

Core Issues Newsletter

September 2012

Shands Fitness and Wellness Center

Special points of interest:

- Briefly highlight your point of interest here.
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National Childhood Obesity Month

September 2010 was the first ever National Childhood Obesity Month. Childhood obesity is a growing epidemic in America. More than 23 million children and teenagers in the U.S. are obese or overweight. Childhood obesity puts nearly one third of America's children at early risk for Type 2 diabetes, high blood pressure, heart disease and even stroke – conditions usually associated with

adulthood. With these alarming statistics, measures to stop this must be taken. One company is taking such

and play. Below are a few ideas for the whole family to get outside and be active!

- Run, walk or skip a mile
 - Hold a jump rope contest
 - Compete in a dance off
 - Play on a jungle gym
 - Take a martial arts course
- We hope these ideas help to get your child or one you know, out and moving.



Nickelodeon will go dark on September 25th. They want to encourage kids to get outside

Children and Weight lifting

For kids weight lifting is okay, as long as there are limitations and guidelines.

A properly designed strength and conditioning program can actually decrease the potential for injury in youth athletes and children. lifting weights is no more risky than the sports youth athletes participate in. We must not ignore the obvious benefits of strength training for youth athletes, primarily increasing strength Many youth athletes are not prepared physically

to meet the demands of their sport due to inadequate training and insufficient muscular strength and cardiovascular conditioning.

One third of youth athletes that participate in organized sports require medical attention for a sports-related injury. The potential for sports-related injuries and for youth athletes to drop out of sports could be decreased by a properly designed strength and conditioning program. Not having a

properly designed strength and conditioning program may be a factor in youth athletes' feeling that they are not good at the sport, therefore they are more likely to drop out of sports altogether.

Overall, a strength training program is good for young athletes and children interested in sports, it all has to be done the correct way and in the proper way.

Source Article: Hedrick, A. In-season training for the high school athlete. *NSCA's Performance Training Journal* 9(1): 18-20, 2010.

Tips for Lowering Blood Pressure

High blood pressure affects about 1 in 3 American adults and increases your risk of heart disease and stroke. Exercise, weight management, and a healthy diet are important ways to help prevent high blood pressure. Working out also boosts the effectiveness of blood pressure medication if you're already being treated for hypertension. Be sure to check with your doctor before starting a fitness program. The following tips may help in lowering your blood pressure:



- Find activities you enjoy and aim for 30 minutes a day of "exercise" on most days of the week. Exercise can reduce your blood pressure (BP) readings by as much as 5-15 points.
- Resistance training helps reduce body fat, increase muscle mass, and boost your metabolic rate.
- Findings show that losing as few as 10 pounds, if you're overweight, can help reduce or prevent high BP.
- Swimming for 30 minutes reduces the amount of circulating adrenaline in the body and relaxes blood vessels. Swimming can help lower your pulse rate and lower BP.
- Try 10 minute mini-workouts. Three 10-minute mini-workouts equal 30 minutes of daily exercise, enough to give

an extra boost to your heart's health.

- According to the American Heart Association, warming up before exercise and cooling down after are important for people with high BP. These exercises let your heart rate increase and decrease gradually. Walking in place or on a treadmill for 10 minutes is fine for warming up before exercise and also for cooling down.
- Some heart medications such as beta-blockers or calcium-channel blockers can slow your heart rate. Talk to your doctor and ask what your best target heart rate zone should be during exercise if you take these medications.
- You can lower your systolic BP (the top number) by switching to the DASH diet. The DASH diet is

based on 2,000 calories a day. It's rich in fruits, vegetables, and low-fat dairy products. It's also low in saturated fat, cholesterol, and total fat. According to studies, adopting a DASH diet can reduce systolic BP by 8-14 points. For those over age 50, a systolic BP higher than 140 is a greater risk factor for heart disease than the diastolic BP (lower number).

