

CORE ISSUES

Newsletter

DECEMBER

2012

The staff and interns of Shands Fitness and Wellness Center wish all of our members a happy holiday season!

With the winter months and colder weather ahead, it may become harder to work out. It may be difficult to stay warm during your workouts, or you may find it even harder to stay motivated enough to exercise. Here are a few tips to help prepare for the cold temperatures:

Wear the right clothing. During the winter months, it is not only important to dress in layers, but also wear the right materials. Avoid wearing cotton for the base layer. It traps moisture against your skin and draws heat away from your body. Instead choose tight-fitting polypropylene, wool, silk, or polyester for your base layer because these materials draw moisture away from your skin and keep you warmer. Down or fleece are great for the middle layer to provide insulation and draw moisture from the base layer. For the outer layer, wear an outer shell

that insulates your body from the wind and rain but is still breathable. Remove layers if needed depending on the temperature of your environment and your body and the activity being performed.

Change the way you warm up. Warming up becomes considerably harder depending on how cold it is. One way to tackle this issue is to switch from static stretches to dynamic stretches. Dynamic stretches help increase blood flow to your muscles and are more effective in raising body temperature. Another tip is to start easy. Starting easier at the beginning of your warm-up will allow your body to transition more easily from cold to hot. You can also try doing longer warm-ups. During colder months, it is not as easy to get away with a short warm-up; a longer warm-up may be what you need to get your blood flowing.

Increase your workout intensity. Taking your exercise up a notch may be one of the easiest ways to beat the cold. Go a little harder, try a faster pace, or try new exercises. Little changes in intensity will help you adapt to the surrounding temperatures and make exercising in the cold easier.

I hope you find these tips useful. Stay warm and have fun exercising during these winter months!

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- ◆ Member of the Month
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Dates to Remember:

- ◆ Dec 15 — Interns Graduate
- ◆ Dec 25 — Christmas Day
- ◆ Dec 31 — New Year's Eve

Monthly Awareness

- ◆ AIDS Awareness Month
- ◆ Abolition of Slavery Awareness
- ◆ Persons with Disabilities Awareness



Member Spotlight!

This month we'll be featuring Jack Steinman, a classic success story of medical fitness. Prior to the medical fitness program with SFWC, Jack had not stepped on a fencing strip in 32 years! Yet thanks to our medical fitness program that he began in February of this year, he has been able to resume one of his favorite sports. Over the last 3 months Jack has lost 20 lbs due to his dedication to medical fitness, fencing, and his diet. When asked what he likes about medical fitness he commended the "outstanding fitness counselors" and how they are able to craft the intensity of each fitness program to each individual. He also enjoys the diversity of the workouts and for the care our exercise specialists take when dealing with injury precautions. He also said he loves working with the staff, and the interaction with



other dedicated gym members. Overall he has, "felt a significant improvement in his physical stability and overall strength since starting medical fitness." "Congratulations to Jack on being our December member of the month! We hope he continues to enjoy the benefits of medical fitness for years to come! We are excited to hear his story and hope it's one of many more to come as we enter 2013!

Farewell to the Interns!

December is officially here which means the Fall semester is coming to an end and the interns will be graduating. The final day of the internship is December 5, so John, Mack, Jarrod, and Tope would like to say farewell to everyone at Shands Fitness and Wellness Center. We have had a great time getting to know everyone and would like to apologize to anyone we tortured too hard...just kidding! It has been a pleasure working with everyone and we have really enjoyed seeing the progress you all have made. Thanks to you, we have truly enjoyed this internship and will remember our semester at SFWC for the rest of our lives. As the new year approaches we want to encourage everyone to continue your hard work and to set New Year's resolutions to push yourselves to reach goals that you never thought possible. Thanks again for a great semester!!!

A stylized illustration of a winter scene. In the foreground, a snowman is built on a snow-covered hill. The snowman has a black hat with a red stripe, a carrot nose, and stick arms. It is holding a snowball in its right hand. Behind the snowman are several green evergreen trees of varying sizes. The background is a light blue sky with white snowflakes falling. The entire scene is framed by a white border.

