

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Great River **Health Fitness Newsletter**

September 2018

Get Back into an Exercise Routine

Locusts are singing their song and school parking lots are full. There is a hint of autumn in the air and, like it or not, we must say goodbye to summer. It's time to get back into a routine.

This is the time of year to sign up kids for physical activities like sports leagues, dance classes and school teams. Many kids don't get the recommended amount of exercise, so it's good to have them doing at least one thing – but not too much.

How about us adults? Our routines change, too. Maybe your summer exercise has been working in the garden, walking with a neighbor or swimming laps in an outdoor pool. You can continue those for a while longer, but when the weather turns, you will need to change your activity plan.

Besides exercising at Great River Health Fitness, look for activities to keep you moving.

Are you a walker, runner or cyclist? Fall is a great time to enjoy our beautiful parks and trails. If you're looking for a challenge, search "walks/runs in our area" on the internet.

Bowling leagues will be starting soon. Bowling is a good way to keep you flexible, and it's a fun! Keeping active plus being among friends is good for your self-esteem.

Nonphysical activities also are important for overall wellness. Like children, adults need to exercise their minds and explore their talents. Explore Southeastern Community College's [continuing education](#) or other community classes.

If you're a "summer person," hold on to these warm days as long you can. But fall's return to routine usually is a great way to welcome the new season.



Member **Spotlight**



HIIT Friendship Group

Health Fitness members who participate in High-Intensity Interval Training (HIIT) classes have formed a friendship that is held together by dumbbells, medicine balls and rowing machines. Besides being friends, they are accountability partners. They encourage each other to reach and surpass their exercise goals.

HIIT combines bouts of muscle-specific exercise with short rest periods to burn fat through cardiovascular and strength training. Instructors emphasize proper form to get the most from workouts and reduce the risk of injury.

Alma White, 9 years

"I have met some of my closest friends here."

Calorie-burning HIIT workouts allow Alma to eat foods she loves. Her strength and endurance have increased, and her sleep habits have improved. Besides HIIT, Alma likes Boot Camp, jogging and walking.

Gena Heiniger, 6 years

"This is a great place to work out!"

Gena does HIIT and Boot Camp, and she runs 10 to 12 miles a week. (She wasn't a runner until joining Health Fitness.) She maintains her weight while enjoying food. Gena loves variations in workouts each time she comes.

Tracie Morris, 10 years

"I feel comfortable here."

Tracie likes HIIT because "as tough as it can be, it's awesome!" She has increased strength, lost weight, started running and completed 5Ks. She says HIIT and Boot Camp trainers are phenomenal. Because each one is different, they bring new challenges to class.

Neil Pohren, 12 years

"If you're thinking you would love to work out but are embarrassed or shy, or don't feel you could keep up, join HIIT class. You will relieve stress and have fun. We will cheer you on!"

Neil likes getting together with a great group of people who want the same thing. His energy has increased, he feels better and his blood pressure is lower. Neil says the equipment and running track are nice, and there is a great atmosphere in the gym.

Anne Breuer, 6 years

"Exercising has become a habit that I enjoy, not dread."

Anne wants to remain active and mobile as she ages. She goes to HIIT classes four times a week and tries to walk at least 30 minutes a day. She also runs, and she has completed several 5Ks. Health Fitness staff showed Anne how to modify exercise after an injury without missing workouts.

Exercise Class **Highlight**

Land Exercise Classes

Great River Health Fitness offers more than 25 land exercise classes each week. There is a class for everyone's interests, such as:

- Mind/body experience – Yoga, Tai Chi
- Easy on joints – Gentle Tai Chi
- High intensity – Body Pump, Boot Camp, HIIT, Spin-terval
- Lunch hour – Burn It Off, Mat Pilates, Yoga
- Mother/child – Mama and Baby, Mama and Toddler

Meet old and new friends while working out! Check out the schedule [here](#), on our app or Facebook.

