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UF Health Fitness and Wellness Center

FEBRUARY NEWSLETTER

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AMERICAN HEART MONTH

"Along with Valentine's Day, February marks American Heart Month, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health."

Heart disease is the leading cause of death in both men and women. People of all backgrounds can be at risk for heart disease, but small changes can make a big difference in improving one's heart health in February as well as for the rest of the year.

Here are a few ways you can raise awareness about heart disease and ways to prevent it:

- Make small changes in your diet. Cook heart healthy meals and replace salt with other spices.
- Make physical activity part of your everyday routine. Take a walk for 15-30 minutes 3 days a week!
- Talk to your doctor and nurses about your heart health and set goals for yourself.
- Celebrate National Wear Red Day to raise awareness in your community on February 3.



MEET THE STUDENTS

ELEYNG FANGONILO

MAJOR: Applied Physiology and Kinesiology

HOMETOWN: Orlando, FL

CAREER GOAL: Physical Therapist

FUN FACT: I have never broken a bone!

MIRIAM BROWN

MAJOR: Health Education and Behavior

HOMETOWN: Charlotte, NC

CAREER GOAL: Occupation Therapist

FUN FACT: I have been dancing since I was two years old.



MEET THE STUDENTS

MARISA KASTNER

MAJOR: Applied Physiology and Kinesiology

CAREER GOAL: Physical Therapist

FUN FACT: When I'm not at the library, I enjoy cooking and going to yoga classes!

MAEGAN PANGANIBAN

MAJOR: Applied Physiology and Kinesiology

CAREER GOAL: Physical Therapy

FUN FACT: I like make up!

JENIFER MCLEMORE

MAJOR: Applied Physiology and Kinesiology

CAREER GOAL: To start my own personal training business to help people live a healthier and happier lifestyle!

FUN FACT: I have a 2-year-old daughter, and I have my own lifestyle blog!

FUN FACT

BENEFITS OF WORKING OUT WITH A PARTNER

People often have trouble finding motivation to exercise, but finding a good workout partner, group fitness classes, or another form of social support can help you reach your fitness goals. Here are the very real benefits of working out with a partner:

1. A workout partner is a strong motivator to get you started.

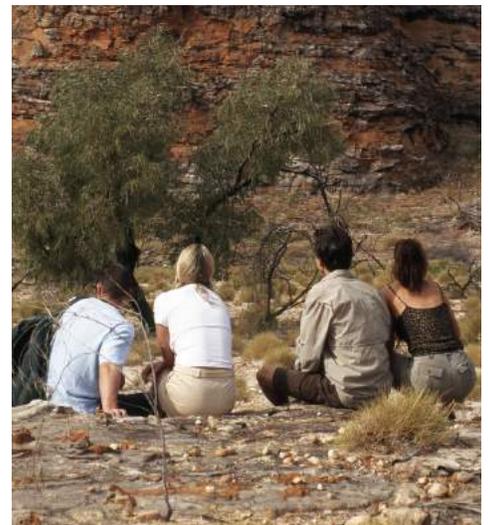
Social support can be a stronger motivator than money or even personal health and well being. Stanford University found that a check-in every two weeks can increase the amount of exercise participants did by 78%.

2. A workout partner will keep you motivated.

Indiana University's Department of Kinesiology found that couples who worked out separately had a 43% dropout rate, while those who went to the gym together had only a 6.3% dropout rate.

3. A workout partner will get you working harder.

When working out in a group setting, the Köhler effect is observed, where performance gains are seen in weaker individuals who are striving to keep up with the accomplishments of other group members. Participants of one particular study held a plank with a group for 200% longer than those planking alone.



WORKOUT OF THE MONTH

PARTNER EXERCISES

Now you've heard the benefits, grab a partner and try these exercises!

1. Sit-Up Pass

Face your partner sitting in push up position. Partner A holds the medicine ball overhead, lowers to perform a sit-up and taps the ball lightly on the ground behind head before sitting back up and passing ball to partner B. Partner B repeats.

2. Plank High-fives

Partners will hold a plank on their hands, head-to-head. From this plank, both partners lift right hand and high-five their partner. Replace right hand, and repeat on the left side.

