As the summer approaches, there will be some changes in the University Club Fitness Center staff. In hopes for a smooth transition this month, it is important for our members to understand why these changes will be occurring. The operations of the Fitness Center are under the watchful guidance of the Department of Health and Physical Activity. This allows us to offer amenities such as weight management, personal training, a variety of group exercise classes, and initiatives such as incentive programs at no added cost to members who elect to take advantage of these opportunities. However, because we rely on students for some of these services, this will also result in staff turnover when students graduate and other students enter the program. While you will notice when students change, we want to ensure you that incoming students will rapidly be transitioned into the various roles at the Fitness Center to meet your needs. With that in mind, you will observe some new faces starting this month. Staff schedules have shifted, and in addition, we are happy to bring a few new students to the University Club Fitness Center family! 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 these periods of transition.

As a reminder the Fitness Center hours will remain the same throughout the summer. Monday through Friday 6 am until 7 pm.
Cranberry & Herb Turkey Burgers

Ingredients:
- ¼ cup plus 2 TBSP whole wheat couscous
- ½ cup boiling water
- 2 TBSP extra-virgin olive oil
- 1 Small onion, finely chopped
- 1 stalk celery, minced
- ¾ tsp dried thyme
- ¾ tsp dried sage
- ½ tsp salt
- ½ tsp ground pepper
- ¼ cup dried cranberries, finely chopped
- 1 pound 93% lean ground turkey

Directions:
1. Place couscous in a large bowl. Pour in boiling water, stir and set aside until water is absorbed, about 5 minutes. Preheated grill to medium-high heat.
2. Meanwhile, heat oil in a large skillet over medium heat. Add onion and cook, stirring for 1 minute. Add celery; cook, stirring until softens, about 3 minutes. Add thyme, sage, salt and pepper; cook until fragrant, about 20 more seconds. Transfer the mixture to the bowl with couscous, add cranberries and stir to combine. Let cool for 5 minutes. Add turkey and stir until combined; do not over mix. Form mixture into 6 patties.
3. Oil the grill rack and grill the burgers 5 to 6 minutes per side, flipping gently to avoid breaking them. Serve immediately.

Hash Brown Casserole with Bacon, Onions & Cheese

Ingredients:
- 6 bacon slices
- 1 cup chopped onion
- 2 garlic cloves, minced
- 1 (32 oz.) Package frozen Southern-style hash brown potatoes
- 1 cup (4 oz.) pre shredded Classic Melts Four Cheese blend, divided
- ½ cup fat-free sour cream
- ½ tsp salt
- ¼ tsp freshly ground black pepper
- 1 (10.75 oz.) can condensed, fat-free cream of mushroom soup, undiluted
- Cooking Spray

Directions:
1. Cook bacon in a large, nonstick skillet over medium-high heat, until crisp. Remove bacon from pan and crumble. Discard drippings in pan. Add 1 cup onion and garlic to pan; cook for 5 minutes or until tender, stirring frequently. Stir in the potatoes; cover and cook for 15 minutes, stirring occasionally.
2. Combine crumbled bacon, ¼ cup cheese, green onions, sour cream, salt, pepper and soup in a large bowl. Add potato mixture; toss gently to combine. Spoon mixture into 11x7 inch baking dish coated with cooking spray. Sprinkle with remaining ¾ cup cheese. Cover with foil coated with cooking spray. Refrigerate 8 hours or overnight.
3. Pre-heat oven to 350°.
4. Remove casserole from refrigerator; let stand at room temperature for 15 minutes. Bake casserole, covered, at 350° for 30 minutes. Uncover and bake an additional 30 minutes or until bubbly around edges, and cheese begins to brown.

Nutritional Information:

<table>
<thead>
<tr>
<th>Cranberry &amp; Herb Turkey Burgers</th>
<th>Hash Brown Casserole with Bacon, Onions &amp; Cheese</th>
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<tbody>
<tr>
<td>Servings per recipe: 6</td>
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<tr>
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How Exercise Helps Relieve Stress

With long commutes, busy lives and email, no wonder people walk around in a chronic state of stress. Symptoms of stress can include aches and pains, tension headaches, stomach problems, and irritability. Sound like you? Luckily exercise is an easy antidote to daily stress. Here are a few ways...

