

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

August 2017

## Be happy about exercise

August is National Admit You're Happy Month. No one can be happy 24/7, but if you're happy most of the time, you will have a more positive attitude, be more productive and probably feel better. These three things are benefits of exercise.

If you're going to exercise, ensure you're doing something that makes you happy – something that makes it fun! You must enjoy working out for it to become a part of your routine. Here are some ideas to make exercise fun:

- **Pick an activity you like.** Choose something you find pleasure in and look forward to.
- **Make it a social time.** Plan on meeting a pal at the gym, at the park or at a class you both want to take. Having each other for accountability and motivation is key. After working out, share a healthy dinner.
- **Meet people.** Exercise classes are a great way to do this, especially if you're new to the area or are intimidated about joining a gym. Exercising with

others can make hard workouts seem easier and quicker. Great River Health Fitness has a variety of classes that offer something for everyone.

- **Ease into exercise.** You set yourself up for defeat if you're too intense or you over-train when you start. Push yourself after you've been at it for a while. A feeling of accomplishment is good. You may want to have a few sessions with a personal trainer, who can give you a personalized regimen and provide extra motivation. These things should put a smile on your face even when doing those dreaded burpees!

- **Make your life more active with fun family activities.** Have an old-fashioned pillow fight (with caution). Walk the dog, join an outdoor sports league or crank up the music and dance while doing chores at home.
- **Reward yourself.** Set small, attainable goals and celebrate when you reach them. Grab your favorite smoothie, have a spa day or purchase a new pair of workout shorts. The reward should be something you enjoy.

If you're ready to be happy and have some fun, follow some of these suggestions. You'll be glad you did, and you'll feel great!



## Exercise Class **Highlight**

### **Killer Core**

Killer Core is a fun Friday fitness class from 12:05 to 12:35 p.m. It's a great way to burn calories in a short amount of time, and it will help keep your abdominal muscles healthy so you can walk, sit, stand and perform everyday activities easily. But you'll feel the ache when the class is over!

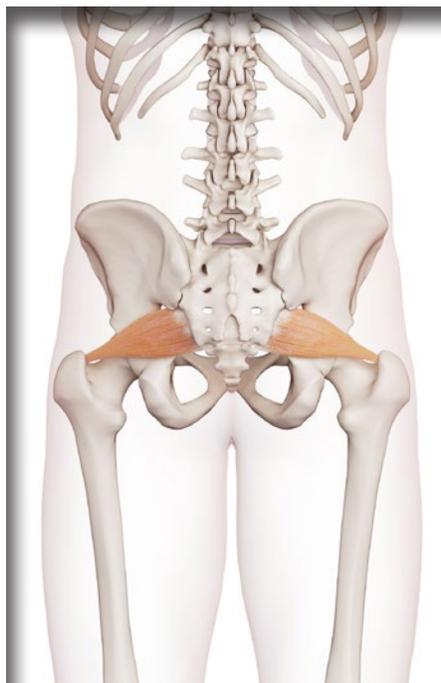


## Muscle of the **Month**

### **Piriformis**

The piriformis muscle is attached to the lower part of your spine (sacrum) and the top of your thigh bone (femur). It helps rotate your hip when running, turning and doing other daily activities.

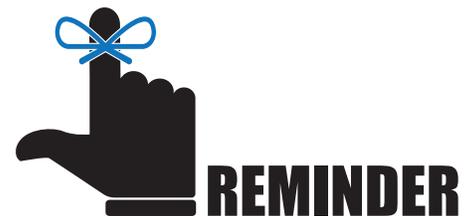
The piriformis is often tight, and it can increase pressure on the sciatic nerve, causing pain in the hip and down the leg. The pain can be relieved by stretching and rolling. While sitting on the ground or in a chair, put your right ankle on your left knee. Lean into the stretch until you feel a pull deep in your hip. Using a tennis ball or foam roller, roll the sore area to relieve pain.



## Myth **Buster**

**Myth:** The bigger the backpack, the better!

**Busted:** Backpacks are available in different sizes because people are different sizes. You should choose a backpack that is the same size as your back. To wear it properly, use both shoulder straps, cinching them so the backpack rests against the upper half or middle of your back. Don't let it droop toward your rear end because this causes strain on your back and shoulders.