3. External Rotation

Stand side-by-side, each partner holding one end of a resistance band in your outside hand. Hold the band with your hand across your waist and your elbow bent 90 degrees. Now in unison, both rotate arms outward, keeping your elbow bent and glued to your side throughout.

4. Wheelbarrow Push-up with Squat

Partner A begins in a high plank position, with arms straight, shoulders above wrists, and core tight. Partner B lifts A's ankles so that A is in a "wheelbarrow" position. From here, A lowers into a push-up, keeping back straight, core tight, and legs straight. As A lowers, B (still holding A's ankles), sends hips back, bends knees, and lowers into a squat. As A pushes up to return to start position, B stands.





RECIPES OF THE MONTH

CHICKEN BREASTS WITH MUSHROOM CREAM SAUCE

INGREDIENTS

- 1 cup thinly sliced shiitake mushroom caps
- 2 tablespoons dry vermouth, or dry white wine
- ¼ cup reduced-sodium chicken broth
- 2 tablespoons heavy cream
- 2 tablespoons minced fresh chives, or scallion greens

STEPS

1. Season chicken with pepper and salt on both sides.
2. Heat oil in a medium skillet over medium heat. Add the chicken and cook, turning once or twice and adjusting the heat to prevent burning, until brown and an instant-read thermometer inserted into the thickest part registers 165°F, 12 to 16 minutes. Transfer to a plate and tent with foil to keep warm.
3. Add shallot to the pan and cook, stirring, until fragrant, about 30 seconds. Add mushrooms; cook, stirring occasionally, until tender, about 2 minutes. Pour in vermouth (or wine); simmer until almost evaporated, scraping up any browned bits, about 1 minute. Pour in broth and cook until reduced by half, 1 to 2 minutes. Stir in cream and chives (or scallions); return to a simmer. Return the chicken to the pan, turn to coat with sauce and cook until heated through, about 1 minute.

BANANA BLUEBERRY BREAD

INGREDIENTS

- $\frac{3}{4}$ cup nonfat or low-fat buttermilk
- $\frac{3}{4}$ cup packed light brown sugar
- $\frac{1}{4}$ cup canola oil
- 2 large eggs
- 1 cup mashed ripe bananas (about 3 medium)
- $1\frac{1}{4}$ cups whole-wheat pastry flour
- 1 cup all-purpose flour
- $1\frac{1}{2}$ teaspoons baking powder
- $\frac{3}{4}$ teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon baking soda
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground nutmeg
- $1\frac{1}{4}$ cups blueberries, fresh or frozen



STEPS

1. Preheat oven to 375°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk buttermilk, brown sugar, oil and eggs in a large bowl. Stir in mashed bananas.
3. Whisk whole-wheat pastry flour, all-purpose flour, baking powder, cinnamon, baking soda, salt and nutmeg in a medium bowl.
4. Fold the dry ingredients into the wet ingredients and stir until just combined. Fold in blueberries. Transfer the batter to the prepared pan.
5. Bake until the top is golden brown and a wooden skewer inserted in the center comes out clean, 50 to 60 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for about 2 hours before slicing.
6. Muffin Variation: Preheat oven to 400°F. Coat 12 ($\frac{1}{2}$ cup) muffin cups with cooking spray or line with paper liners. Divide the batter among the muffin cups (they will be full). Bake until the tops are golden brown and a wooden skewer inserted in the center of a muffin comes out clean, 20 to 25 minutes. Cool in the pan for 10 minutes, then remove and let cool on a wire rack for at least 5 minutes more before serving.