- The national blood pressure guidelines recommend limiting sodium to no more than 2,300 milligrams a day (about 1 teaspoon of table salt) or 1,500 milligrams a day, depending on age and other characteristics. By staying on a sodium-restricted diet, your systolic BP may drop 2 to 8 points. Salt-restricted diets can also help enhance the effects of most BP medications.

Two Cups a Day may Keep Heart Failure Away!

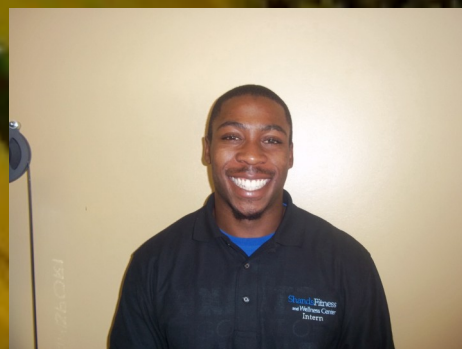
Drinking coffee in moderation may reduce your risk of heart failure as you age, according to a new analysis. What's moderate? About two cups a day, if you're drinking the typical U.S. coffee serving, says researcher Murray Mittleman, MD, DrPH, director of cardiovascular epidemiology at Beth Israel Deaconess Medical Center. "Beyond that, any potential benefits seem to decrease and eventual-

ly go away," Mittleman tells WebMD, while making clear that this study found a link, but not cause and effect. About 5.8 million Americans have heart failure, according to the CDC. It occurs when the heart can't pump enough blood to the body. "We are seeing great increases in the incidence of heart failure," says Mittleman, who is also associate professor of medicine and epidemiology at Har-

vard University. Although heart failure can be controlled with medications and lifestyle changes, it greatly affects quality of life, Mittleman tells WebMD. Besides possibly reducing heart failure risk, coffee has been found in other studies to protect against type 2 diabetes, Parkinson's disease, and liver cancer, among other health benefits.



Meet the Fall Interns



Tope (toe-pay) Dipe (dee-pay) is a Health Education and Behavior Senior at UF, with a focus on exercise and nutrition. His passions revolve around studying Reformed Christian theology, pondering philosophy, and examining political theory from a Christian perspective. In the future he hopes to get certified as a personal trainer, strength and conditioning specialist, and a licensed sports nutritionist. While he is still unsure of what his future career will be, his current philosophy is just to take it a day at a time and "see what the will of the Lord is" as he would say.

Jarrod A. Holland is a senior at the great University of Florida. He is studying Applied Physiology and Kinesiology, specializing in Fitness and Wellness. He plays the tuba and recently went to London for the Olympics to play with the Gator Marching Band. He has been playing for over eleven years and has a natural passion for making music. After graduation Jarrod plans to go back to school to pursue a career as an OB/GYN.

We Look Forward to Meeting Everyone!!!



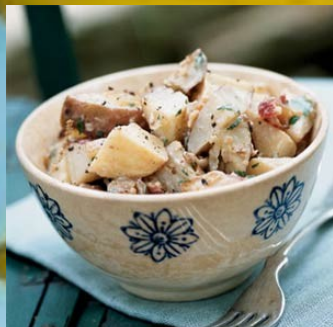
John D. Stobbie is a senior in Applied Physiology and Kinesiology with a specialization in fitness and wellness. After graduating he plans to pursue a Doctorate in Physical Therapy. He is a Gainesville native who enjoys spending his free time working out, playing sports, and cheering for the Gators.

Mackinson (Mack) Jean, originally from Tampa, FL, is a senior at UF studying Applied Physiology and Kinesiology. His interests and hobbies outside of school and work include sports, exercise, and listening and playing to music. He hopes to pursue physical therapy after graduation.

