

Core Issues Newsletter

Shands Fitness &
Wellness Center

May 2012

Inside this issue:

Happy Mother's Day	1
Off and Running	2
Staying Hydrated	3
Heat-Related Illnesses	4
Recipes	5
Member Spotlight	6
Wasikinator	6

Important Dates:

- ♦ May 5 - Cinco De Mayo
- ♦ May 7 - National Teacher's Day
- ♦ May 13 - Mother's Day & Nurse's Day
- ♦ May 18 - Armed Forces Day
- ♦ May 27 - Memorial Day

Happy Mother's Day



This year, Mother's Day falls on May 13th. It is a day to celebrate all moms around the world. It is a day to recognize the importance they have had on so many people's lives, and to appreciate all that they do on a daily basis. Many people tend to their mothers to let them just relax and not have to worry about their normal responsibilities. You can send them a card, make them a craft, or get them flowers. Any form of acknowledgement will put a smile on your mom's face. To all of the mom, we hope you enjoy your Mother's day with friends and family and give yourself the day to relax. We have included some great ideas to help make mother's day that much more special.

PRICELESS GIFTS FOR YOU MOM THIS MOTHER'S DAY:

1. *Spend Time Together*
2. *Make Her a Meal*
3. *Clean the House/Yard*
4. *Plan a Picnic*
5. *Make a Picture Collage or a Heartfelt Craft*
6. *Go on a Walk with Her*



Fun Facts About Mother's Day & Mom's Around the World

- The first Mother's Day was celebrated on May 10, 1908
- The youngest mother whose history is authenticated is Lina Medina, who delivered a 6½-pound boy by cesarean section in Lima, Peru in 1939, at an age of **5 years and 7 months**.
- The highest officially recorded number of children born to one mother is **69**, to the first wife of Feodor Vassilyev (1707-1782) of Shuya, Russia. Between 1725 and 1765, in a total of 27 confinements, she gave birth to 16 pairs of twins, seven sets of triplets, and four sets of quadruplets. 67 of them survived infancy.
- The odds of a woman delivering twins is 1-in-33. Her odds of having triplets or other multiple births was approximately 1-in-539.

Off and Running!

It's summer time, and that means many people will be looking to venture outdoors and try a new physical activity. Many will try to begin running. Perhaps one of the biggest misconceptions about running as a sport is its purpose. Most people run to work out, to be fit, and to be healthy. However, when individuals approach running as merely a training tool, much like a handful of core exercises or some dumbbell curls, they quickly run into the big "O". Overuse. Overuse injuries plague runners incessantly. Ask one of your friends who regularly runs, and chances are they've had more than one overuse injury throughout their years of running.

So what's the big deal about using running as a training tool? Can't I use it to lose weight and as an easy and natural way to be healthy? Yes and no. The problem with viewing running as a mere training tool, and not a sport to be trained for, is that few people are physically ready to run. So instead of running to work out, we should be working out to run. This concept is quite new in the exercise community.

When we go into running without the proper strength or preparation, biomechanics fail, tissues breakdown, and injuries follow.



Remember: listen to your body! If your body is telling you that you are doing too much, then you are. Don't get injured, run smart!

So what can you do to prepare yourself to run? Progression and strength!

First, make sure you aren't doing too-much, too-fast. Runners have a tendency to be over-eager in training and just pack on the miles without proper progression. The result is often a lingering overuse injury. Check out the chart here to begin an 8-week transitional, run-walk program that will help you prepare your body gradually for the rigors of running regularly. Note: all "running" intervals should be performed at an intensity that will allow you to carry on a conversation with a partner while exercising. If you can't easily communicate, slow down!

Secondly, take strength training for running seriously. Focus on strengthening your core and those postural muscles that help during running. Try out Heel Taps, Skaters, Butt Blasters, Monster Walks, Romanian Deadlifts, and Bird Dogs. Don't know how to perform one of these? Ask an exercise specialist the next time you're in the gym!

Weeks into Training	"Running" Interval	Walking Interval	Total Time/Distance	Runs per Week
Weeks 1 -2	30 seconds	1 minute	< 20 minutes	≤ 3x
Week 3	1 minute	1 minute	20 – 30 minutes	3x
Week 4	2 minutes	30 seconds	20 – 30 minutes	3x
Week 5	2 minutes	15 seconds	25 – 35 minutes	3x
Week 6	5 minutes	1 minute	20 – 30 minutes	3x
Week 7	5 minutes	30 seconds	25 – 35 minutes	4x
Week 8	10 minutes	30 seconds	30+ minutes	≥ 4x

Rehydrate for Success

As the hot months are now upon us, it's more important than ever to stay hydrated when we are outdoors. Some of the most common questions are: What should I be drinking? How much? How often? With all of the options on the market today for hydration, this topic warrants examination.

Start Early!

If you know you're going to be active outdoors later in the day, start hydrating several hours before. When you "top off the tank" like this, it insures that you are not dehydrated out of the gate.

Mix Up Choices

Water is the ideal drink of choice for rehydration, but if you are performing at a very high intensity, you will lose more than just water. Electrolytes (salts), glucose and glycogen (sugars), and important vitamins and minerals can be expended when exercising rigorously. Drink electrolyte beverages (along with water!) to replace these vital substances. (Don't drink these sugary beverages just lying around the house, because that added sugar will hang around your body long after the bottle is empty)



Know What You're Drinking

Read the label. If you are just gulping down a colorful product with an attractive label, you can't be sure what's really in it. While caffeine can have minor positive effects on an elite athlete's performance, it may cause heart palpitations or jitteriness. Rule of thumb: if you don't know what something on the label is, look it up. If you still don't really understand what it is, you probably shouldn't be consuming it.

