

# IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

DECEMBER 2017

## Make the most of the season (By not doing everything)

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It's the most-wonderful time of the year for many. Decorations, music, special events, shopping. But some people don't find joy because of the stress associated with the season. These solutions to holiday stressors may brighten your spirits:

### Weight gain

Baking, parties and treats at the office are difficult to avoid. Try these:

- Drink a few glasses of water and have a light snack before going to a party.
- Check out all the food before filling your plate. Choose healthier options.
- Alternate drinking a glass of water with a glass of alcohol.
- Bring a veggie tray to share to ensure there will be something healthy to eat.
- Get enough sleep. The demands of the season can lead to exhaustion and stress, which may trigger overeating. Practice saying "no" to some activities and foods.

### Lack of exercise

Don't make being busy an excuse for skipping exercise:

- Dance around the Christmas tree.
- Exercise during TV commercials while watching holiday programs.
- Get out of bed earlier to exercise if you have evening activities.
- Make a pact to exercise with a friend.
- Park farther away or take a lap around the mall before you begin shopping.
- Step away from your desk for short walks.

The American Heart Association suggests getting 150 minutes of exercise per week. You can break it up into 10-minute segments to reach the goal.

### Stress

- Attend a holiday service.
- Let a local charity wrap gifts for you. You'll be donating to a good cause.
- Send New Year's or Valentine's Day cards if you're too busy for Christmas cards.
- Skip a couple of parties or programs. Choose activities that are special to you and forego those that aren't.
- Take a few minutes a day to turn off your lights and reflect in front of your Christmas tree.
- Volunteer for a local charity.

Slow down, eat sensibly and don't forget to get some physical activity. Taking these tips to heart can help you enjoy this special season.

## Exercise Class **Highlight**

### **Barre Above**

**9:15 to 10 a.m. Wednesday**

This fun, high-energy workout is one of the hottest exercise trends. The low-impact class is for all fitness levels and ages. It helps you get body-changing results using small balls, gliding discs, tubing and light weights. It's safe, and it offers options for exercise. If you want to increase strength, improve posture and balance, and develop a strong, lean body, this class is for you!

## Muscle of the **Month**

### **Quadriceps**

Try the quadriceps exercises below. In all, don't allow your knees to extend beyond your toes.

#### **Back squat**

Stand with your feet shoulder-width apart. Rest a bar on your upper back, gripping it just beyond your shoulders. Squat until your thighs are parallel to the floor, then push through the heels to stand up.

#### **Front squat**

The movement is the same at the back squat. Hold the bar in front of you at shoulder height. Keep your elbows high while gripping the bar or cross your arms before gripping it.

#### **Lunges**

- Forward lunge: Step forward with one leg. Bend your knees until the knee on your back leg is as low as possible without touching the floor. Do repetitions with both legs.
- Backward lunge: Step back with one leg. Bend the knee on your front leg until your thigh is parallel to the floor. Do repetitions with both legs.

#### **Step-ups**

Put your working leg on a surface that is slightly higher than the floor. Do lunges in this position.

## Important **Dates**

- **Saturday, Dec. 16** – Free guest day
- **Tuesday, Dec. 19** – Free blood pressure screenings. 11:30 a.m. to 12:30 p.m., Mercy Plaza lobby
- **Sunday, Dec. 24 and Monday, Dec. 25** – Closed
- **Sunday, Dec. 31 and Monday, Jan. 1** – Closed



## **REMINDER**

- **We are open on Sundays!**  
Gym – noon to 4 p.m.;  
pool – noon to 3:30 p.m.
- **Free membership enrollment in December!** Tell your friends. Save \$50 and get a consultation with a fitness specialist, tour, medical fitness assessment and orientation to all gym machines free.
- **Health Fitness gift cards are great stocking stuffers!** They can be used for memberships, personal training and the climbing tower.
- **Looking for a unique office party or reunion with friends?** Try the climbing tower. Call 319-768-4191 to schedule your holiday gathering today.
- **Will you have family or friends in town for the holidays?** Bring them to the gym:
  - Day pass – \$10
  - Five-day pass – \$25
  - One month, students – \$16
  - One month trial, adults – \$50
  - Classes – \$25 for five classes

## Program **Highlights**

### **ABLE**

#### **A Better Life Every Day**

ABLE is an exercise program for people who have difficulty obtaining, or maintaining, a healthy weight. It begins with improved cardiac conditioning through walking and adds strength training to increase muscle endurance.

In this issue:

**Read about Kevin Minaert's ABLE and Operation Transformation success story!**

Program participants receive personalized exercise "prescriptions" and work with a fitness specialist during each session. They also have medical fitness checkups every three months to track progress.

ABLE coordinates with Operation Transformation, Great River Health System's six-month weight-loss program that focuses on changing lifestyle behaviors for long-term success. It includes educational classes twice a month, a nutrition plan and medical assessments.

ABLE participants aren't required to be enrolled in Operation Transformation.