World AIDS Day

December 1 is World AIDS Day which is dedicated to raising public and Government awareness to unite the fight against the AIDS pandemic, which is caused by the spread of HIV infection. This day is also to commemorate those living with and those who have died from HIV/AIDS. HIV/AIDS is one of the most destructive epidemics in history. Between the years 1981 and 2007, over 25 million people died from this virus alone. Of that 25 million, about 2 million died in 2007; 13.5% were children. It is estimated that about 34 million people are currently living with the HIV virus.

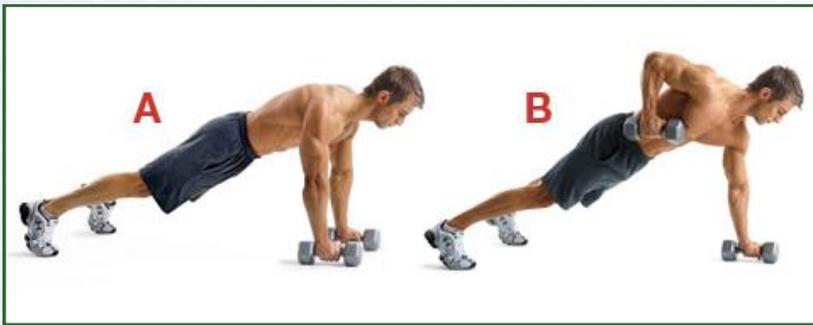
During August of 1987, World AIDS Day was first conceived in Geneva, Switzerland. James W. Bunn and Thomas Netter of the World Health Organization were responsible for the creation of World AIDS Day. These two gentlemen presented their idea to the Director of the Global Programme on AIDS, Dr. Jonathan Mann. Mann liked their idea, approved it and agreed to celebrate the first World AIDS Day on December 1st the following year.

HIV, otherwise known as human immunodeficiency virus is a condition that slowly destroys the immune system, which is responsible for

fighting off any bodily infections. As the immune system is being destroyed, it gets more difficult for the body to fight off infections. AIDS, otherwise known as acquired immunodeficiency syndrome, is a more severe form of HIV that attacks the T cells of the immune system. It is diagnosed when the individual's T cell count dwindles below 200. In order to prevent the spread of HIV, you can start by getting tested and encouraging your partner, family members, and friends to follow suit. During this cheerful month of December, remember to take some time to commemorate those suffering from this disease.

Core Exercise of the Month

Last month's Core Exercise was a plank with the leg lift. This month we will continue the theme of modified planks and introduce the rowing plank as an alternative to the traditional plank. This exercise can be performed with or without dumbbells. If you choose to perform this exercise with dumbbells, begin with a low weight. To be on the safe side you may start with no weight at all and you'll still achieve some core isolation with this exercise.



How to do it!

This exercise begins in pushup position. Lie flat on the floor with both weights in your hands, and then push up. While in the pushup position, make sure to sink your hips slightly instead of having your butt high in the air to induce core engagement. Remember to remain in a fixed position as if a straight rod was going through your body from head to toe.

Once in the pushup position, beginning with your left arm, lift the weight up and count to "2 Mississippi" and then set the weight down. Then repeat the same movement with your right arm, alternating arms for 1 minute. To make this exercise even more difficult, when you lift the first arm, hold the weight up for 30 seconds and then set it down. Switch to the other arm and hold it up for 30 seconds and continue. To really turn it up, perform the same exercise on the TRX for a real kick.

Placing your body in a position where only 3 limbs are bearing your body weight such as the pushup position will activate those core fibers forcing them to isometrically contract, stabilizing you in space. If the pushup position is too difficult to hold, you can also perform this exercise from your knees. This is another simple exercise that can be performed at home or at the gym. Try it out sometime and enjoy!



Holiday Recipes

To commemorate National Brownie Day on December 8 without having the guilt that comes with eating brownies, try these Chocolate Black Bean Protein Brownies! These tasty treats contain only 80 calories but still pack on five grams of fiber and six grams of protein.

