

October Newsletter

UF Health Fitness and Wellness Center

October is National Breast Cancer Awareness Month. This month's newsletter has a pink theme to show our support of breast cancer awareness. Speaking of support this issue will have some great partner exercises that you can do with a friend or family member. October is also National Pork Month and this edition of the newsletter will include a delicious crockpot pulled pork recipe as well as a pumpkin inspired biscuit recipe to help you celebrate the coming of fall. Lastly, October is the month in which both of our interns celebrate their birthdays. Dana's birthday is October 6th and Andrew's is on October 17th.



Grab A Friend!

Partner Exercises



Chest pass: stand 6 Ft away from your partner. Pass the ball back and forth using your chest to exert force as you throw it. Be ready to catch the ball on the return!

Plank High Fives: Assume the plank position with your head facing your partner. Give your partner high fives while holding your plank hips low, weight over your shoulders. Always remember to keep your core tight throughout.



Russian Twists: Sit back to back with your partner, and grab a medicine ball. Sitting up straight, legs bent, turn your torso keeping your stomach tight with the ball. Your partner will then grab the med ball from you and turn in the other direction. Repeat then switch sides.

Partner Exercises (cont.)



Wheelbarrow: One partner gets into the plank position. The other partner grabs their partner's ankles. The partner in the plank position walks their hands forward and the partner holding their feet travels with the partner. Then switch positions.

Leg Throwdowns: One partner lays down in a supine position while the other stands over their head. The partner on the ground grabs the standing partner's ankles and brings their legs towards their partner who then pushes their legs back towards the ground. The partner on the ground should let their legs come close to touching the ground without doing so. Do 15 reps each then switch.



Partner Squats: Gently grab on to your partners forearms. Slowly lower into a squat, and stand back up synchronized with your partner. Repeat.



Spiced Pumpkin Biscuits

Ingredients:

- 2 heaping cups of all-purpose flour
- 2 1/2 tsp baking powder
- 1 1/4 tsp pumpkin pie spice
- 5 tbsp. butter cut into small pieces
- 1/3 cup fat-free buttermilk
- 3/4 cup canned pumpkin
- 3 tbsp. honey

Preparation:

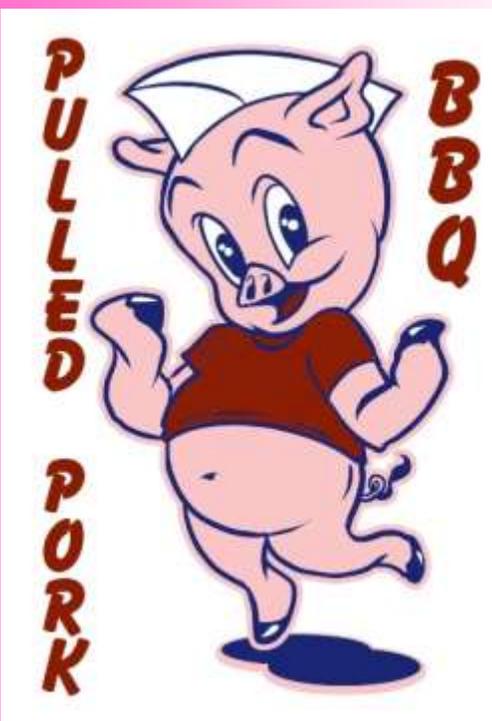
1. Preheat oven to 400°
2. Combine flour, baking powder, pumpkin pie spice, and salt in a large bowl; cut in butter with a pastry blender until mixture resembles a coarse meal and chill for 10 minutes.
3. Combine buttermilk and honey, stirring with a whisk until well blended; add canned pumpkin. Add buttermilk mixture to flour mixture; stir just until moist.
4. Turn dough out onto a lightly floured surface; knead lightly 4 times. Roll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds (as if folding a piece of paper to fit into an envelope). Reroll dough into a (1/2-inch-thick) 9 x 5-inch rectangle; dust top of dough with flour. Fold dough crosswise into thirds; gently roll or pat to a 3/4-inch thickness. Cut dough with a 1 3/4-inch biscuit cutter to form 14 dough rounds. Place dough rounds, 1 inch apart, on a baking sheet lined with parchment paper. Bake at 400° for 14 minutes or until golden. Remove from pan; cool 2 minutes on wire racks. Serve warm.



Slow Cooker Barbecue Pulled Pork

Ingredients:

- 2 -3 lbs Pork Shoulder
- 1 tsp Chili Powder
- 1/2 tsp Garlic Powder
- 1/2 tsp Crushed Red Pepper
- 1/4 tsp Celery Seed
- 1/8 tsp Pepper
- 1/2 cup Ketchup
- 1/4 cup Brown Sugar
- 2 Tbsp Apple Cider Vinegar
- 2 Tbsp Worcestershire Sauce
- 1/2 tsp Dry Mustard



Directions:

In a small bowl mix chili powder, garlic, crushed red pepper, celery seed and pepper and rub onto meat.

Place meat in crock-pot.

Mix ketchup, brown sugar, vinegar, Worcestershire sauce and dry mustard and pour over meat.

Cover and cook on low for 8-10 hours or high for 4-5 hours.

Shred meat with a fork and add extra barbecue sauce to taste. Put on a hamburger bun and enjoy.

This recipe is great for those who work all day and want a delicious yet low-maintenance pretty much ready to eat when they get home.

Member Spotlight

Todd Reeger

This month's member spotlight is focused on Todd Reeger. Todd, who was born and raised in Gainesville, is another one of our Turbo Fitness clients. He's been doing Turbo Fitness since March of this year and enjoys upper body Monday's and Freestyle Friday's the most. Turbo Fitness appeals to Todd because the workouts are already made for him. All he has to do is come in, and he knows he will be receiving a good workout program. He also likes the variety of the workouts, so he never gets bored.

Todd is in the IT department of UF Health and has been an employee there for 6 years. One of his hobbies is a newly found passion for running. Todd completed his first 5K back on April 25th and fell in love with the sport of distance running. He's completed 4 more since then and plans on doing a half marathon in the future. Todd also enjoys pumpkin flavored foods and looks forward to trying this month's pumpkin flavored biscuits.

We really appreciate having Todd as a member here and look forward to helping him reach his long and short-term goals.



Todd doing a ball slam, always giving it his all!

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!!