

June Newsletter



NATIONAL SAFETY AWARENESS MONTH

Safety Tips at Home

1. Always have a safety plan!
2. Remember to place all important documents inside a fire-proof safe or in a safety deposit box in case of disaster.
3. Make sure that all safety equipment is properly working, this includes smoke alarms.

Safety Tips for the Gym

- 1) *Don't leave weight on the floor, someone could trip on them.*
- 2) *Always use weight that you can move with proper form.*
- 3) *When trying a new exercise, ask a Exercise Specialist for help.*
- 4) *Always wipe down equipment to prevent the spread of germs.*

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Exercise of the Month: **Star Jumps**



Star Jump Instructions:

- 1)** Start with your body in an athletic stance (knees bent, hips back, and hands to you side).
- 2)** Explode up from the floor and spread your body into an X-shape
- 3)** Safety land on the floor
- 4) Repeat**

Picture from lincolnshiresport.com

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Chicken and Broccoli Stir-fry

Instructions

- 1) Cut chicken into cubes and toss with the oil and soy sauce into a skillet. You can use optional salt and pepper here. Marinate for at least 30 minutes while you do prep.
- 2) Prepare garlic, onion, and peppers.
- 3) Slice the broccoli heads off and then cut the florets of broccoli, onion, and peppers into quarter size pieces. Crush the garlic as well.
- 4) Turn the burner to high and stir/toss the chicken. While the chicken is cooking, add the vegetables and stir/toss the meal. Continue stirring/tossing until the chicken is fully cooked.
- 5) Cook the rice.
- 6) Serve the stir-fry on top of the rice, and enjoy!
- 7) Apple slices for the side, if you want them.

5dollardinners.com



3 chicken breasts, cubed
3 Tbsp canola oil
1/4 cup soy sauce
1 head broccoli
1 small white onion
3 garlic cloves
4 cubanelle peppers, seeded and diced
1 tsp crushed red pepper
Salt and pepper
1 cup rice
1 large apple, sliced (on the side)

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Banana Ice Cream

Instructions

- 1) **Peel the bananas and cut them into coin slices.**
- 2) **Put the bananas in an airtight container and freeze the banana pieces for at least 2 hours.**
- 3) **Blend the frozen pieces in a small food processor or blender until the banana looks like oatmeal.** (Add any toppings in the last moments of blending.)
- 4) **You can eat your “Ice Cream” now or you can refreeze it until its solid so it looks just like Ice Cream.**

thekitchn.com



Banana Ice Cream Ingredients

1. ***Bananas!***
2. ***(Optional Toppings)***

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MEMBER SPOTLIGHT

George Goodwin

In the Mid-1970s, the master carpenter, George discovered his love for rare heart pine and cypress left at the bottom of rivers by our ancestors. He sold his antique business and then built his first sawmill with his father and some students from the local university. Over time he built Goodwin Company to the ten time National Wood Floor Association's "Floor of the Year" award winning standard it has today.



What has UF Health: Fitness and Wellness done for George?

After George was hurt by a tree he was struggling to walk. He then went through PT for his double knee replacement. Once completing PT, he continued his to gain his strength back with us! Now George is able to enjoy his life just like he used to!

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Meet the Intern: Zachary Brown

Zach is an intern from Valdosta State University's undergraduate Exercise Physiology program. He wants to continue on his education by acquiring a Master's degree in Clinical Psychology, so he can counsel clients that go through emotional trauma with the use of psychology and exercise.



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With the summertime fast approaching I'd like to encourage you all to stay healthy and physically fit. Given that summer is a season of vacations, picnics, cookouts, happy hour, pizza by the slice, ice cream, sugary frozen beverages, and lazy days outdoors, it's easy to slack off. With that said, as you enjoy your summer be sure to implement regular physical activities like biking, swimming, long walks, and gardening into your daily routine. You can also use this season to enjoy cool and refreshing foods and drinks like fresh vegetable and fruit salads, healthy homemade sandwiches, fruit flavored sorbets, iced tea, and, of course, plenty of ice cold water.

Exercise Tip: Do you often experience muscle cramps during running or other types of exercise? Muscle cramping can occur as a result of dehydration caused by inadequate consumption of fluids or due to depletion of minerals like potassium and calcium, which are essential for muscle contraction. As such, in order to avoid muscle cramps, stay hydrated by drinking plenty of water before, during, and after exercise. You can also consume a small banana or a serving of Greek yogurt before your exercise session to boost your potassium and calcium concentrations.

Health Tip: Whether you are trying to lose weight, gain it, or maintain it, an understanding of the calorie is absolutely fundamental.

Get to know these simple calorie conversions: 1 pound of fat = 3,500 calories

- 1 gram of fat = 9 calories
- 1 gram of protein = 4 calories
- 1 gram of carbohydrates = 4 calories
- 1 gram of alcohol = 7 calories

Remember, if you accumulate 3,500 extra calories over a given period of time (i.e. one week) you'll gain 1 pound of fat and if you create a 3,500 calorie deficit you'll lose 1 pound.

Fitness Tip: It is important to manage your time when creating and maintaining an exercise program. With that said, create a regular exercise schedule that suits your lifestyle and try your best to exercise at the same time each day so that your workouts become habitual. Don't tell yourself that you'll get it in when you have some free time, as that free time may never come. You should also develop alternate plans in your program to account for extenuating circumstances (i.e. bad weather, illness, vacation). It's all about making exercise a way of life.