Don't Overdo It

While rather unlikely, over-hydration is a real possibility and presents health complications of its own. Scientific studies have proven that our innate "thirst mechanism" is very effective. In other words, drink when you're thirsty, and don't just gulp drinks down if you don't feel like you need it. Frequent, small sips are ideal.

Not Just Drinks!

You can rehydrate from foods other than beverages. Look for water-laden fruits or vegetables for your hydration needs. Try having some watermelon after your next workout. Not only will you help rehydrate from all of the water contained in the delicious treat, but you'll enjoy it too!

Ultimately, Play SMART!

You know what your body can handle, and when you are pushing too hard. Living in Florida presents very real dangers when we exercise outside in the hot months of the summer. If you ever feel light-headed, weak, shaky or numb: STOP. Get into the shade, *tell someone* how you are feeling, and *slowly sip* on an electrolyte drink. You know your limits better than anyone else. Respect them!





Heat-Related Illnesses

As we approach the ending of spring and the beginning of summer health concerns change. As the worries of pollen and allergens lessen the dangers of heat-related illnesses increase. Especially in hot humid states like our own heat cramps, heat exhaustion and heat stroke are a real threat but they are all easily avoidable with a few precautions. Down listed below are some ways to beat the heat to make sure that you can avoid, recognize and treat these heat-related illnesses.

Heat Cramps

Prevention:

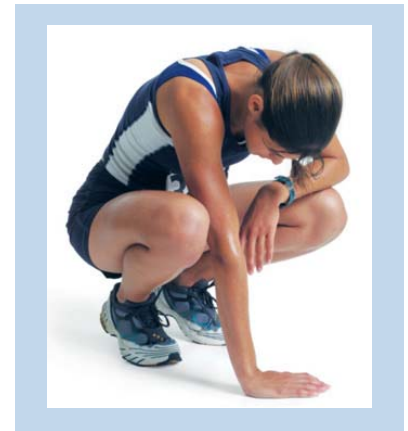
To prevent heat cramps avoid exercise or intense work outside in the heat of the day, drink plenty of water, and taking breaks in a cool or shaded place when possible.

Symptoms:

- profuse sweating
- involuntary spasms of the large muscles in the body.

Treatment:

To treat heat cramps you need to remove the person from the heat to cool the body, hydrate them, stretch the muscles that are cramping and letting the person rest in a cool place.



Heat Exhaustion

Prevention:

To prevent heat exhaustion take frequent breaks in cool areas, drink lots of fluids, and slowing the pace of work to decrease heat generation within the body. You can also move more strenuous activities indoors or at more cooler times of the day.

Symptoms

- Heat Cramps
- Weakness
- Nausea
- Vomiting
- Headache
- Lightheadedness
- Muscle cramps
- Fatigue
- Dizziness

*Call emergency services

Treatment:

To treat heat exhaustion you need to recognize the symptoms so you can stop what you are doing and move to a cooler place. Rehydrate with water or sports drinks. If nausea or vomiting prevents the intake of fluids intravenous fluids may be required.

Heat Stroke

Prevention:

To prevent heat stroke take frequent breaks in cool areas, drink lots of fluids, and slowing the pace of work to decrease heat generation within the body. You can also move more strenuous activities indoors or at more cooler times of the day.

Symptoms:

- Heat exhaustion
- rapid pulse
- absence of sweating with hot red or flushed dry skin
- difficulty breathing
- strange behavior
- Confusion
- Agitation
- disorientation hallucinations
- Seizure
- Coma

*Call emergency services

Treatment:

To treat a heat stroke victim you need to put them in a shady area, remove clothing and apply cool or tepid water to the skin and then fan the victim to promote sweating and evaporation to cool down the body. Also place ice packs under the armpits and groin of the victim.

QUICK, FUN, AND LIGHT SUMMER RECIPES

TURKEY QUESADILLA



On one half of an 8-inch whole-wheat tortilla, place 3 oz sliced roasted turkey breast, 5 slices of tomato, 1/3 cup cooked frozen shelled edamame, 1/4 cup (1 oz) shredded Swiss cheese, and 2 tbsp. salsa.

Fold tortilla in half and microwave for 1 minute.

TROPICAL SMOOTHIE

In a blender, process 1 peeled and sliced kiwi (reserve 1 slice), 1/3 cup pineapple chunks, 1/2 banana, 1/4 avocado, 1&1/4 cups vanilla soymilk, 1 tsp honey until smooth. Takes approximately 45 seconds.

Serve garnished with kiwi slice



CRUNCHY CURRIED TUNA WRAP



In a bowl, combine a 5 oz can drained albacore tuna packed in water with 1/4 apple (chopped), 1/4 cup chopped celery, 2 tbsp. chopped pecans, 2 tbsp nonfat plain Greek yogurt, 1/4 tsp curry powder.

Spread mixture on an 8-inch whole-wheat tortilla

Top with 2 romaine leaves, 1/3 cup shredded carrot

Roll up

Serve with remaining 3/4 apple

Member Spotlight



Omar joined the medical fitness program 5 months ago. His goals were to decrease his body fat %, increase his muscle composition, and use the workouts as a stress relief from his schoolwork as a first year med student. Being a UF student and having access to their gyms like the Southwest Recreational Center he was a little skeptical about how this small gym would compare to what he was used to. Since he has joined Omar has loss 50% of his starting body fat %, loss 20 lbs. and has increased his muscle composition. He is very grateful from all the help that he got from the knowledgeable staff here and how they helped him effectively maximize his workouts by using complex training and other techniques they have learned from their certifications. He realizes that knowledge is more important than big faculties and lots of equipment and is very happy to be a member here at our gym.

From the Desk of the Wasiknator

You write here =)

