

NATIONAL NUTRITION MONTH 2017



**UF Health
Fitness &
Wellness
Center**

"PUT YOUR BEST FORK FORWARD"

National Nutrition Month History

National Nutrition Month was started as a week long event in 1973. In 1980 it was promoted to be recognized as a month-long observance of healthy eating. due to the public's growing interest in nutrition.

2017 NNM Theme

After "Savoring the flavor of eating right" last year, This year's theme "putting your best fork forward" is geared towards serving as a reminder that everyone holds the tool to control their healthier food choices. Although nutrition is highlighted during the month of March, continue to carry out the healthy eating habits you learn this month for the rest of the year!



MARCH IS
NUTRITION
MONTH

MARCH MADNESS

The New Year has been great so far & we're already in the third month! To continue upholding those New Year's resolutions, there are many ways for you to increase your healthy lifestyle right here in Gainesville!

Here's a few ways to stay active:

Zumba on Bo Didley Plaza- 3/04/17

Walk Alachua- 10 free wellness walks accompanied with a Zumba warm-up and yoga cool down every Saturday of the month at the Sante Fe College Track from 8:30 am- 10:30 am

Stride Against Silence 5K- 3/18/17 at the UF Commuter Lot benefiting the cochlear implant department at UF Health. Registration is \$20 for adults and \$10 for children 14 and under.

Joyful Motion for Health- Brought to you by UF Health Shands Arts in Medicine and facilitated by dancer in residence, Rusti Brandman, Ph.D., UF Dance Faculty Emerita. The class meets in the Criser Cancer Resource center Tuesdays from 5:30-6:15.



RECIPE OF THE MONTH

Kale Pesto Pasta with Shrimp

INGREDIENTS

- 8 ounces uncooked whole-grain penne pasta
- 12 ounces medium peeled and deveined frozen shrimp, thawed
- 1/4 cup sliced almonds, toasted
- 2 teaspoons grated lemon rind
- 4 ounces baby kale
- 2 garlic cloves
- 1/2 teaspoon kosher salt
- 1/4 teaspoon crushed red pepper
- 1/4 teaspoon freshly ground black pepper
- 1 1/2 ounces Parmesan cheese, grated and divided (about 1/3 cup)
- 1/4 cup olive oil

PREPARATION

1. Cook pasta according to package directions, omitting salt and fat. Add shrimp to pan during last 2 minutes of cooking. Drain pasta mixture in a colander over a bowl, reserving 2/3 cup pasta cooking liquid. Place pasta mixture in a bowl.
2. Place almonds, rind, kale, and garlic in the bowl of a food processor; pulse until finely chopped. Add reserved 2/3 cup pasta cooking liquid, salt, red pepper, black pepper, and 3 tablespoons cheese; pulse until smooth. With food processor running, pour oil through food chute in a slow, steady stream, processing until smooth.
3. Add kale mixture to pasta mixture; toss to coat. Sprinkle with remaining 2 tablespoons cheese.

Bon
Appétit 



March of Dimes

A FIGHTING CHANCE FOR EVERY BABY



"Improve the health of babies by preventing birth defects, premature birth and infant mortality"

Once March of Dimes' original mission was accomplished, the foundation turned its focus to preventing birth defects and infant mortality. The March of Dimes has led the way to discover the genetic causes of birth defects, to promote newborn screening, and to educate medical professionals and the public about best practices for healthy pregnancy. They have supported research for surfactant therapy to treat respiratory distress and helped initiate the system of regional neonatal intensive care for premature and sick babies. Their recent Folic Acid Campaign achieved a dramatic reduction in the incidence of neural tube defects, birth defects of the brain and spine.

Since 2003, their fight to save babies has been strongly characterized by their Prematurity Campaign. The rising incidence of premature birth has demanded action, and the March of Dimes has responded by initiating an intensive, multi-year campaign to raise awareness and find the causes of prematurity.

To get involved please visit marchofdimes.org ! The annual walk will be held here in Gainesville April 1, 2017 at 3215 NW 15th Ave.



NAMASTE

Explore the benefits
of practicing yoga

15%

or 36.7 million of US
adults practiced
yoga in 2016

20%

of those who practice
yoga are more likely
to have a positive
self-image as
compared to the
general population



Practicing yoga offers many physical and mental benefits. Yoga allows one to increase their flexibility, energy, circulatory health, and overall athletic performance. In regards to mental health, yoga provides stress relief for those who participate. Often times the incorporation of controlled breathing and meditation increases a person's overall well-being.

FULL -BODY WORKOUT USING TRX

TRX

MAKE YOUR
BODY YOUR
MACHINE



Chest Press

Bend elbows to lower body with control until hands are next to ribs. Then extend arms straight out in front of chest to drive handles back to starting position.



Overhead squat

Stand facing TRX with hands overhead. Keep feet shoulder width apart & squat until thighs are parallel to the ground.



Hamstring curls

Lie face up with heels in the foot cradles of the TRX. While keeping your hips up, bend knees pulling handles towards you then extend legs back out to starting position.



Crunch

Face away from TRX in plan position. Crunch knees into chest & lift hips up. Straighten legs to starting position.

Member Spotlight

Kerri McLean

Kerri originally grew up in Key West, FL where she returned to teach for 32 years upon receiving her Bachelor's and Master's degree in English and Journalism education from UF. About two-and-a-half years ago, Kerri returned to Gainesville and became a general fitness member at UF Health Fitness and Wellness Center. Once the turbo fitness program was initiated, she switched over due to her goals of strengthening her core and becoming stronger all over. She has been a runner for quite some time and due to the intense high-energy training of turbo fitness Kerri stated that the program has helped tremendously and made her much stronger. When asked about her thoughts of the program and the gym itself she stated, "I am thankful to have found such an encouraging and inviting community. From the ridiculous-looking Wacky Jacks to the intimidating Suicide Stairs, every activity has made me stronger and healthier."

A fun fact about Kerri is that she used to listen to Jimmy Buffet's music while studying and dreamt of living the island lifestyle in Key West. As mentioned earlier she moved there to teach and ended up on the Board of Directors of the Key West Literary Seminar, of which Jimmy Buffet is a founding member. Kerri and Jimmy are now friends! Funny how life works out!





"Never underestimate the power of dreams and the influence of the human spirit. The potential for greatness lives within each of us."

Wilma Rudolph