

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

SEPTEMBER 2017

Good news about household chores

We're coming into a great time of year for outdoor exercise. It usually doesn't happen the minute you turn the calendar to September, but the intense heat and humidity of summer will be gone soon. Plenty of time remains for softball games, walks or jogs in the park, golfing – try walking nine holes – and many other physical activities.

The American Council of Sports Medicine and the American Heart Association recommend getting 150 minutes of moderate exercise or 75 minutes of intense exercise per week. You burn some calories doing household chores.

The chart on this page from Harvard Medical School shows calorie expenditures for 30 minutes of work and play activities. Choose the category closest to your weight and see how the numbers add up.

Activity	125 pounds	155 pounds	185 pounds
Playing Frisbee	90 calories	112 calories	133 calories
Golfing, using a cart	105	130	155
Sacking grass or leaves	120	149	178
Washing a car	135	167	200
Gardening	135	167	200
Cleaning gutters	150	186	222
Mowing, push mower	165	205	244
Golfing, carrying clubs	165	205	244
Hiking	180	223	266
Tennis	210	260	311

This fall, enjoy the beautiful days by doing something physical. Everything you do burns calories. That's good news!



Exercise Class **Highlight**

Les Mills Body Pump

This high-energy, barbell class will sculpt, tone and strengthen your entire body fast! The choreographed resistance workout focuses on low weight loads and high-repetition movements to burn fat, gain strength and quickly produce lean body muscle conditioning.

Class times

- 5:15 to 6 a.m. Monday and Wednesday
- 5:30 to 6:30 p.m. Wednesday

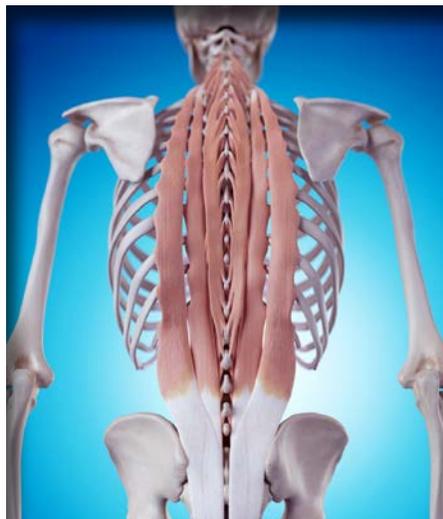
Muscle of the **Month**

Erector spinae

The spine has the largest area of muscle on the back of the body. Part of the core muscle group that supports the abdomen and back, the erector spinae consists of three long, thin muscle groups running up the back. Its primary function is to extend the back in a way that makes the chest move forward and the head move slightly back.

Stretching and exercising these muscles are vital to avoiding back pain. Pilates, yoga and core exercises are helpful. Try these:

- Lie on the ground and pull your knees to your chest. Tilt your knees to the right, hold, and return to the center. Repeat on the other side.
- Cat/cow yoga poses – Position yourself on your hands and knees. Round your back and drop your chin. Release, then



arch your back and look up.

- Folds – While standing or sitting, fold your body forward to stretch and strengthen your spine.
- Side bends – Sit or stand on the floor. Raise both arms over your head. Lower your right arm, then reach your left arm over your head, bending your torso toward the right. Repeat on the other side.

Myth **Buster**

Myth: Strength training requires machines, barbells and dumbbells.

Busted: Strength training improves muscular strength by gradually increasing the ability to resist force. This means you can use your body weight as a strengthening tool, as well as medicine balls, resistance bands and kettlebells. Don't be intimidated by big machines. Squats, lunges and push-ups are strength training exercises that use your body weight to build strength.



REMINDER

Before you leave, please drop your towels in the towel bins. More than half of the towels purchased last year are missing. It's important to return towels so we can continue providing this service to our members.

Program **Highlights**

A Matter of Balance

A Matter of Balance helps reduce the fear of falling and raise activity levels of older adults who have concerns about falling. Developed at Boston University, the eight-week class helps participants:

- Learn to view falls and fear of falling as controllable
- Set realistic goals for increasing activity
- Change their environment to reduce fall risk factors
- Promote exercise to increase strength and balance

Two-hour sessions are led by certified A Matter of Balance coaches.

For more information, please call Great River Health Fitness at 319-768-4191.



**A MATTER OF
BALANCE**
MANAGING CONCERNS ABOUT FALLS



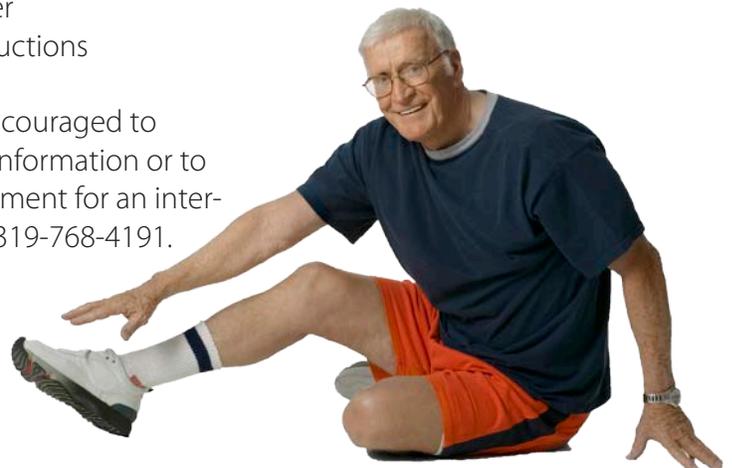
FAME

FAME – Fitness And Mobility Exercise – helps improve strength, balance and cognition losses that result from stroke. It also helps improve lung function and cardiac health to reduce the risk of another stroke or heart disease.