WET INGREDIENTS:

- 4 Egg Whites
- 1-15 oz Can Black Beans
- 1 Cup Unsweetened Vanilla Almond Milk
- 1-4oz Organic Unsweetened AppleSauce
- 3/4 Cup Water



DRY INGREDIENTS:

- 1/2 Cup Xylitol Brown Sugar
- 1 tsp Baking Soda
- 1 tsp Baking Powder
- 1/2 tsp Salt
- 2 tsp Vanilla Extract
- 1 1/2 Cup Stone Ground Whole Wheat Flour
- 1/2 Cup Organic Coconut Flour
- 2 Scoops Chocolate Casein Protein
- 1/2 Cup Unsweetened Baking Cocoa

DIRECTIONS:

Preheat oven to 350. Spray a 9x13 dish with non-stick spray. Combine wet ingredients in a blender or food processor and mix until somewhat smooth. Combine dry ingredients in a large bowl and mix well. Fold in wet ingredients and stir until all lumps are gone. Pour into dish and bake for about 30 minutes. Cut into 24 squares.

Nutrition Per Brownie:

- 80 Calories
- 1 gram Fat
- 12 grams Carbohydrates
- 5 grams Fiber
- 1 gram Sugar
- 6 grams Protein

Candy Cane Milkshake



- 1/2 cup Low fat Cottage Cheese
- 1 Scoop plain or vanilla protein powder
- 2-5 Drops peppermint extract (or to taste)
- 2-3 pkts Stevia Sweetener (or sweetener of choice)
- 1 tbs Sugar free instant vanilla pudding mix
- 5-10 Ice cubes (depending on desired thickness)
- 4-6 oz Cold water
- 5-10 A few drops of red food coloring for candy cane swirl

Place all of the ingredients (except for the food coloring) in the blender and blend until smooth and creamy. Swirl in one drop of red food coloring just before serving, and top with whipped cream and crushed candy cane if desired!

Medical Fitness Memberships

Beginning January 2013, the Medical Fitness program will have a change in the membership categories. There will be two types of Medical Fitness memberships, a 12 visit/month membership and an unlimited membership. The Medical Fitness 12 visits per month membership will have 12 visits in which the staff supervises each workout. The remaining days in the month you may work out on your own. With the 12 visit membership, if you do not schedule an appointment in the shape.net system, you will have a self-guided workout.

Medical Fitness is a supervised workout by the staff Exercise Specialists and interns. Each time a Medical Fitness client comes in for a workout, the staff or interns design each workout and supervise the workout. Depending on the time of the day, a client may have one-on-one supervision or may have to share that supervision among 4-6 other clients. One must schedule an appointment for this membership category.

January 2013 Medical Fitness Membership Type	Cost
12 visits/month*+	\$75
Monthly Unlimited	\$85
3 month unlimited	\$79/month, \$237

*Medical Fitness members will have 12 supervised workouts each month and unlimited self-guided workouts each month.
+No rollover visits from one month to another. All unused visits will be lost.

Personal Training

We offer one-on-one personal training and group training. This is personalized training. Each workout is designed exclusively for the personal training client and the Exercise Specialist only works with the Personal Training client(s).

Personal Training pricing will remain the same:

Individual Personal Training	\$25/hr
Group Personal Training	\$30/hr (2clients \$15/each)

The unlimited membership will have an exercise specialist supervise each of your workouts. An appointment must be made for each visit for this membership category.

- ◆ Early cancellation fees for any membership will be \$100.
- ◆ A Medical Freeze may be placed on your membership due to a medical condition. A note from an MD must be presented to initiate the freeze and to unfreeze the membership. You will be responsible for fulfilling the entire membership once the freeze is lifted. There is no fee for a medical freeze.
- ◆ A Membership Freeze for those who may be out of town for several months is now available. This will cost \$10/month to put your membership on a freeze. You will be responsible for fulfilling the entire membership once the freeze is lifted.

