

UF Health Fitness & Wellness Center

November Newsletter

November is American's Diabetes Month, Pancreatic Cancer Awareness Month, and Alzheimer's Disease Awareness Month. Research has proven that regular physical activity can decrease your chances of having any of these three diseases and we encourage all of you to remain as active as possible. November is also National Sweet Potato Month. The sweet potato is one of the best sources of Vitamin A and beta-carotene in the world. This month's newsletter will include a delicious sweet potato recipe you can enjoy with your family at



Thanksgiving. Lastly, this newsletter will feature a recipe for hot browns. The hot brown is an open-faced turkey sandwich with gravy, tomato, and bacon. It is a great way to keep your leftover Thanksgiving turkey from going to waste.

Ski Erg



Instructions:

Grab the green handles with your arms extended directly in front of you. Drive your weight down, bending your knees, engaging your core, and straightening out your elbows. Stand back up, assuming your starting position and repeat. You can also use the ski erg using alternating arms, swinging your arms back and forth.

Features:

The Ski Erg comes pre-loaded with interactive games such as darts, target training, biathlon, and our personal favorite, the fish game! These games will keep you entertained as you exercise!

Rower



Instructions:

Sit on the seat of the rower and securely fasten your feet. Grab the handle and push backwards using your legs. Finish the motion by pulling your hands into your body using your back and arms. Repeat. To adjust the resistance; move the arrow on the side of the wheel to desired amount (1-10).



Features:

The display settings allow for you to see how many calories you've burned or the distance in meters you've rowed. Just like the Ski Erg, the rower also has preloaded games to keep you engaged during your workout!



Roasted Honey & Cinnamon Sweet Potato

Ingredients:

- 4 sweet potatoes, peeled and cut into 1-inch cubes
- 1/4 cup extra-virgin olive oil, plus more for drizzling potatoes after cooked
- 1/4 cup honey
- 2 teaspoons ground cinnamon
- Salt and freshly ground black pepper



Directions:

Preheat oven to 375 degrees F.

Lay the sweet potatoes out in a single layer on a roasting tray. Drizzle the oil, honey, cinnamon, salt and pepper over the potatoes. Roast for 25 to 30 minutes in oven or until tender.

Take sweet potatoes out of the oven and transfer them to a serving platter. Drizzle with more extra-virgin olive oil.



Hot Brown Turkey Sandwich



Ingredients:

- 5 slices bacon
- 1 small onion, chopped
- 2 tablespoons all-purpose flour
- 1 1/4 cups milk
- 1 1/4 cups low-sodium chicken broth
- 1 1/4 cups shredded cheese
- Kosher salt and freshly ground pepper
- 4 thick slices white bread, toasted
- Dijon mustard, for spreading
- 1 tomato, sliced
- 3 cups shredded or sliced roast turkey
- 1/4 cup chopped fresh parsley

Directions:

Preheat the broiler. Cook the bacon in a large skillet over medium heat until crisp, about 10 minutes. Transfer to a paper towel-lined plate. Pour out all but about 1 tablespoon fat from the skillet.

Make the gravy: Add the onion to the skillet and cook, stirring, until soft, about 3 minutes. Add the flour and cook, stirring, 1 more minute. Increase the heat to medium high, add the milk and chicken broth and bring to a boil, stirring. Reduce the heat to medium low and simmer, stirring, until slightly thickened, about 6 minutes. Remove from the heat and stir in 1 cup cheese. Season with salt and pepper.

Arrange the bread on a baking sheet. Spread each slice with mustard, then drizzle with some of the gravy and top with the sliced tomato. Toss the turkey with the remaining gravy in the skillet. Divide the turkey evenly among the bread slices, then sprinkle with the remaining 1/4 cup cheese. Broil until golden, about 2 minutes.



Final Step: Crumble the bacon over the sandwiches; sprinkle with the parsley.

Member Spotlight

Liliana Grafton

This month's member spotlight is focused on Liliana Grafton. Ms. Grafton has been a member at UF Health Fitness and Wellness Center since 2010 and is involved in our Medical Fitness program.

Liliana is originally from Argentina and came to the United States in 1981. She moved here to be with her sister after the economy in Argentina was no longer favorable. She moved to Gainesville from West Palm Beach to work at UF. She currently works at the VA in research and is in charge of getting consent for the Million Veteran Program. The program is designed to help doctors understand how human genes effect health and lifestyle. The program has included 12,000 veterans from Gainesville and 430,000 nationwide.

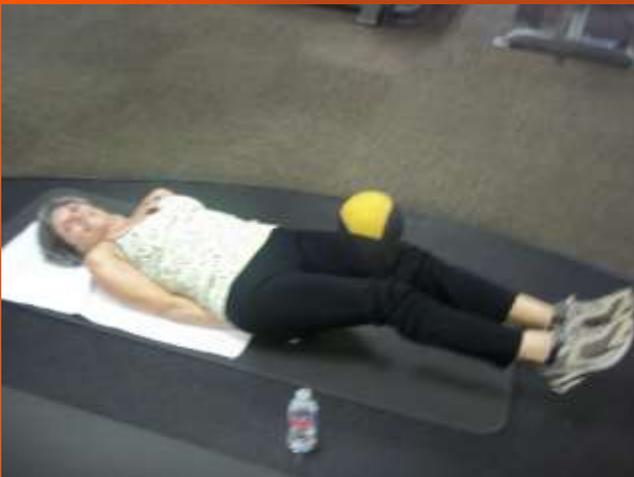
Liliana joined our gym after receiving a suggestion from a coworker while an employee at UF and has stayed with us even after switching jobs. She used a similar gym while in

West Palm Beach. When asked what she enjoys about our gym she quickly replied that the small size is the biggest appeal to her. She appreciates the individual attention she receives from trainers during her workouts.

Lily has been in our Medical Fitness program for over three years and appreciates that every trainer does an excellent job and has their own style of workout. Each trainer interacts well with clients and she really appreciates the connections she's made while working out here.

Since it is Thanksgiving Lily was asked what her favorite Thanksgiving dish was. For the main course she said that fried turkey was her favorite and for dessert she prefers apple pie.

We are very lucky to have Liliana as a member and look forward to helping her reach her short and long-term goals in the future.



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!!