- **Increased Endorphins.** Endorphins are your body’s natural painkillers and when released, they give you a noticeable “high”. Long periods of moderate to high intensity exercise increases the release of endorphins, which is why you feel a lift in your spirits after a workout, leaving us less likely to succumb to stress.

- **Rhythm and Flow.** Some exercise like running, cycling or lifting lets you get into a rhythm. That rhythmic flow of repeating actions relaxes your mind. Ever hear a runner say they are headed out for a quick run to clear their head? That is what they mean. This type of zoning out helps you relax and find your equilibrium again after a stressful day.

- **Human Interaction.** Not everyone chooses to exercise solo. Attending a spin or boot camp class or going on a group run, not only helps your get your daily sweat in, but also lets you interact with others who are probably experiencing similar stresses of life. This human interaction will help you release some of the negativity that is associated with stress and will make you feel less alone with your problems.

- **Better Sleep.** Ever feel so stressed out you could not sleep? The lack of sleep often leads to a vicious cycle, increasing your stress and making it harder to catch up on sleep the next night. Exercise not only helps to break the cycle, by better enabling you to handle stress in the first place. It also helps you feel tired at night, so you can more quickly fall asleep without all the tossing and turning.

- **An Organized Life.** Stress can be brought on by lack or organization and planning, whether it’s your work life or home life. Following a workout plan, where you set regular, weekly goals and ultimately have a sense of achievement, will help transfer those skills to other areas. And if your stress isn’t about scheduling, just knowing you have a stress busting workout on your calendar a few times a week, will help ease your mind.
Recovery Nutrition General Guidelines After Hard Exercise

If you are a fitness exerciser—an athletic person who works out three or four times a week for 30 to 60 minutes—you can be less focused on recovery nutrition than the athlete who works to fatigue one or two times a day. Your body does not become depleted during fitness workouts, plus you have plenty of time to refuel before your next exercise session. But if you are an athlete who exercises to exhaustion, does double workouts and needs to rapidly recover from one exercise bout to prepare for the next one, your recovery diet deserves full attention.

A few examples include:
- Soccer players in a weekend tournament
- Swimmers competing in two events at a meet
- Triathletes doing two-a-day workouts
... and yes, even...

the compulsive exerciser who spends too much time at the gym.
You'll be able to perform better during repeated bouts of hard exercise if you have planned your recovery diet and have the right foods and fluids readily available to adequately replace calories, carbohydrates, protein, fluids and sodium.

**Carbohydrates**
To replenish depleted blood sugar and muscle glycogen stores and recover from the demands of strenuous exercise, you should plan to consume carbohydrates as soon as tolerable, preferably within 30 minutes post-exercise. Muscles rely on carbs for fuel, so think again if you are on an Atkins-type low-carb diet.

Athletes who weigh 100 to 200 pounds need 75 to 150 grams (300 to 600 calories) of carbohydrates repeatedly every two hours, for six hours. The trick is to plan ahead and have the right foods and fluids readily available for frequent snacking. Otherwise, you may neglect your recovery diet by mindlessly eating nothing—or whatever is around: doughnuts, burgers, hot dogs, nachos, chips, and other high-fat choices that fail to refuel your muscles.

If you have trouble tolerating solid food after working out, experiment with liquid recovery foods, such as Instant Breakfast, Boost, chocolate milk or fruit smoothies—excellent sources of carbs and fluids, as well as a little protein.

**Protein**
Consuming some protein along with the carbs stimulates faster glycogen replacement. The protein also optimizes muscular repair and growth. Yes, you can buy commercial recovery foods, but you can just as easily and appropriately enjoy cereal with milk, fruit yogurt, bagel with a little peanut butter or any other snacks that offer a foundation of carbs with an accompaniment of protein (i.e., 40 grams carbs, 10 grams protein).
**Fluids**
If you've become very dehydrated (as indicated by dark urine), you may need 24 to 48 hours to totally replace this loss. Because thirst poorly indicates whether or not you've had enough to drink, throughout the day sip on enjoyable (non-alcoholic) beverages until your urine is pale yellow (like lemonade), not concentrated, dark (like beer). Fruit juices, smoothies and milk shakes offer both nutritional and health value, more so than sports drinks. For example, orange juice contains 20 times more potassium than Gatorade.