Important **Dates**

Saturday, Sept. 1	Free Enrollment Month begins
Tuesday, Sept. 4	Free guest day
Saturday, Sept. 8	Community Wellness Walk, 8:30 a.m. Meet on the Great River Medical Center Cafeteria patio
Monday, Sept. 17	Free blood pressure screening
Saturday, Sept. 22	Free guest day

September Is Free Enrollment Month

Encourage your friends to join you in good health! The enrollment fee for new members will be waived through Saturday, Sept. 29.

Staff **Spotlight**

Meet Tom Mueller

Job title: Fitness Specialist

Years at Great River Medical Center: 39

Favorite personal workout: Elliptical

Responsibilities:

- Strength screenings for patients and athletes
- Pre-employment screenings for 14 companies
- Gym evaluations
- Health checks
- Personal training
- Cardiac Rehabilitation Phase III exercise sessions
- Moving Through Survivorship program

Career highlights:

- Training an Ironman competitor for 24 years
- Training the Southeastern Community College men's basketball team from 1999 to 2006, when they were three-time national champions.

Family life: Tom is from Mount Pleasant, where he manages a family farm with his brother. He enjoys old cars, deer hunting and spending time with his family.

Mantra: Be on time. Do it right the first time and every time. Treat Health Fitness members the way you want your family to be treated.



Hamstrings

By **Andriana Doonan**, fitness specialist

Your body's hamstrings work when you are walking and standing. The hamstrings comprise a group of three muscles: biceps femoris, semitendinosus and semimembranosus. These muscles cross your hips and knees, serving as the prime movers for extending your thighs and flexing your knees.

Having strong hamstrings helps lower the risk of knee injuries. Try these exercises:

