of the Month	2
Healthy Recipes	3
Healthy Habits	4
Blood Pressure	5
Local Events	6
Farewell from Interns	7
<b>Traye's Message &amp; SFWC Info</b>	8

## National Physical Fitness & Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

Here are a few benefits of physical activity:



**Children and adolescents** – Physical activity can improve muscular fitness, bone, and heart health.

**Adults** – Physical activity can lower risk for heart disease, type 2 diabetes and some types of cancer.

**Older adults** – Physical activity can lower the risk of falls and improve cognitive functioning (like learning and judgment skills).

Communities, health professionals, and families can work together to create opportunities for everyone to get more physical activity. Encourage family and friends to make small changes, like taking a walk after dinner or going for a bike ride.

Most importantly, choose activities that are beneficial, as well as enjoyable!

## Cardio

### Aerobics Classes

Aerobics classes are a great way to improve cardiovascular health. They can be lots of fun and very enjoyable. Additionally there is a wide variety of aerobics classes from Zumba Fitness®, kickboxing, and cycling, to name a few. Choose one(s) that work(s) for you!



## Strength Training



### Plank Row

Grab a pair of dumbbells and hold them while in a plank position. Keeping elbows/arms close to your body, bring one dumbbell into a row, and back down. Alternate arms and repeat. You can do multiple sets and/or a timer. Maintain a stable core the entire time. Choose a weight that is both challenging but allows you to effectively execute the movement.

## Flexibility

### Windshield Wipers

This is a dynamic stretch. Start on your back with knees together and raised and calves parallel to the floor. Place arms straight on the floor. Rotate abdominals and bring knees side to side, in a controlled motion. Alternate sides and repeat.



# Breakfast Muffins

## Ingredients

- 9 large eggs
- 8 ounces ground breakfast sausage
- 1 red, green, or yellow pepper,
- ½ cup fresh or frozen kale, chopped
- ¼ teaspoon pepper
- salt to taste



## Directions

Preheat oven to 350 degrees, spray a muffin tin with non-sticking cooking spray or use coconut oil. Set aside.

Brown the ground sausage in a medium-sized pan over medium-heat.

In a large mixing bowl, whisk the eggs and then add in the sausage, peppers, kale, and pepper. Pour the batter into the muffin tins, filling ¾ of the way. Bake for 20-25 minutes, my oven needed 23 minutes.

Allow the muffins to cool for 5 minutes, use a knife to loosen from the sides.

# Buffalo Cauliflower Bites



## Ingredients

- 6 cups of fresh cauliflower florets
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- 1 tablespoon butter, melted
- ¾ cup Frank's RedHot hot sauce

## Directions

Preheat oven to 450 degrees and place cauliflower on a baking sheet and spray with cooking oil, or olive oil.

Sprinkle garlic powder, salt, and pepper over the cauliflower florets.

Bake for 20 minutes.

Combine the melted butter and hot sauce into a small bowl and pour over the cauliflower florets and bake for 5 minutes.

Serve with ranch or blue cheese dressing.

# Blueberry Banana Ice Cream

## Ingredients

- 2 frozen bananas
- ¼ cup frozen blueberries
- 1 teaspoon pure vanilla extract

Note: You can choose from a variety of fruits, nuts, and flavors to make your own unique, delicious, and healthy creation!

## Directions

Add all the ingredients into the blender and blend until everything is smooth (or no longer in chunks).

Spoon it out, top it with some more blueberries if you wish, and eat it right away before it melts. If you want it harder, put it in the freezer for a couple of hours, stirring every 20 minutes or so.







*“Being in control of your life and having realistic expectations about your day-to-day challenges are the keys to stress management, which is perhaps the most important ingredient to living a happy, healthy and rewarding life.”*

*- Marilu Henner*



# Healthy Daily Habits



## Lemon Water

Drink two cups of warm water with lemon each morning. This simple habit increases the flow of digestive juices, helps to cleanse the body, and resets our pH balance, making us less acidic, which helps reduce the risk of disease.

## Complete a Physical Activity

Pick something challenging to do. Take a walk, go for a bike ride or to the gym. Take a hike or a dance class. Accomplishments are fun! Every time you complete a challenge you will have burned calories, improved your fitness level, and reminded yourself that you are still capable of doing some really cool things.



**Meditate & Relax** Spend some time alone, even if it is just 15 minutes, to breathe deeply, meditate, ponder, review your goals, or write in a journal to wind down before bed and collect your thoughts. Designate this time as *your* time daily.

**Stay Connected** Having regular social contacts with friends and loved ones is key to avoiding depression, which can lead to premature death. Some psychologists feel that one of the biggest benefits seniors achieve from exercise are strong social interactions. Go walking with a buddy or take a group exercise class!