UPCOMING EVENTS

HAPPENING IN GAINESVILLE

WINTER WONDERLAND OF WATERFALLS -until FEB. 28 - MUSEUM OF NATURAL HISTORY

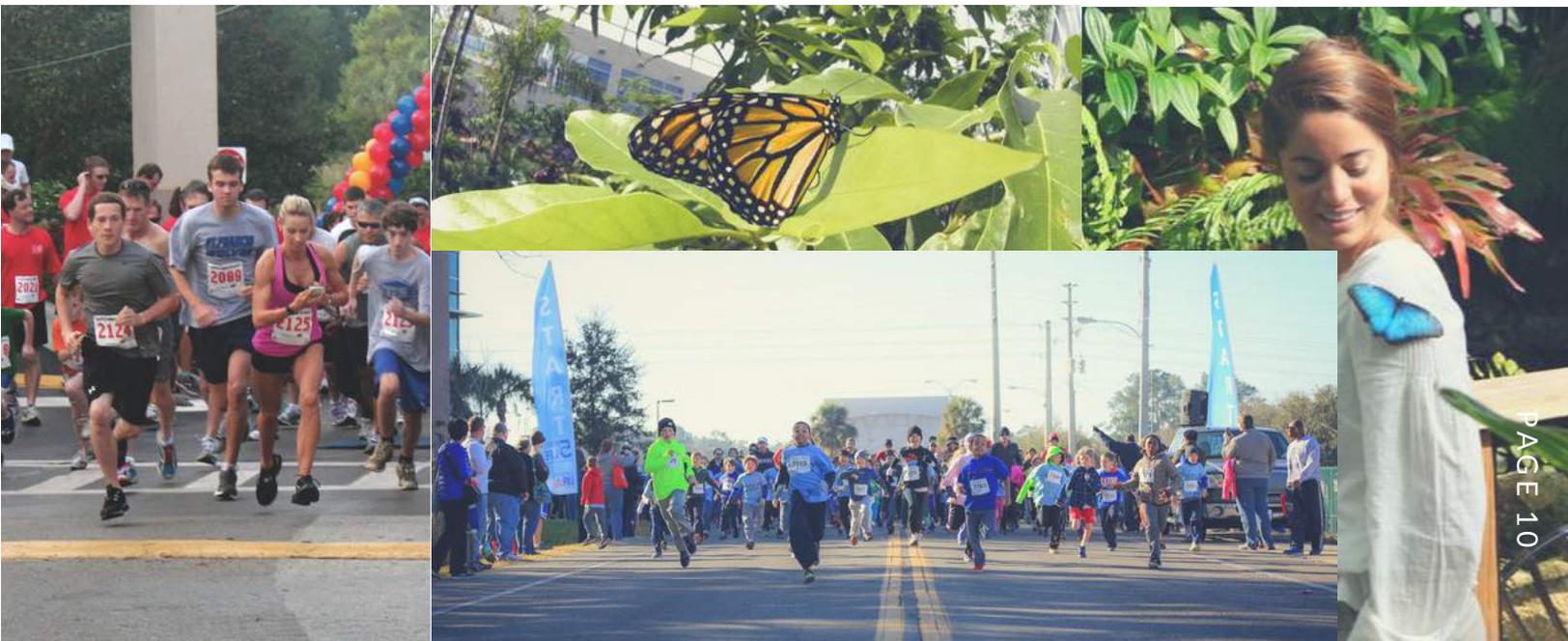
Come view spectacular colored lights in the waterfalls of the "Butterfly Rainforest". Daily butterfly releases are held at 2 p.m. with additional weekend releases at 3 p.m. and 4 p.m., weather permitting.

WALK ALACHUA COUNTY - FEB 4, 11, 18,25 - SANTA FE COLLEGE TRACK

The program, hosted by the UF Diabetes Institute consists of 10 free wellness walks that will be kicked off by a zumba warm up and end with a yoga cool down led by Alter Ego Fitness. The family-friendly walks will take place on Saturday mornings - rain or shine - from 8:30 a.m. to 10:30 a.m.. Food and drinks will be provided.

FIVE POINTS OF LIFE: RACE WEEKEND - FEB. 25-26 - SCENIC GAINESVILLE

Run for a great cause at the 12th Annual Five Points of Life Race Weekend. The marathon course is a Boston Marathon qualifier and USATF certified, and starts in front of the University of Florida Center for Performing Arts and weaves through Gainesville's most popular running areas. Il proceeds from the weekend benefit the Five Points of Life Foundation, who raises awareness for the five ways to share life through the donation of blood, apheresis, marrow, organ/tissue and cord blood.





**EVERY
ACCOMPLISHMENT
STARTS WITH THE
DECISION TO TRY.**

GAIL DEVERS