Preventing dehydration during exercise is preferable to treating dehydration post-exercise. To determine your fluid needs, simply weigh yourself naked before and after an hour of hard exercise during which you drank nothing. The weight loss reflects sweat loss. You can then develop a schedule for drinking adequate fluids during exercise to minimize sweat losses and hasten recovery.

A 2-pound per hour loss equals 32 oz. or 1 quart. This can be prevented by drinking 8 oz. every 15 minutes of exercise.

**Sodium**
When you sweat, you lose some sodium (a part of salt). You are unlikely to deplete your body's sodium supply unless you sweat hard for more than four to six hours. Most athletes easily replace sodium losses within the context of a standard American diet that offers 6 to 12 times the amount of needed salt. But if you eat primarily "all natural" or unprocessed foods, and simultaneously add little or no salt to your meals, you might consume inadequate sodium. This can hinder fluid retention.

Eating salty foods (soup, pretzels, salted crackers, table salt) is an appropriate part of a recovery diet for most healthy athletes. Sports drinks are only a weak source of sodium compared to munching on salty snacks.

If you need to rapidly recover to prepare for a second bout of exercise within an hour or two and are worried about digestive problems, consuming a tried-and-true sports drink might be a safe choice. But if you can tolerate food, you'll be able to refuel and rehydrate better with higher-carb fluids (juices) along with salty snacks: crackers, pretzels--whatever else tastes good and digests comfortably.

Foods with a moderate to high Glycemic Index (i.e., sugary sweets, white bread, soft drinks, honey) are among the best choices. They rapidly enter the blood stream and are readily available for fuel.

**Rest**
You aren't "being lazy" if you take a day off after a hard workout; you are investing in your future performance. Your muscles need time (plus adequate carbs and calories) to refuel and heal.

Daily hard exercise optimizes glycogen-depletion, dehydration, needless fatigue and injuries—but not performance!
It Is Berry Season!
Besides being delicious, berries are one of the best nutritional bargains around!

- Berries are low in calories
- Packed with plenty of essential nutrients (Vitamins A, C, E, B6 and B12)
- Also contain smaller amounts of nutrients like folate, niacin and riboflavin.
- Have a large amount of manganese (a mineral found in the body and several foods. It is considered an essential nutrient because the body needs to function properly).
- Helps boost immune system.
- Not only contribute to overall health, but may even help prevent cancer and heart disease.

Raspberries:
- ½ cup fresh raspberries have 32 calories, 0g fat, 4g fiber
- Good source of Vitamin C and manganese (an essential nutrient that acts as a powerful antioxidant and anti-inflammatory).
- Contains high amounts of antioxidant compounds that may help protect our cells from damage.

Strawberries:
- 1/2 cup sliced strawberries has 26 calories, 0g fat, 1.5g fiber
- Excellent source of Vitamin C and manganese.
- Also contains a large amount of phytonutrients (compounds in plants that have beneficial effect on the body). There are over 10,000 of them and they have effects such as antioxidants, boosting immune system, anti-inflammatory, antiviral, antibacterial and cell repair. They help protect our cells from damage.

Blueberries:
- ½ cup fresh, blueberries have 42 calories, 0g fat, and 2g fiber.
- A good source of Vitamin C, Vitamin K, and manganese.
- Good source of B complex, Vitamin E, Vitamin A, copper, zinc and iron.

Blackberries:
- ½ cup, 31 calories, 0g fat, 4g fiber.
- Good source of Vitamin C, Vitamin K and manganese.
Exercise of the Month: Cable Straight Arm Anti-Rotation

Position 1: Starting Position:
- Step away from the cable machine to un-rack the weights
- Feet straight ahead
- Arms straight
- Follow the rope with your eyes

Position 2:
- Keeping straight arms the entire time, start to rotate toward the other wall
- Still following the rope with your eyes
- Keep your lower body stable

Position 3: Ending Position:
- Keep rotating your upper body, following the cable with your eyes.
- Maintain your straight arms throughout the entire movement.