Physician approval is required. Before beginning the program, potential participants must have an assessment by a certified therapeutic recreation specialist. Qualifications include:

- Safely sitting and independently rising from a chair
- Walking 3 yards with the help of a cane or walker
- Following instructions

Caregivers are encouraged to come. For more information or to make an appointment for an interview, please call 319-768-4191.



Red Velvet Cake

By **Chef Christopher Morris, Nutrition Services**

Despite its age, red velvet cake may be hitting its popularity peak. According to a 2014 article in the New York Times, velvet cakes were created in the 1800s. "Red" became part of the name in the 1920s or 30s to reflect the slightly red tint of the cake created by the combination of cocoa and other ingredients. Red food coloring was added to the recipe in the 1940s to create the rich color of today's cakes.

Although cake will never be a "health food," using more nutritious ingredients creates a healthier food. The beets and avocado in this recipe replace shortening and red food coloring to create a moist and beautifully colored cake with healthier polyunsaturated and monounsaturated fats.

Better-for-you recipe

1 cup cooked beets, mashed
 ½ cup avocado
 1 cup sugar
 2 eggs
 ¼ cup liquid margarine
 1 teaspoon vanilla extract
 1 cup flour
 ½ cup ground almonds
 1 teaspoon baking powder
 1 teaspoon baking soda
 4 teaspoons cocoa powder
 ⅛ teaspoon salt

Directions

- Blend together wet ingredients then fold in dry ingredients.



- Bake in two 8- or 9-inch round pans in a 350 degree oven for 20 minutes or until a toothpick inserted in the center clean. Cool.

Nutrition information for one piece (⅙ of cake), *unfrosted*: 139 calories, 8.3 g total fat, 2.5 g saturated fat, 1.2 g polyunsaturated fat, 3.6 monounsaturated fat, 91.5 mg sodium, 15.7 g carbohydrates, 4 g fiber, 11.4 g sugars, 3 g protein

Frosting

Let's face it: There's nothing healthy about frosting. Moderation is key when indulging in unhealthy – but delicious – treats. Here's a traditional recipe for red velvet cake frosting, or you can put a dollop of whipped cream on each piece as you serve it.

12 ounces cream cheese, softened
 ¾ cup butter, softened
 5 ⅔ cups confectioners' sugar
 4 ½ teaspoons vanilla extract

In a large bowl, combine ingredients; beat until smooth and creamy. Spread between layers and over top and sides of cake.

- **Tuesday, Sept. 19** – Free blood pressure screening, 11:30 a.m. to 12:30 p.m., Mercy Plaza lobby

- **Tuesday, Sept. 19 to Friday, Sept. 22** – Yoga Week

- Sept. 19 - Happy Hour Yoga (12:05 to 12:55 p.m.)
- Sept. 21 - Fitness Yoga (12:05 to 12:50 p.m.)
- Sept. 21 - Nightcap Yoga (5:05 to 5:55 p.m.)
- Sept. 22 - Additional yoga class (4:30 to 5:30 p.m.)

- **Thursday, Sept. 21** – Parkinson's Support Group. 1:45 p.m., Blackhawk Room

- **Monday, Sept. 25 to Friday, Sept. 29** – Free Pilates Reformer week. Call 319-768-4191 for class times and to register.

- **Tuesday, Oct. 3** – Free blood pressure screenings, 11:30 a.m. to 12:30 p.m., Wellness Plaza lobby

Member **Spotlight**



Maggie Burgus and Bill Bentler

Maggie, 91, and Bill, 82, met at Great River Health Fitness. They have been married for seven years.

How long have you been Great River Health Fitness members?

Maggie: I started coming when the new hospital opened in 2000.

Bill: Probably around 2000. I was an early-morning person, so I was happy that it opened at 5 a.m.

What's your inspiration?

Maggie: I have always exercised, especially walking and swimming.

Bill: I had a heart attack. After getting three stents, I went to Cardiac Rehabilitation Phase II. After attending that class, I decided to keep exercising at Great River Health Fitness.

What are your typical workouts?

Maggie: I started working out on the Precor elliptical trainer and doing land exercise classes. Now I

walk the track, do some resistance machines and attend water exercise class three times a week.

Bill: My workout is about an hour consisting of cardio and weight training. I also walk my dog about 2 ½ miles every day.

What are your results?

Maggie: I have more stamina!

Bill: Exercise has increased my energy, and it is a great stress reliever. It also controls my weight.

What are your favorite things about working out at Great River Health Fitness?

Maggie: The people I have met while exercising are the best! I really enjoy the instructors. They make exercise enjoyable.

Bill: The facility and machines are very clean and comfortable. I like the social aspect of working out at the gym. The staff is very friendly, helpful and considerate.

Staff **Spotlight**

Julie Kirk

Julie has dedicated 40 years of her life to helping the Greater Burlington community live happier and healthier lives. She is a fitness specialist, personal trainer and group exercise instructor. She leads:

- A Matter of Balance
- Delay the Disease (Parkinson's)
- FAME (for people who have had a stroke)
- Gentle movement
- Pilates Reformer
- Water exercise classes
- Yoga

Besides working at Great River Health Fitness, Julie has worked at the Burlington YMCA, and she was a physical education teacher at Burlington Notre Dame Schools.

Julie loves seeing people taking care of their health and wellness. "It is your house," she said. "If you don't take care of it, who will?"

