

UF Health Fitness & Wellness Center

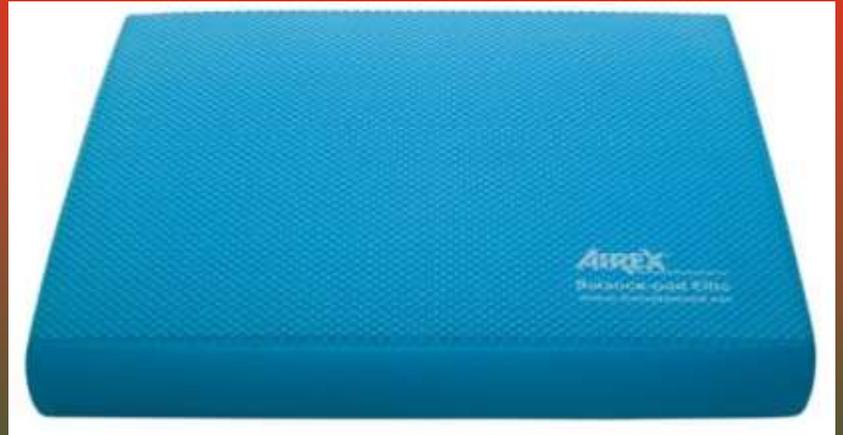
Happy Holiday season from the staff here at UF Health Fitness & Wellness Center! Enclosed, you will find dinner and dessert recipes to share with your family and friends. There are also exercises included to burn off those meals aforementioned. This marks the last month for interns Andrew and Dana, but you can look forward to meeting 5 new interns in January!



Exercise of the Month

Balance Equipment and Exercises

Airex pads offer increased difficulty in balance exercises by creating an unstable surface. This piece of equipment is made of soft foam and is supposed to simulate walking on grass.



The Bosu ball is a piece of gym equipment that is a little bit more difficult to use than the Airex pad. The Bosu ball is half of a physio-ball attached to a round piece of plastic and can be stood on either ball-side up or ball-side down to help increase one's balance.

Exercises

There are many variations of exercises one could do on an Airex pad or Bosu ball. A good one to start out with would be Rhomberg's stance. This stance requires the participant to stand with their feet side by side as close together as they can with their arms across their chest. Once mastered the individual should repeat on a more unstable surface or with their eyes closed. A single leg stance is performed by balancing on one leg. Difficulty can also be increased by changing the surface to something more unstable or by closing one's eyes. This can be made into a dynamic balance exercise by placing two Airex pads about 6-12 inches apart and switching between balancing with one leg on the first pad and switching to the other leg on the other pad.

Balance Exercises

(continued)

Tandem stance is another great balance exercise. The participant will stand with one foot directly in front of the other like a tightrope walker. To increase difficulty cross arms over chest and close eyes. If full tandem can't be reached due to lack of flexibility or poor balance a **Semi-Tandem stance** can be used as well. A picture guide has been added for your convenience.

In addition to these static balance exercises one should consider including lower body resistance training exercises such as calf raises, squats, hip adduction, abduction, flexion, and extension. Core exercises like pelvic tilts and leg raises will also help increase balance. Lastly, increased flexibility in the quadriceps, piriformis, glutes, hamstrings, gastrocnemius, and soleus (calves) will help increase one's balance.

- **Rhomberg**

- **Semi-Tandem**

- **Tandem**

- **Single-Leg**



Sweet Glazed Baked Ham

Ingredients:

- 1 (10 pound) fully-cooked, bone-in ham
- 4 cups boiling water, or as needed
- 1 cup packed brown sugar
- 2 tablespoons all-purpose flour
- 2 tablespoons dry mustard powder
- 1/4 cup honey
- 1 teaspoon fresh lemon juice, or as needed
- 1 (20 ounce) can pineapple chunks, drained
- 1 (10 ounce) jar maraschino cherries, drained
- Toothpicks

Directions:

Preheat oven to 400 degrees F (200 degrees C). Place ham on a rack set in a roasting pan, and carefully pour about 1/2 inch of boiling water into the pan beneath the ham.

Bake the ham in the preheated oven for 2 hours, or until a meat thermometer inserted into the thickest part of the meat (do not touch the bone) reads at least 140 degrees F (60 de-



grees C.)

Reduce oven heat to 350 degrees F (175 degrees C.) In a bowl, mix together the brown sugar, flour, dry mustard, honey, and lemon juice as needed to make a thick, smooth paste. Brush the ham generously with glaze. Skewer 1 pineapple chunk and 1 maraschino cherry per toothpick, and insert the decorated picks all over the ham.

Return the ham to the oven, and roast for 15 minutes. Baste the ham, fruit and all, with glaze and juices that have collected in the bottom of the pan, return to the oven, and roast for an additional 15 minutes. Let the ham rest for at least 10 minutes before slicing.

Grandma's Gingersnap Cookies

Ingredients:

2 cups sifted all-purpose flour

1 tablespoon ground ginger

2 teaspoons baking soda

1 teaspoon ground cinnamon

1/2 teaspoon salt

3/4 cup shortening

1 cup white sugar

1 egg

1/4 cup dark molasses



Directions:

Preheat oven to 350 degrees F (175 degrees C).

Sift the flour, ginger, baking soda, cinnamon, and salt into a mixing bowl. Stir the mixture to blend evenly, and sift a second time into another bowl.

Place the shortening into a mixing bowl and beat until creamy. Gradually beat in the white sugar. Beat in the egg, and dark molasses. Sift 1/3 of the flour mixture into the shortening mixture; stir to thoroughly blend. Sift in the

remaining flour mixture, and mix together until a soft dough forms. Pinch off small amounts of dough and roll into 1 inch diameter balls between your hands. Roll each ball in cinnamon sugar, and place 2 inches apart on an ungreased baking sheet.

Bake in preheated oven until the tops are rounded and slightly cracked, about 10 minutes. Cool cookies on a wire rack. Store in an air tight container.

Member Spotlight

Eleanor Park

Eleanor is originally from the west coast of Scotland and has been a registered nurse for over 38 years! She enjoys the variety she gets working with different trainers through our Medical Fitness program and finds the varying workouts keeps exercise from becoming mundane. Eleanor loves the holiday season, especially the turkey and side dishes at holiday dinners. In her spare time, Eleanor likes to travel, eat out with her friends and do some holiday baking. She even made our sweet potato dish from last month's newsletter! Eleanor highly recommends traveling to her favorite place New Zealand for its vivid colors and cosmopolitan cities. We love having Eleanor here at UF Health Fitness and Wellness Center!



Eleanor doing a seated overhead shoulder press

Rewards Memberships

During the months of November and December all Rewards Members will only be required to make 10 separate visits to the fitness center in order to qualify for the lower Rewards Membership rate. This will begin on November 1, 2015 and end on December 31, 2015 for those who have a membership starting on the 1st of the month. It will begin on November 15, 2015 and will end on January 14, 2016 for those who have a membership beginning on the 15th of the month.

We hope you have a Wonderful Holiday season and Thank you for being a member of UF Health Fitness and Wellness Center!!