

JANUARY 2016

UF HEALTH FITNESS AND
WELLNESS CENTER

HAPPY NEW YEAR!

New year, new you? Every year, thousands of Americans write goals to better themselves in the upcoming months. However, keeping these goals can be more difficult and less fun than we originally thought. This January newsletter will include some helpful tips and healthy ideas to keep you going with your healthy attitude throughout the year!



Keep your health goals and stay strong with your New Year's Resolutions in 2016!

INSIDE THIS EDITION:

- Meet the interns!
- New Year's Tips
- Hot Tea for health and warmth this winter
- Recipe of the Month
- HIIT Training
- Workouts of the Month
- Member Spotlight
- Upcoming Events

MEET THE INTERNS



LAUREN LOB, the dancer.



Lauren is a Masters student at UF studying Exercise Physiology. She spends her free time with her dog Flapjacks, eating chocolate and cheese.

MAYA HARRIS, the trouble-



shooter. Maya is an undergraduate student studying Applied Physiology and Kinesiology at UF. Maya loves food and Shirley temples.



TJ FILLMER, the dude. TJ is also an undergraduate student studying APK at UF. TJ is an avid yoga master and likes people who eat their veggies.

ALEX STANOJEV, the runner.



Alex is also studying APK at UF. She is attempting to live up to TJ's yoga skills, and her dream in life is to be in a sea of puppies.



BROOKE SMITH, the soccer stud. Brooke is also studying APK at UF. Once she was bit by a wild pig on an island and got Rabies shots from 3 different states.

The Spring 2016 interns, aka the FAB 5 will be here through April 20.

Tips to set and keep your New Year's Resolution

1. **Set a SMART goal.** SMART stands for Specific, Measurable, Achievable, Results-focused, and Time-bound. By following the SMART guideline, the clearer your goals are and the more likely you are to follow through with them.
2. **Planning is key.** You don't want to walk into your goals blindly! Know your daily, weekly, and monthly checkpoints that will lead you to achieving your goal. Formulate a plan on how you can change your daily habits to create the best environment possible.
3. **Find an accountability-buddy.** Develop a support team. Tell your friends and family about your goals this year, and ask them for encouragement along the way. Share your progress and journey with them, and even invite them to join you in your challenge!
4. **Make it routine.** It takes at least 30 days to form a habit. The first month is also the most important. Stick with your plan, your support network, and eventually it will become habit.
5. **Reward yourself!** Even for the small accomplishments, make sure you pat yourself on the back. Treat small setbacks as challenges to overcome and do not get discouraged. Believe you can achieve!



January is National Hot Tea Month!

Some Benefits of Tea

1. Tea helps fight free-radicals! Tea has a high **ORAC** (oxygen radical absorbance capacity), meaning that it *protects our body's DNA* from the damage of free-radicals.
2. The **antioxidants** in teas may help protect the body against several different types of cancer (including lung and breast cancer).
3. Drinking tea is associated with a **lower risk** for metabolic syndrome, Parkinson's Disease, and other neurological disorders.
4. Tea contains **polyphenols**, which are believed to help protect the parts of the brain that control memory and learning.
5. Tea helps the body **process sugars**, which can be beneficial for people with Type 2 Diabetes.



Noteworthy Teas

Green Tea can help increase bone density and strength.



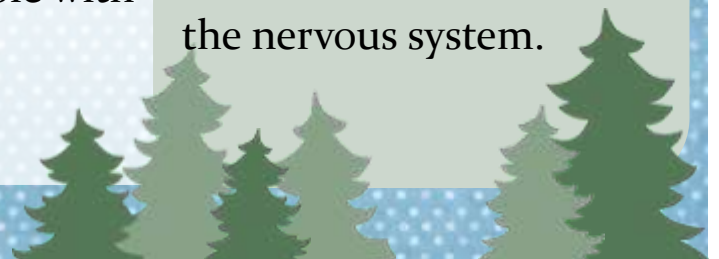
Black Tea can help to stabilize

blood pressure, reducing the risk of hypertension and cardiovascular disease.

Chamomile Tea was used in ancient societies (and still today)



to expedite healing of the body. It also helps promote sleep by soothing the nervous system.



Recipe of the Month

Working out more this season? Make sure you get your all of your protein in to optimize recovery! Here is a protein-packed recipe for your post-workout breakfast or yummy snack!