## National Blood Pressure Month

May is National High Blood Pressure Education

Less is better in some things, including in blood pressure. About 1 of 3 US adults—67 million people—have high blood pressure. High blood pressure makes your heart work too hard and increases your risk of heart disease and stroke. Make it a point to get your blood pressure checked in May, which is National High Blood Pressure Education Month. Below are other healthy habits, that can help keep your blood pressure under control—



- ♥ Achieve and maintain a healthy body weight.
- ♥ Participate in 30 minutes of moderate physical activity on most days of the week.
- ♥ Eat a healthy diet that is high in fruits and vegetables and low in sodium, saturated fats, trans fat, and cholesterol.
- ♥ Manage stress.
- ♥ Limit the amount of alcohol you drink; no more than one drink each day for women and two for men.
- ♥ If you have high blood pressure and are prescribed medication, take it as directed.
- ♥ If you have a family member who has high blood pressure, you can help by taking many of the steps listed above with them. Go for walks together or cook meals with lower sodium. Make it a family affair!

<http://www.cdc.gov/Features/HighBloodPressure/>

## Important Dates in



5th Cinco de Mayo

6th **National Teacher's Day**

10th **Mother's Day**

25th Memorial Day

6th-12th **National Nurses' Week**

17h-23rd Emergency Medical Services Week

May is also National Date Your Mate Month, National Bike Month, and National Older Americans Month

# Local Health Events



UF Health offers this free program to help support women who want to have a healthy mind, body, and spirit. The health seminars are for women of all ages and cover topics such as heart disease, exercise, breast cancer, depression, weight loss, osteoporosis, bladder, and bowel disorders and more.

Thursday, May 28, 2015—8:30 a.m. to 12 noon  
 Hilton University of Florida Conference Center  
 1714 SW 34th St., Gainesville, FL 32607  
 To register visit [ufhealth.org/events](http://ufhealth.org/events) or call  
 352.733.0000

Do you know your numbers—blood pressure, glucose and BMI—and how they compare to recommended guidelines? A free Employee Wellness Event co-sponsored by the University of Florida and UF Health will kick off at the end of this month for all *benefits-eligible employees*.

Employees who complete a biometric screening will have the opportunity to review their results with a wellness professional and receive a free SweetBerries boxed lunch. Benefits-eligible employees may register online at

[UFHealth.org/welnessevent](http://UFHealth.org/welnessevent)

April 27th—May 15th

For more information go to [gatorcare.org/wellness](http://gatorcare.org/wellness)

The UFHealth logo, featuring the text "UFHealth" in a blue serif font with a stylized orange and blue arc above the "U".

**Spring Employee  
Wellness Event**





SPRING  
2015

## Farewell from Our Interns!



*We have had such a pleasure working with and getting to know each and every one of you. We have gained a wealth of knowledge, as well as life-long friends. Thank you for sharing this experience with us. We wish you all the best in the years to come!*

*Sincerely,  
Dina Walters  
Erin Baisinait  
Kathlyn Vu*

**Being active doesn't mean having to spend hours at the gym.** You can find ways to work exercise into your life doing things that you love. Pick an activity that you enjoy doing, like going for a walk, gardening, dancing, or something new you haven't tried before. **You'll be getting your daily exercise and barely noticing it!**

Having a consistent fitness routine is an easy way to make activity part of your daily life. When planning your exercise, aim for SMART moves (specific, measurable, attainable, realistic, timely): pick a time, place and activity that fits into your life and stick with it! Find three places in your schedule during the week where you can fit in fitness. It may be in the morning, during your lunch break, before dinner or in the evening. Recommit to these times at the end of the week, or adjust your work-out schedule if need be.

Also, you can try to sneak in exercise whenever you can by parking further out in the parking lot and walking, taking the **stairs, or doing squats or crunches during a TV commercial.** **You'll be surprised by how quickly these small changes add up.** In the course of a week, try to spend about a half hour, two or three days out of the week, doing something you love that is physically active.

**Don't worry if you can't find the time for 30-60 minutes of physical activity;** exercising for a shorter amount of time twice a day can be just as effective as doing your whole workout at once. There have been some studies done that found that exercising twice a day for 15 minutes can improve lung capacity more than a single, half hour session. Plus, it's a great way to get in all your activity if one session seems too daunting!

Break your activity into two sessions this week. Try getting in half your workout in the morning or during lunch and the other half after work or back at home. Shorter sessions mean you can still take care of your to-do list!

\*Remember to drink plenty of fluids throughout the day as the temperature continues to rise to avoid dehydration. Remember, if you are THIRSTY, you are already in a state of Dehydration!



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### What's New!



**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.