General Fitness Memberships

Includes our \$19.99 Rewards Membership, our monthly and 6 month memberships. With these memberships, you are oriented to the facility until you feel comfortable using the machines on your own. We also offer fitness assessments upon the start of your membership and anytime afterward. There is no charge for follow up assessments. This is included in your initiation fee. We recommend a minimum of 12 weeks between each assessment. The staff is more than happy to re-educate you about the equipment or introduce you to other pieces of equipment at the facility. In order to do this, please set up an appointment with an exercise specialist or intern so they can have dedicated time to help you.

New Rate Options!!! Beginning January 2013

In response to our members wanting more flexibility and cost savings, Shands Fitness and Wellness Center has added two new membership categories to our general membership: a \$9.99 Rewards Membership and a \$24.99 Rewards Membership. These memberships will begin January 2013. All current members will be able to convert their current memberships to one of the new membership categories if desired.

January 2013 Fee Schedule	\$9.99*	\$19.99#	\$24.99^
+Initiation Fee (one time) New Members only	\$50	\$50	\$50
Number of workouts required/month	12	12	12
Fee for 11 workouts or less	\$45	\$45	\$45
*\$9.99 Rewards Members workout hours: M-F 11am-3pm, 7pm-9pm, Saturday 7am-1pm +does not apply to current members #requires a one year membership ^initial 2 month membership, then converts to a month to month membership			



\$19.99 Rewards Membership

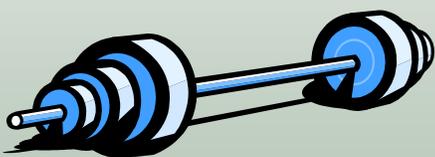
\$9.99 Rewards Membership

\$24.99 Rewards Membership

Will remain in effect. This is a year-long membership. One must attend 12 workouts or more each month to have the \$19.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45.

Will have limited hours that one can work out in the Shands Fitness and Wellness Center. **All \$9.99 members can work out M-F from 11am-3pm and 7pm-9pm, Saturday 7am-1pm only.** The membership will be for one year. One must attend 12 workouts or more each month to have the \$9.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45. The member must only workout during these hours.

For those individuals who do not want to commit to a year-long membership. The \$24.99 Rewards Membership is a month to month membership, with an initial 2 month commitment. One must attend 12 workouts or more each month to have the \$24.99 membership fee applied. If one attends 11 workouts or less, the member will be billed the normal monthly rate of \$45. The membership will roll each month until cancelled 30 days in advance in writing by the member.



FROM THE DESK OF THE WASIKNATOR

Everyone has had their fill of turkey and all the trimmings. Holiday parties are now becoming more and more frequent. The stress of the holidays is coming. How do you avoid the trap of overeating and under-exercising?

Step 1: Take a step back and analyze your week. Evaluate what you have planned each day and write down the schedule. Take time out of the day for yourself. If you can find 3-10 minute blocks to exercise, you will have met the minimum daily requirement of 30 minutes of exercise. If you have a larger block of time, stop by the Shands Fitness and Wellness Center for a cardio and strength workout. Grab one of our premade exercise cards at the front desk and within 30-45 minutes, you will have a great workout.

Step 2: Activate your exercise bank account. You have a set amount of calories you should consume each day. These should be spread out for breakfast, snack, lunch, snack and dinner. If you are tempted by a slice of pecan pie or glass of red wine, make sure you have savings in your exercise bank account. If you have done your exercise for the day, then you are able to make a withdrawal and have that dessert. If the exercise bank account is empty, pass on the dessert.

Step 3: Enjoy the holidays. On the special occasions it is ok to splurge and enjoy the holiday season with family and friends. Just don't make everyday a special occasion. Mix in healthy eating choices. Try to eat at least 5 servings of fruit and vegetables everyday. This can be a little more challenging than it first appears, but once you get into the habit, it gets easier and easier to incorporate a healthy eating lifestyle.

Step 4: The Shands Fitness and Wellness Center staff are here to help you develop your workout programs and assist you in performing the workouts through our Medical Fitness and Personal Training programs.

My staff and I hope that everyone has a Happy Holiday and a great New Year. Let 2013 be the year you are able to set your goals and meet them.

—The Wasiknator



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Happy Holidays!!