Cinnamon Roll Protein Pancakes

ingredients:

1/3 C instant oats, dry
1 scoop vanilla whey protein powder
1/4 C liquid egg whites
1/4 C + 1 T fat free Greek yogurt
1/2 small banana
1 t vanilla extract
1/2 t cinnamon
1 T reduced fat cream cheese
1-2 T unsweetened almond milk
1 packet sweetener
PAM Original nonstick spray



directions:

1. In a blender, combine the oats, protein powder, egg whites, 1/4 cup Greek yogurt, banana, vanilla, and cinnamon. Blend until smooth.
2. In a large skillet coated with PAM, begin cooking the pancakes over medium-high heat, about 4-5 minutes on each side.
3. While the pancakes are cooking, spoon the remaining tablespoon of Greek yogurt and cream cheese in a small bowl. Microwave for 10 seconds to soften and stir until smooth. Add almond milk until your "icing" reaches the desired consistency and sweetener until it reaches the desired sweetness.
4. Stack your cook pancakes, pour on the icing, and bask in your last moments of relaxation before starting the weekday grind.

Source: <http://www.theslenderstudent.com/cinnamon-roll-protein-pancakes/>

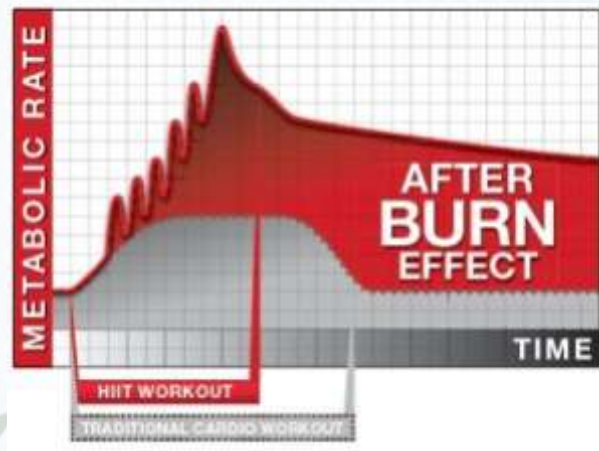
HIIT: High-Intensity Interval Training

What is HIIT Training?

HIIT stands for High-Intensity Interval Training. HIIT workouts take minimal time, maximal effort, and are perfect for people with tight schedules. This type of workout alternates maximal, anaerobic effort exercises with short, less intense recovery periods. A single HIIT workout can vary anywhere from 4 minutes to 30 minutes.

What are the benefits of HIIT Training?

- ⇒ Time efficient!
- ⇒ Has similar muscular adaptations as regular moderate-intensity workouts in less than half the time!
- ⇒ Burn as much as or more fat than traditional moderate-intensity exercise!
- ⇒ Improve your VO_2 Max! (*which is a fancy way of saying that you get improved aerobic fitness*)
- ⇒ Lowers insulin resistance!
- ⇒ Improve your body composition!
- ⇒ Burn fat even after you finish your workout!



Maximize your training with doing 1-2 HIIT workouts per week!

Workouts of the Month: HIIT

For the Runners:

Treadmill HIIT

- > 1 minute Sprint
- 90 second Recovery
- > 1 minute Sprint at 3% incline
- 90 second Recovery
- > 1 minute Sprint at 6% incline
- 90 second Recovery
- > 1 minute Sprint at 9% incline
- 90 second Recovery
- > 1 minute Sprint at 12% incline
- 90 second Recovery

Repeat 3-6 times depending on your level of conditioning.

For Strength:

Perform each exercise for 45 seconds, and rest 15 seconds between each exercise

- > Push-Ups
- > Squats
- > Butt-Kicks
- > Triceps Dips
- > Side-Lunges
- > Jumping Jacks
- > Sit-Ups

Repeat Circuit at least 3 times, and add weight if it is too easy!



Don't Forget your warm-up and cool-down!!

MEMBER SPOTLIGHT

Carey Hudson

Carey has been coming to UF Health Fitness and Wellness for Turbo Fitness since March 2014. She is currently training for the 5 Points of Life Marathon Relay next month with a group of friends. Her children, ages 3 and 11, take after her and her husband's athleticism and enjoy running with them.

What you may not know about Carey is that she is a cancer survivor of 20 years! She now helps raise money for the Leukemia and Lymphoma Society's Light the Night Walk every year! Go Carey!!



UPCOMING EVENTS NEAR YOU!

JANUARY

Jan 21: Florida Arbor Day

Jan 24: Gainesville Rock Gym Fundraiser at First Magnitude

Jan 24: Brighten My Day FT5k

Jan 30: Newnan's Lake 15k

Jan 30: Gainesville Food Truck Rally

FEBRUARY

February 3: "On" Running Shoe demo FunRun at Fit2Run
(6:30pm)

February 10: 2XU Running Demo, Compression and Recovery
seminar at Fit2Run (6:30pm)

February 13: Blue Wilderness Hero 5k

February 14: Valentine's Day

February 15: Presidents' Day

Feb 20-21: Five Points of Life Marathon Weekend, Gainesville, FL.

MARCH

Mar 5: Run Amuck with the Duck 5k

Mar 12: Haven for Hospice 5k, 10k