

AUGUST 2016

The  
**NEWSLETTER**

UNIVERSITY CLUB FITNESS CENTER

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## WINDING DOWN SUMMER

As the summer winds down, and we get ready for a new semester, please note we will not be holding group exercise classes the month of August. The new group exercise class schedule for the fall semester will start September 6th (the day after Labor Day), and will be available in the Fitness Center at the end of August.

In the fall semester, we will welcome new graduate student staff members and instructors to the Fitness Center. All students are studying to earn their masters degree in exercise physiology at the University of Pittsburgh. We are excited to have these exceptional young professionals join our team, and we are confident that they will provide outstanding service to the University Club Fitness Center members. We appreciate your anticipated cooperation and patience during this period of transition.



## Workouts for Any Schedule

*Who isn't in a time crunch these days? Even with the best intentions, it's easy to fall off the workout wagon after a hiccup in a weekly routine. Current recommendations suggest that in a week, adults get at least 150 minutes of moderate-intensity aerobic exercise such as such as brisk walking or cycling, and two to three days of muscle-strengthening activities.*

*It's best to spread your activity out during the week, as well as breaking it up into smaller chunks of time throughout the day. In fact, research continues to emerge supporting the notion that small bouts of exercise accumulated throughout the day may provide many of the same benefits as one continuous bout of activity. So, if you can't seem to find 30 consecutive minutes in a day for your workout, you can still fit it in by splitting up the time.*

*So how do we put those recommendations into practice? Making time for physical activity starts with changing our mindset and treating workouts just as you would any other important appointment or commitment. To help make fitness a priority, block off time in your day planner and treat it just as you would any other obligation.*

### 10-Minute Mini-Workouts

#### **10-Minute Mini-Workouts**

Try taking 10 minutes in the morning, afternoon and evening to do some form of activity. This can include 10 minutes of bodyweight exercises (push-ups, crunches, lunges, squats, etc.) in the morning, a 10-minute brisk walk during your lunch break at work and 10 minutes of yoga-inspired stretching in the evening.

#### **Involve the Family in Daily Fitness**

Thirty minutes will fly by if you get the kids engaged in something that they, too, can enjoy. Grab the family and head out for a walk, game of tag or bike ride.

#### **Clean with Purpose**

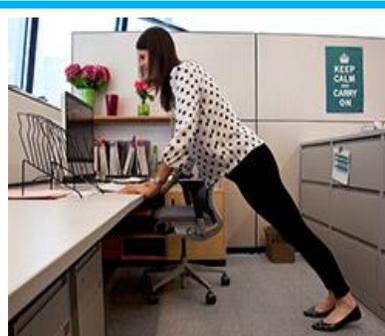
Don't just sweep the floor, scrub the floor. Don't just unload the dishwasher, dance with the dishes. Minutes add up fast when you move more during your clean-up time.

#### **Look for Opportunities to Walk**

Suggest work meetings on the go. Walk and talk in lieu of sitting in an office. If your job has you hanging out in airports on a regular basis, make that work for you, too. When traveling, to walk and check out the stores in the airport — not to buy, but to keep moving before hours of sitting.

30 minutes of activity accumulates quickly when you seek out opportunities, such as taking the stairs, parking far away and doing yard work.

If you can't seem to find the self-motivation needed to make it happen, consider recruiting a workout partner or hiring a fitness professional. Knowing that someone is expecting you at a certain place or time can help to enhance accountability for being more active.



## Packing a Nutritious Lunchbox

*While it's important to send your children to school with a healthy lunch packed with the nutrition they need to learn, grow and play, it's also important to ensure that they eat it. To ensure that your children's nutritious meal doesn't go to waste, you can encourage interest and appetites with a few of these strategies:*

