

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

JUNE 2018

## Take a Fitness Vacation

**Include exercise in your summer getaway**

Vacation is a break from deadlines, stress and the daily rat race. But not from healthy habits. With planning, you can enjoy a few days or a week away while maintaining your weight and fitness level. How? Plan a fitness vacation.

### What are you doing?

There are countless fitness vacations. Depending on your budget, you can hit one of our county's 58 national parks, check in at a high-end spa hotel, book a week at a dude ranch or enjoy day trips near home. Charitable organizations are always looking for volunteers. Swinging a hammer or digging a ditch burns calories while you are helping others.

### How are you getting there?

If you're traveling by car:

- Start with a supply of healthy snacks. Fill a cooler with water or sports drinks. When you need a meal, stop to enjoy it and relax.
- Take 10- to 15-minute exercise breaks every three or four hours. Walk around a big parking lot, find a roadside area with a playground or do some stretches.

If you're flying:

- Take a walk after locating your gate. If you use a "people mover," speed walk on it.
- Drink plenty of water to avoid dehydration and reduce jetlag.
- On the plane, move your legs, wiggle your toes and roll your shoulders to keep your blood circulating. If your flight is longer than a couple of hours, walk up and down the aisle.

### Where are you staying?

- If you'll be staying in a hotel – check out its fitness area ahead of time. If there isn't a fitness room, ask if the hotel has an agreement with a nearby fitness center.

Wherever you stay:

- Do a few abdominal exercises and pushups with your morning stretches.
- Look for a workout on TV stations.

### What do you need?

- Travel with a few pieces of equipment, such as a resistance band, stress ball and jump rope.
- Proper shoes and comfortable clothes are important for many outdoor activities.
- Sunscreen

A fitness vacation can be a way to re-energize yourself. Make time to learn about yourself by reading a self-help book or practicing relaxation exercises, yoga or Pilates. Whatever you do and wherever you go, make it an active and healthy experience!

## Exercise Class **Highlight**

### **Pilates**

Health Fitness offers three types of Pilates exercise classes. Developed by Joseph Pilates in the early 20th Century, the method focuses on core strength and stability while improving flexibility. He called it “contrology.”

- **Mat Work Pilates** – Use your bodyweight for resistance to help create a long, lean body. This medium-intensity class elevates your heart rate. 6:15 to 6:45 a.m. Mondays through June.
- **Functional Pilates** – Get a combination of Pilates, yoga and personal training. Lengthening and strengthening is the name of the game for this class that will leave you sweating and strong. 12:05 to 12:35 p.m. Mondays through June.
- **Pilates Reformer** – The Reformer is a piece of exercise equipment used in a small group class. It allows users to work muscle groups in smooth, continuous motions.

Mat Work and Functional Pilates classes are included in your membership. Check times on the new schedule in July. There is a charge for Pilates Reformer classes. Call 319-768-4191 for more information.

## Meet This **Muscle**

### **Gastrocnemius**

The gastrocnemius, paired with the soleus, make up your calf muscle. It enables you to stand, walk and move in other ways, such as pointing your toes up and down.

It's easy to miss exercising your gastrocnemius muscles during your workout. Do heel/calf raises to strengthen them:

- Hold dumbbells or put a barbell on your back.
- Stand on your toes and lower your heels to the floor, OR
- Lower and raise your heels while standing on a box or step for a more intense workout.
- Start with two or three sets of 15 repetitions.

Cramping is a common issue when exercising the gastrocnemius. The pain can be intense. To help prevent cramping, stay hydrated and add a shake of salt to your water to provide potassium and sodium.

## Important **Dates**

**Monday, June 18** – Blood pressure screening, 8 a.m.

**Saturday, June 23** – Guest day

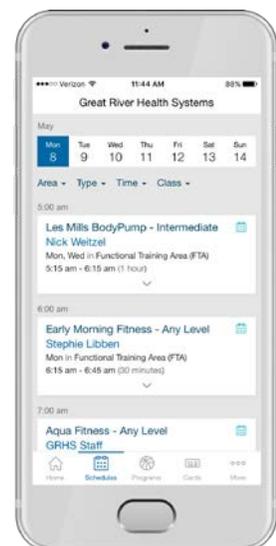
## **Tell us how our we're doing!**

Please take **our survey** to help us improve your experiences at Health Fitness.

## **Use our app to register**

Did you know you can register for our programs in your pajamas?\* Just use our app! If you don't have the app, search “Great River Health Systems” in the App Store or Google Play store.

\*Please don't come to Wellness Plaza in your nightclothes!



### **Commit to Fit-Duos**

**Monday, June 18 to Friday, Aug. 10**

Assessments Wednesday, June 13 to Friday, June 15. Sign up on the app or call 319-768-4191.

Grab a partner and play fitness BINGO by meeting exercise goals under the guidance of a fitness specialist. Earn points and win prizes!