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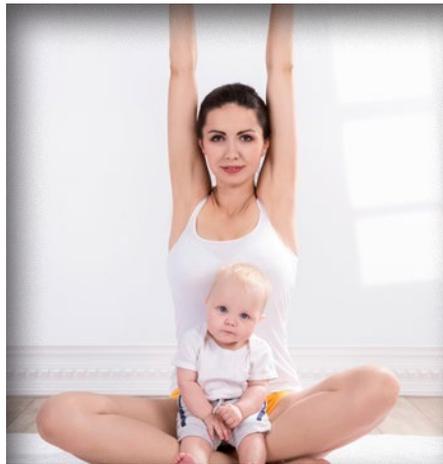
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# Fit4Mamas



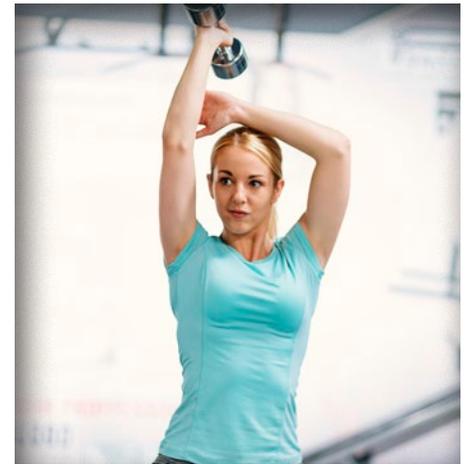
## **Calming Yoga4Mamas** **5 to 6 p.m. Wednesday**

Prenatal yoga is a great way for mothers-to-be to stay in shape. You will learn exercises to improve core strength (including uterus and pelvic-muscle strength), improve circulation and increase comfort. You also will learn deep-breathing exercises that will help you face the physical demands for labor, birth and motherhood. Whether you're new to yoga or experienced, prenatal yoga is a great way to connect with your mind and your baby.



## **Baby & Mama** **4:15 to 5 p.m. Wednesday**

An enjoyable way to get back in shape while spending bonding time with your baby. This class combines cardiovascular and strength training using your baby as weight! It's a great way to connect with other moms and babies, and receive support. Classes are for infants from 6 weeks to 3 years old. Baby carriers, which are optional, may be beneficial for younger babies.



## **Strong Mamas** **5:15 to 6 p.m. Monday**

Strengthen your body for the changes you will experience during pregnancy and after delivery. This class combines elements of strength training, cardiovascular exercise, stretching and balancing exercises. For new mothers, an hour away from your baby can invigorate and refresh, giving you time to concentrate on your health and be healthier for your baby.

A health care provider's consent is required. Classes are free to Great River Health Fitness members. Great River Women's Health provides one-month courtesy passes to its patients.

To register or receive more information, please call 319-768-4191.

## Recipe **Makeover**

# Chicken Salad

By **Jordan Russell, RD, LD, clinical dietitian, Nutrition Services**

Reducing fat and calories doesn't mean reducing flavor. Replacing mayonnaise with plain Greek yogurt nearly cuts calories in half, replaces unhealthy fat with protein and adds calcium. The walnuts also add protein and omega 3 fatty acids. It's a light meal that's perfect for picnics or lunch at work.

### Original recipe

- ½ cup mayonnaise
- 2 cups diced, cooked chicken or turkey
- ½ cup thinly sliced celery
- ½ cup diced apple or grapes

Directions:

1. Combine all ingredients in a medium bowl.
2. Serve on your favorite bread or over lettuce.

Nutrition information for a  $\frac{3}{4}$ -cup serving: 300 calories, 3.5 g saturated fat, 0 mg omega 3, 20 mg calcium

### Recipe makeover

- 10 ounces diced or shredded, cooked chicken\* (without skin)
- ½ cup walnuts
- 8 oz nonfat greek yogurt, plain
- ½ cup fresh grapes, halved or quartered
- ½ cup celery or green pepper, diced

\*For convenience, use canned white premium chunk chicken breast (12.5 ounces)

Directions:

1. Combine ingredients in a medium bowl.
2. Add more yogurt as needed to increase consistency and moistness.
3. Serve on whole-grain bread or whole-grain crackers, like Triscuit, or over lettuce.