- ***Sit down once a week and plan lunches together.*** Then encourage them to pack their own lunch. If kids take an interest in their lunch, they're more likely to eat it.
- ***Let them play before they eat.*** Studies have found that grade schoolers will eat more and waste less if they have recess before lunch. Talk with your principal or school board to see if this is a possibility for your children's school.
- ***Celebrate special days.*** Plan lunch menus around a special event. For example, pack an all-red lunch in honor of Valentine's Day or include a fortune cookie to celebrate Chinese New Year.
- ***Try new foods.*** Send along exotic fruits like kiwi or star fruit. Or go ahead and buy new foods that they are curious about. This will encourage an interest in trying new foods and may be helpful for picky eaters. Even if the food chosen is not as nutritious as you would prefer, remember that all foods have their place in a healthy diet, when eaten in moderate amounts.
- ***Pack extras to share with friends.*** If you're trying to get a picky eater to try something new, like celery stuffed with peanut butter, take advantage of the power of peer pressure and pack a few extra items for the other kids to taste.
- ***Invest in "cool" lunch equipment.*** An insulated lunch bag and thermos will enable your children to take a wider variety of foods for lunch, such as chilled pasta salad or hot soup. Also, remember to use an ice pack in their lunch box and a quality insulated thermos in order to keep hot foods hot and cold foods cold.



## Sweet & Spicy Grilled Salmon

### Ingredients:

- 2 TBSP hot sauce (Frank's)
- 1 TBSP packed brown sugar
- 1 tsp smoked paprika
- ¼ tsp cayenne pepper
- 2 TBSP light mayonnaise
- 1 TBSP snipped chives
- 8 stalks celery, very thinly sliced into half-moons on angle
- ½ small onion, very thinly sliced
- Four 5 oz. center-cut, skin on salmon fillets, about 1 in thick
- Salt & pepper
- Cooking spray for grill

### Directions:

1. Pre heat grill on medium-high.
2. Mix together hot sauce, brown sugar, paprika, & cayenne in a small bowl. Transfer 1 TBSP of the mixture to a large bowl and whisk in mayo; set aside the rest of the sauce. Add the chives, celery and onions to the bowl with the mayo & toss well.
3. Sprinkle the salmon with salt and pepper. Spray the grill grate with cooking spray. Lay salmon on the grill, skin side up, and cook until distinct grill marks appear, and salmon releases easily from the grate, 2 to 3 minutes. Turn and brush the fish with some reserve sauce. Continue to cook the fish, brushing the pieces periodically with the sauce, until salmon fillets are glazed and just cooked through, 13 to 15 minutes more.
4. Remove the fish from the grill, and remove the skin. Transfer the fillets to individual plates and serve with the celery slaw.



### Nutrition Information:

Servings per recipe:	5
Serving size:	1 fillet
Calories:	259
Fat:	10.5 g
Protein:	33 g
Fiber:	1.5g
Cholesterol:	85 mg
Sodium:	514 mg

## RECIPES OF THE MONTH

## Pesto Potato Salad

### Ingredients:

- 1 ½ pounds small red potatoes
- 1 yellow pepper, cored, seeded & coarsely chopped (3/4 cup)
- 1 red pepper, cored, seeded & coarsely chopped (3/4 cup)
- 1/3 cup Basil Pesto (recipe below)
- Salt/Pepper
- Basil Pesto
- ¼ cup pine nuts
- 1 clove garlic
- 3 cups fresh basil leaves, loosely packed
- ¼ cup grated Parmesan cheese
- 1 TBSP lemon juice
- ¼ cup olive oil
- Salt/Pepper

### Direction:

1. Put potatoes in large steamer basket over boiling water and steam for 20 min, or until they are cooked through, but skins remain intact. Set them aside until they are cool enough to handle. Quarter the potatoes and put in a large bowl. Add the peppers and the pesto and toss gently to combine. Season with salt and pepper to taste, and chill.

### Basil Pesto

2. Toast the pine nuts in a dry pan over medium heat until fragrant and golden brown, stirring frequently, about 3 minutes. In a food processor, process the pine nuts and the garlic until minced. Add the basil, parmesan cheese and lemon juice, and process until finely minced. With processor on slow pour the food down the food chute. Process until well blended. Season with salt and pepper to taste. Note: This recipe leaves you with extra pesto. You can freeze leftovers in ice cube tray.