Call today for more information:

- ABLE – 319-768-4191
- Operation Transformation – 319-768-4123



### **Merry Fitness to you and your family!**

We've had an awesome year seeing and working with you at Health Fitness. Thank you for a great 2017. As we continue to grow and make your experiences better, we appreciate your support, hard work, sweat equity and willingness to try new classes. We look forward to seeing you in 2018.

# Chicken Noodle Soup

From **Spend Smart. Eat Smart.**, Iowa State University Extension and Outreach

A hot bowl of soup takes away the winter chill. But it can add unwanted salt and fat to your diet. Compare the recipes and see how the modified version cuts each without reducing flavor. Both recipes make six 1½-cup servings.

### Original

#### Old-Fashioned Chicken Soup

2 pounds fresh chicken, cut into four pieces  
1 cup water  
4 cups chicken broth  
½ cup sliced celery  
½ cup chopped onion  
½ cup sliced carrot  
½ teaspoon salt  
½ teaspoon pepper  
1 cup uncooked noodles

- In a medium pot over medium heat, bring broth and chicken to a boil.
- Reduce heat and simmer until chicken is cooked, about 20 minutes.
- Remove chicken from the pot, cool and cut chicken off the bone into bite-sized pieces.
- Skim off fat from the broth.
- Add carrot, onion and celery to broth. Cook until softened, about 10 minutes.
- Stir in noodles and reserved chicken. Simmer until noodles are tender, about 10 minutes.

Per serving: Calories, 300; total fat, 9g; carbohydrate, 32g; protein, 20g; sodium, 1,015mg



### Recipe Makeover

#### Our Favorite Chicken Noodle Soup

2 chicken leg quarters  
6 cups water  
½ cup chopped celery (about 1 rib)  
½ cup chopped onion (about ½ onion)  
2 cups sliced carrots (about 4 carrots)  
1 tablespoon dried parsley  
1 tablespoon Italian seasoning  
1 teaspoon ground black pepper  
½ teaspoon salt  
2 cups (2.5 ounces) whole-grain wide egg noodles

- Put chicken and water in a large stock pot. Bring water to a simmer (slow boil). Cook until chicken reaches 165° F, 10 to 15 minutes.
- Clean and chop vegetables while chicken is cooking.
- Remove chicken from water. Cool in the refrigerator for 5 to 10 minutes.
- Add vegetables and parsley, Italian seasoning, salt and pepper the hot water.
- When the chicken is cool enough to handle, remove the bones and skin. Cut meat into bite-sized pieces and add to the pot of hot water. Bring to a boil.
- Add noodles when the water is boiling. Cook according to package directions or about 5 minutes.

Per serving: Calories, 280; total fat, 4.5g; carbohydrate, 32g; protein, 27g; sodium, 350mg

For more information, recipes, and videos, visit [spendsmart.extension.iastate.edu](https://spendsmart.extension.iastate.edu).

## Member **Spotlight**

### **Kevin Mineart**

#### **When did you join Great River Health System-Health Fitness?**

I started Operation Transformation and ABLE in late June.

#### **What was your inspiration?**

My weight was the most it had ever been, and I couldn't fit into my clothes. I also had trouble with some of my regular physical activities, and I had begun taking medication for hypertension.

#### **Describe your workout:**

I do at least two strength-training sessions each week and I walk at least three times a week. When I began, it took me 45 minutes to one hour to walk 1.5 miles. Now, I can do it in about half the time. I walk three miles when time permits. I have started a walk-run interval. Ultimately, I want to run three miles.

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

I have lost more than 45 pounds in five months. I feel much healthier, and my blood pressure without medication is 110/82. I am wearing clothes that I had packed away several years ago.

#### **How have Great River Health System programs changed your life?**

When I started Operation Transformation, improving my health and weight were my only goals. At Boy Scout camp last summer, conversation turned to plans for a backpacking trip to Philmont Scout Ranch in the mountains of northeastern New Mexico. I didn't think I could go on another trek, but now it seems attainable. I committed to next summer's trip.

After completing the six-month Operation Transformation program Dec. 27, my next goal is to lose additional weight before hitting the trail. I am quite certain I would not have considered making this commitment without the help of Operation Transformation!



## Staff **Spotlight**

### **Sheena Abbott**

When Sheena joined Great River Health System 13 years ago, two athletic trainers were in her department. Now there are 13 certified athletic trainers covering nine area high schools, Southeastern Community College and Iowa Wesleyan University. Sheena works with the SCC Blackhawks.

The Health Fitness and athletic training manager played volleyball at Upper Iowa University while earning her degree in athletic training. She also holds a master's degree in exercise science and health promotion. Because she values education, Sheena started a pre-athletic training program at SCC that helps area students begin their college experience with athletic training.

Sheena brings new ideas and classes to Health Fitness, and she inspires fitness specialists to create new classes and workouts for our members. Her work ethic, leadership and faith in her staff make Health Fitness the premier place to exercise in the Burlington area.