Dumbbell straight-leg deadlift

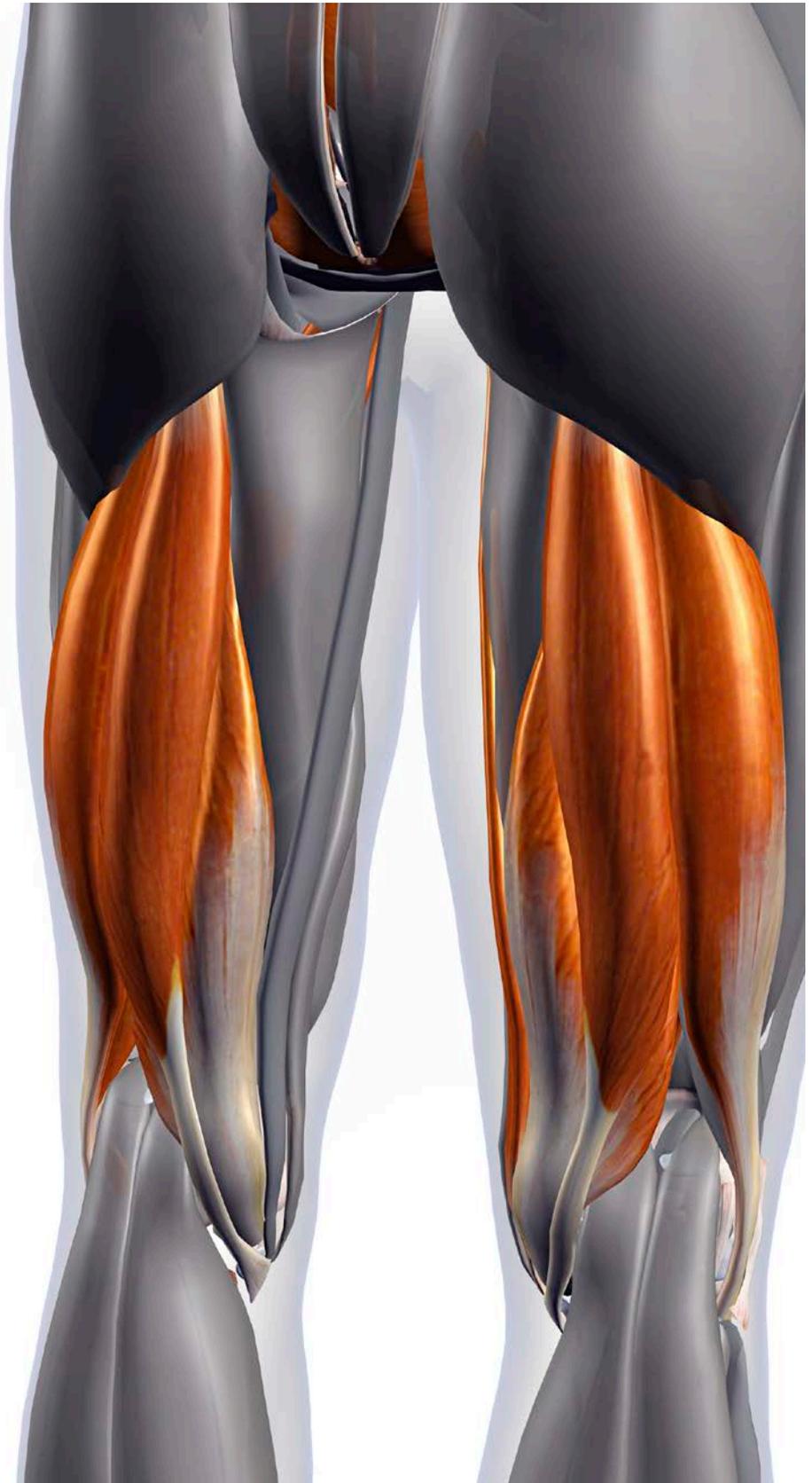
Equipment: Dumbbells

Hold dumbbells with an overhand grip at arm's length in front of your thighs. Stand with your legs at hip-width. Don't lock your knees. Bend forward at your hips. Keep your back flat until your torso is almost parallel with the floor. Do three sets of 12 to 15 repetitions.

Physio hamstring curl

Equipment: Physio Ball

Lie on your back with your knees bent. Place your feet on the ball. Raise your hips toward the ceiling (glute bridge), forming a straight line from your shoulders to your knees. Pull your heels in toward your glutes, pausing for 1 or 2 seconds. End by individually extending your legs. Do three sets of 12 to 15 repetitions.



Taco Pie

Want a fairly easy weeknight meal that everyone in your house will like? With a few simple and inexpensive swaps, you can reduce about half of the sodium and saturated fat, and cut 100 calories.

Original Recipe

1 pound ground beef, 85% lean, 15% fat
½ cup onion, chopped
1 envelope taco seasoning mix
¾ cup Bisquick mix
1¼ cup 2% milk
3 large eggs
1 cup cheddar cheese, shredded
¼ head lettuce, shredded
1 tomato, diced (2.5" diameter)
⅓ cup ripe olives, sliced

Modified Recipe

1 pound ground beef, 95% lean, 5% fat
½ cup onion, chopped
Mrs. Dash taco seasoning mix
¾ cup Bisquick Heart Smart mix
1¼ cup 1% milk
¾ c. egg substitute (3-egg equivalent)
1 cup reduced-fat cheddar cheese, shredded
¼ head lettuce, shredded
1 tomato, diced (2.5" diameter)

Directions

- Grease an 8" x 8" baking dish. Preheat oven to 400° F.
- Brown ground beef and onion together; drain grease. Stir in seasoning mix, then spread mixture in the dish.
- In a bowl, whisk Bisquick and egg substitute until smooth. Pour over the meat mixture.
- Bake for 25 minutes or until a knife inserted in the center comes out clean.
- Sprinkle cheese on top and place back in oven for about 2 minutes until cheese melts. Remove from oven.
- Add lettuce and tomato before serving.

Nutrition information per serving (6 servings)

	Original	Modified
Calories	360	261
Total fat	20 g	9.4 g
Saturated fat	8.7 g	4.7 g
Trans fat	3.4 g	0 g
Sodium	785 mg*	377 mg**

*34 percent of daily value

**16 percent of daily value

Suggestions:

- Add bell peppers and green onions to get more vegetables into your meal.
- Add black, pinto or kidney beans for plant protein and high fiber.
- If you like sour cream as a topping, try nonfat plain Greek yogurt instead.