### Nutrition Information:

Servings per recipe:	8
Serving Size:	¾ cup
Calories:	120
Fat:	5.5 g
Protein:	3 g
Fiber:	2 g
Cholesterol:	0 mg
Sodium:	213 mg

## Focus on Nutrition This Summer with a Healthy Cookout

*Do you need motivation to achieve your health goals and start eating right? Celebrate warmer weather with a healthful backyard barbecue while impressing your family and friends with delicious foods they will love.*

*Start building your healthful barbecue around fruits and vegetables, which are low in calories, high in fiber and packed with the nutrients you need. Look no further than your local grocery store or farmers' market for fresh, seasonal fruits and vegetables. Not sure how to feature fruits and vegetables at your barbecue? Here are a few ideas, but feel free to get creative:*

### Watermelon

No summer gathering is complete without this sweet treat. Made up of more than 90 percent water, it will also keep your guests hydrated on a hot day.

- Caramelize watermelon slices on the grill, then drizzle with honey, lime and a pinch of salt.
- Pair with shrimp on a kebab.
- Carve out a watermelon to use as a bowl for fruit salad.
- Use the juice of a watermelon as a glaze for chicken, shrimp or pork.

### Summer Squash

When it comes to summer squash like zucchini, patty pans or yellow crooknecks, you've got options. You can stuff it, bake it, steam it or grill it.

- Grate squash and bake with it. Summer squash can be used in recipes ranging from meatloaf to muffins or breads.
- Stuff squash with lean protein like chicken, fish or beans, and brown rice.
- Cut squash into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

### Sweet Potato

While potato salad and potato chips are popular at summertime gatherings, they contain high amounts of fats and sodium. A medium-sized sweet potato contains 3 grams of fiber and just 130 calories, making them a nutritionally sound choice.

- Bake a sweet potato on the grill and top with cinnamon.
- Cut into strips and bake for sweet potato fries.
- Grill sweet potatoes until tender and mash for mashed sweet potatoes topped with a touch of brown sugar or freshly grated nutmeg.



## Hydrate Right during Physical Activity

Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after physical activity is vital to providing your body the fluids it needs to perform properly. Sports dietitians assist athletes by developing individualized hydration plans that enhance performance in training and competition while minimizing risks for dehydration, over-hydration and heat illness and injury.

### Hydration Goal

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

- *Urine color.* The color of the first morning's urine void after awakening is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration. Dark urine is often produced soon after consuming vitamin supplements.
- *Sweat loss.* Change in body weight before and after exercise is used to estimate sweat loss. Since an athlete's sweat loss during exercise is an indicator of hydration status, athletes are advised to follow customized fluid replacement plans that consider thirst, urine color, fluid intake, sweat loss and body weight changes that occur during exercise.

### Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Dehydration results when athletes fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise.

Be alert for conditions that increase your fluid loss through sweat.

- *Air Temperature:* The higher the temperature, the greater your sweat losses.
- *Intensity:* The harder you work out, the more you perspire.
- *Body Size and Gender:* Larger people sweat more. Men generally sweat more than women.
- *Duration:* The longer the workout, the more fluid loss.
- *Fitness:* Well-trained athletes perspire more than less fit people. Why? Athletes cool their bodies through sweat more efficiently than most people because their bodies are used to the extra stress. So, fluid needs are higher for highly trained athletes than for less fit exercisers.

Remember swimmers sweat, too. Like any athletic activity, when you swim, your body temperature rises and your body sweats to keep from overheating. You may not notice because you are in the water, but you can become dehydrated. Swimmers, from competitive athletes to families splashing around, need to drink fluids before, during and after swimming, even if you don't feel thirsty.

### Warning Signs

Know the signs of dehydration. Early signs are:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity

Later signs include:

- Dizziness
- Increased weakness
- Labored breathing with exercise

### Fluid Replacement

Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out. Sports drinks are more appropriate than water for athletes engaged in moderate- to high-intensity exercise that lasts an hour or longer. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.



**REMINDER:** We are entering into a time of the year when our instructors have graduated and/or are on vacation and the new instructors have not started yet. Therefore we will NOT have group exercise classes for the month of August. The new fall schedule will begin after Labor Day. Fall schedules will be available closer to the start of the fall semester. Thank you for understanding!