### **Mother/baby/child exercise**

Connect with your baby or toddler and other moms while getting back in shape! Health Fitness offers two classes that combine cardiovascular and strength training using your baby as a weight. As he or she grows, you will do some partner exercises and other fun activities your child.

- **Baby & Mama** is for infants six weeks to 1 year old – 5 to 5:30 p.m. Mondays.
- **Toddler & Mama** is for toddlers 1 to 4 years old – 4:15 to 5 p.m. Wednesdays.

Classes are included in Health Fitness membership. Nonmembers can pay \$5 per session. For more information, please call 319-768-4191.



# Cauliflower Fried “Rice”

- Ready in less than 20 minutes
- Low-carb and yummy!

### Ingredients

- 1 medium head of cauliflower, cut into florets
- 2 Tablespoons sesame oil
- 3 eggs, beaten
- ½ cup white onion, diced
- 1 cup carrot, diced
- 2 garlic cloves, minced
- 1 cup frozen green peas
- 3 Tablespoons low-sodium soy sauce
- Black pepper to taste
- 6 green onions, minced
- Sesame seeds for garnish (optional)

### Directions

1. Pulse cauliflower in a food processor for 25 to 30 seconds until it has a rice-like consistency.
2. In a large skillet over medium heat, add 1 Tablespoon of sesame oil. Add eggs and stir until they are cooked. Remove eggs from skillet and set aside.
3. In the same skillet, add 1 Tablespoon of sesame oil, onion, carrot and garlic. Cook until veggies are fully cooked, stirring often.
4. Add the cauliflower “rice,” green peas, soy sauce, black pepper and cooked eggs. Mix everything well to combine and heat. Be careful to not overcook.
5. Garnish with green onions and sesame seeds.

Makes 4 servings  
 Serving size: ½ cup  
 210 calories  
 13.2 g total fat  
 2.7 g saturated fat  
 127 mg cholesterol

549 mg sodium  
 15.1 carbohydrate  
 4.4 g fiber  
 5.9 g sugar  
 9 g protein

### Original Recipe Chicken Fried Rice

### Ingredients

- 1 package (6.2 oz) Rice-A-Roni fried rice
- 2 Tablespoons butter
- 2 cups water
- 1 can (8 oz) sliced water chestnuts, drained
- ½ cup frozen broccoli florets
- ¼ cup diced bok choy
- 2 cups skinless, boneless chicken breast, cooked and chopped
- ½ cup shredded cabbage
- 2 teaspoons soy sauce

### Directions

1. In a large skillet, sauté rice and noodles in butter until noodles are golden. Stir in seasoning packet and water. Cover and simmer for 10 minutes.
2. Stir in bok choy, water chestnuts and broccoli. Cover and simmer for 5 minutes.
3. Stir in chicken, cabbage, and soy sauce. Cook until heated through.

Makes 4 servings  
 Serving size: ½ cup  
 350 calories  
 9 g total fat  
 75 mg cholesterol  
 1470 mg sodium  
 38 g carbohydrates  
 3 g dietary fiber  
 4 g total sugars  
 28 g protein



## Kyle Gugeler

**Degree:** B.S., exercise science, nutrition minor, Western Illinois University

### Work activities:

- Boot camp and high-intensity classes
- Strength and conditioning coach for Southeastern Community College athletes
- Designing cutting-edge strength and exercise programs for the baseball, basketball, volleyball, and softball players
- Tactical strength and fitness training for local police officers and firefighters

### What people say about Kyle:

“Kyle is very friendly, outgoing, energetic and personable. He builds relationships with his clients and generally cares about their well-being! He always encourages and pushes his clients to be their best, and he exceeds all expectations.”

### Helped develop:

ABLE, A Better Life Every day – A program for people who have difficulty obtaining or maintaining a healthy weight

**Award:** Great River Health System’s Service Excellence in Practice Award, 2015

# Gail Huckins

### When did you join Health Fitness?

I have been a member for three years.

### What's your inspiration?

Turning 60 in March was a big wakeup call. I have had two hip replacements, a knee replacement and five broken ribs in the past six years. I realized I need to get myself in shape and make healthy changes. I have always struggled with my weight. This time, I am trying a holistic approach with diet and exercise.

### Describe your workout:

I have been working out five to six days a week. I try to get an hour of cardio each day. I like the stationary bike and elliptical machine. I meet with personal trainer Stephie three days a week for intense 30-minute workouts.

At home in the evening, I usually do several sets of crunches, and I plank (I am up to minute and a half). I love riding my bike!

### What are your results?

I have lost 43 pounds since mid-January. More important is the strength I have gained in just five months. Because of my joint replacements, I struggled going up and down stairs. Although you won't find me running up and down them, I can negotiate them with much more ease.

### My best fitness advice:

- **Get back up**, even if it's been a long time since you exercised.
- **Find something you love**, even if it's walking in the park.
- **Log what you eat** – every bite – **and your exercise.**
- **Consider a personal trainer**, especially if you're just getting back in the game. Stephie challenges me in ways I would never challenge myself. She is kind, but she firmly pushes me to be my best.