***This is a great movement for your core. Also helps improve all your stability muscles.***
May is National Bike Month

The arrival of May brings with it National Bike Month, so break out your helmet and pedal your way to health and wellbeing. Whether you prefer Mt. Biking, biking on paved trails, biking on dirt trails, or simply want a nice cruiser, Pittsburgh has a trail for you! Below is a list of trails around the area.

EAST

Eliza Furnace Trail: Located around downtown Pittsburgh, the Eliza Furnace Trail is perfect for beginner bikers or anyone who wants to fit in some exercise on their lunch break. The trail is about 4 miles and follows the Monongahela River.

Frick Park: Frick Park is perfect for bikers of all skill levels. The smooth trails are great for beginners or anyone looking to take the family on a relaxing cruise. For the expert rider there are steep, single track trails through the dense woods of Frick.

Schenley Park: This scenic park is located in the heart of Oakland. Schenley Park has a number of trails for riders to explore. The trails are generally rolling hills, perfect for bike riders of all backgrounds.

Panther Hollow Trail: The Hollow trail is a 1.5 mile asphalt trail next to Oakland. It is an easy ride that offers a good workout due to the steep climbs. If you are looking for a longer ride Panther Hollow trail connects to the Eliza Furnace Trail using a narrow trail near Greenfield.

Boycie Park: If you need a challenge, try out the mountain bike trails at Boyce Park. The single-track trails are perfect for the advanced rider because the trails can get a little rough and muddy.

NORTH

Millvale Riverfront Park: The Riverfront trail is 1.7 miles in length, along the Allegheny River. It begins in Millvale and takes you past several Pittsburgh landmarks, such as Three Rivers Heritage Trail, Heinz Field, and PNC Park on the North Shore.

North Shore Trail: This trail is part of the Three Rivers Heritage Trail. The North Shore trail begins near the now abandoned Western Penitentiary and connects with the Millvale Riverfront Park. It is an easy ride along pavement, good for a nice afternoon exercise.

Riverview Park: This trail is a 2 mile paved loop around Riverview Park. The Riverview trail is an easy ride through wooded landscape, with plenty of turns and changes to keep you active.

North Park: North Park has fun for everyone. The 15 miles of trails provide a natural, single-track surface with a scenic view. For advanced riders the steep climbs and fast descending hills present a fun and challenging ride. If you are looking for something more relaxing, there is also gently sloping terrain.

Hartwood Acres: Hartwood Acres has a maze of trails to keep you occupied. It offers something for riders of all skill levels, but caters towards the more advanced skill set. The logs, rock gardens, and steep hills will keep mountain bikers coming back for more!

SOUTH

South Side Trail: The South Side trail is a flat 2.5-mile bike ride along the Monongahela River. Although it is located within the city limits, a portion of the trail between 9th street and 18th provides a beautiful tunnel of green for a change of scenery. It also has various access points along the trail.

South Park: South Park offers a variety of tree-lined trails, with rolling terrain for all riders. These single lane trails provide fast technical runs for more advanced riders and up and down scenic routes for lower level riders.

Montour Trail: This trail takes you on a long 47-mile journey through reclaimed rural strip mines on crushed limestone. The Montour Trail Council is constantly updating and changing the completed portion of the trail to keep it fresh and fun. It is recommended for riders of all skill levels.

WEST

Settlers Cabin: This set of trails takes you on a 20-mile excursion through rural woods. Settlers Cabin starts off flat for the first few miles and then becomes hilly. It offers something for all riders.

Bavington: A beautiful 27-mile ride of tight turns on single lane tracks. The trails follow along flat tops and ridgelines that provide a great scenic view. Bavington presents terrain for all riders, but offers more for the advanced skill set.

OUTSIDE PITTSBURGH

Ohioyle State Park: At Ohioyle State Park there are trails of every experience level, so you are sure to find a trail no matter how well you ride. This park is great for mountain biking and trail biking.

Seven Springs: Seven Springs will provide fun for all. The resort offers a variety of downhill and cross-country trails. The downhill trails are chair lift accessible and conveniently marked according to difficulty. No matter what trail you choose they all offer an incredible scenic view.