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Healthy Tailgating Options

FOOTBALL SEASON IS BACK! BE SURE TO TRY THESE RECIPES ON GAME DAY FOR A LIGHTER WAY TO TAILGATE



Roasted Potato Salad with Mustard Dressing

Ingredients:

- 3 pounds small red potatoes, cut into 1-inch pieces
- 1 tablespoon olive oil
- 2 teaspoons freshly ground black pepper
- 1/2 teaspoon kosher salt
- 2 bacon slices (uncooked), chopped
- 2 cups diced Vidalia or other sweet onion (about 2 medium)
- 2 garlic cloves, minced
- 3 tablespoons Dijon mustard
- 2 tablespoons reduced-fat mayonnaise
- 1 1/2 tablespoons honey
- 1 1/2 tablespoons sherry vinegar
- 1/4 cup chopped fresh parsley

Preparation:

1. Preheat oven to 400°.
2. Combine first 4 ingredients in a large bowl; toss to coat. Arrange potatoes in a single layer on a jelly-roll pan. Bake at 400° for 40 minutes or until potatoes are tender, stirring once. Transfer potatoes to a large bowl.
3. Cook bacon in a large nonstick skillet over medium heat until crisp. Remove bacon from pan, reserving 1 tablespoon drippings in pan; set bacon aside. Add onion to drippings in pan; cook 15 minutes or until golden brown and caramelized, stirring frequently. Add garlic to pan; cook 30 seconds. Add onion mixture and bacon to potatoes; toss gently. Let stand 15 minutes.

Combine mustard, mayonnaise, honey, and vinegar in a small bowl; stir with a whisk. Add mustard mixture and parsley to potato mixture; toss gently.

Bull's-Eye Onion Burgers

Ingredients:

- 1 large sweet onion
- 1 pound 95% lean ground beef
- 1 1/2 teaspoons garlic powder
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 4 slices low fat Swiss cheese (3 ounces)
- 8 red and/or green kale leaves, stems removed
- 2 teaspoons olive oil

Preparation:

1. Peel and cut onion into four 1/4-inch-thick slices; refrigerate remaining onion for another use. Shape meat loosely into four 1/2-inch-thick patties; sprinkle with garlic powder, salt, and ground black pepper. Press one onion slice into the center of each patty and shape meat around onion until top of onion is flush with the surface of the meat patty.
2. For a charcoal grill, place meat, onion side up, on the rack of an uncovered grill directly over medium coals. Grill for 10 to 13 minutes or until meat is done (160 degrees F), turning once half-way through grilling. Top with cheese before the last minute of grilling. (For a gas grill, preheat grill. Reduce heat to medium. Place patties on grill rack over heat. Cover and grill as above.) Brush kale leaves lightly with oil and add to grill the last 1 to 1 1/2 minutes of grilling.
3. To serve, place two kale leaves atop each bread slice. Top with a burger, onion side up.



From the Wasiknator:

Welcome back Megan!!

Megan Bush, Exercise Specialist, has been playing professional softball all summer long. Megan returns to the Shands Fitness and Wellness Center to help out our members with their workouts. Megan is also available for personal training as well as coaching for softball players for all ages. If you have a child or grandchild that is a softball player, Megan can help with some coaching. The fee for her personal training or coaching is \$25/hr for one on one training or \$15 each for two clients or \$10 each for 3 clients. Whether you are looking for a great workout or improving your fielding or swing on the softball diamond, Megan can help.

If you think that your workout has gotten a little stale, you may want to consider a few options that are available at the Shands Fitness and Wellness Center. On the front desk we have premade workouts that are for beginner, intermediate and advanced exercisers. Take advantage of these great workouts. They will add a little excitement to your visit to the fitness center.

Need more than a sheet of paper to guide you through your workout? My staff can provide personal training for you as well. One on one personal training for only \$25/hour. Try finding a better price anywhere in town. I guarantee you will not find a better exercise specialist for that price.

Lastly, our Medical Fitness program is a great alternative for getting a guided workout on each visit. For only \$65/month, you can come in daily for a great workout by Jeff, Clifford, Fernando, Traye, Brandon, Megan or the Wasiknator.

See you at the fitness center.

The Wasiknator

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and Wellness Center*

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