Nutrition information for a  $\frac{3}{4}$ -cup serving: 172 calories, 1.1 g saturated fat, 870 mg omega 3, 24.5 g protein, 65 mg calcium

## Important **Dates**

- **Saturday, Aug. 5** – Community Wellness Walk, 8:30 a.m., Great River Medical Center Cafeteria patio
- **Friday, Aug. 11 to Tuesday, Aug. 15** – Free Pilates Reformer Week. Sign up for times at the check-in desk
- **Saturday, Aug. 12** – **Breastfeeding Awareness Walk** 9 to 11 a.m. Register to win a three-month Great River Health Fitness membership
- **Tuesday, Aug. 15** – **A Matter of Balance** begins
- **Tuesday, Aug. 15** – Free blood pressure screening, 11:30 a.m. to 12:30 p.m., Mercy Plaza lobby
- **Tuesday, Sept. 5** – Free blood pressure screening, 11:30 a.m. to 12:30 p.m., Wellness Plaza lobby

## Member **Spotlight**

### **Sam Helmick**

#### **How long have you been a Great River Health Fitness member?**

Two years

#### **What is your typical workout?**

I check in with my wellness buddy, and we do 20 to 30 minutes of cardio on the track, elliptical or NuStep. (Although it's good to switch things up, I really love a specific elliptical at Great River Health Fitness.) This is usually followed by 30 reps on each machine for arms and legs on alternate days.

#### **What are your results?**

I have worked off more than 225 pounds, transitioned down 11 clothing sizes and developed new skills, including long-distance running, portion and hydration management, and strength endurance training. I have gained confidence and enthusiasm to learn new things, and I have found productive and positive outlets for boredom and stress.

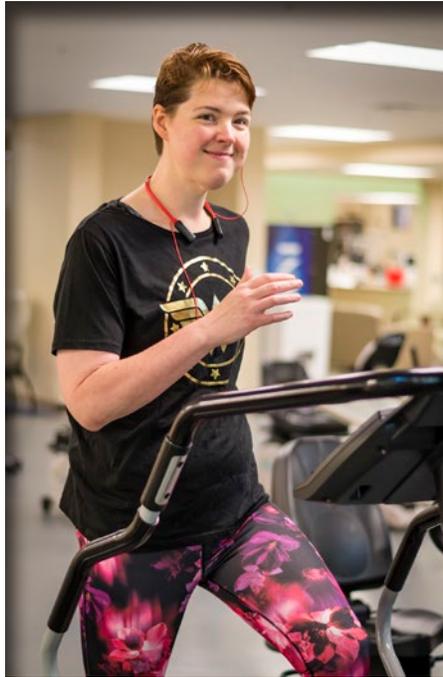
#### **What's your inspiration?**

Learning new physical, nutritional, recreational and spiritual skills with my mom, Dawn, has inspired me. When I wish to revert to old habits she reminds me of our success and how to turn it back to faith. Wellness is a lifelong commitment, but I tackle it one day, one prayer and one workout at a time. Most of my fitness activities start with a stretch and mentally handing my workout to God.

I have a fantastic "wellness tribe." We Snapchat, share inspirational quotes and seek advice from each other. Tribe members include friends around the globe and folks in the community who don't know their kindness and encouragement have inducted them into my tribe.

#### **Additional comments**

When I started, I was entering a foreign territory. Great River Health Fitness staff and members made me feel welcome. When I struggled with workouts, learning machines and feeling out of place, their help, smiles and kindness kept me going. If you're new to the gym, please say hi, because I want you to know you're welcome here, too. I'm always scouting members for my wellness tribe!



## Staff **Spotlight**

### **Lishay Allen**

Lishay brings creative, new ideas for exercise programs to Great River Health Fitness. After having her daughter, she started the Fit4Mamas trio of classes to give moms an option to work out and improve their health without taking time away from their babies.

She also started a new high-energy, kickboxing-style class. Check out the new heavy bags at 5:30 p.m. Mondays and 12:05 p.m. Wednesdays!

A fitness specialist and certified athletic trainer, Lishay received her bachelor's degree in athletic training at Simpson College, where she played volleyball, and she earned a master's degree in exercise science and health promotion with a concentration in wellness coaching at California University of Pennsylvania.

Lishay loves working with athletes as they recover from injury, and helping them develop their sports performance. She teaches athletic training courses at the college and she's a certified climbing tower instructor.

