

IMPROVE

IMPROVE YOUR GAME, IMPROVE YOUR LIFE

Health Fitness & Universal Fitness

SPRING 2021

Personal Training Can Boost Your Exercise Plan

- Having trouble staying committed to an exercise program?
- Confused about designing a workout routine?
- Looking for better results?

A personal trainer at Health Fitness or Universal Fitness can help you reach your goals. Consider these four things when selecting a trainer.

Credentials: Ensure the trainer is certified by a reputable organization that has specific standards. The 16 personal trainers at Health Fitness and Universal Fitness have bachelor's degrees and are certified by these or other high-quality organizations:

- American Council on Exercise
- National Academy of Sports Medicine
- National Strength and Conditioning Association
- National Exercise Trainers Association

Philosophy and personality: It's important to have compatible ideas about planning and meeting goals. Meet with a trainer for one session before you commit to see if it's the right fit.

Availability: Make your schedule known before committing to a specific time. Think about the best time for you, the number of sessions you want per week and whether you need a specific time.

Location and cost: Remember, your membership allows you to use Health Fitness and Universal Fitness. Try both locations to find your fit. There is an additional charge for personal training. In this issue of *Improve*, read why Dennis and Kari Bender choose personal training to make the most of their workouts.



Meet this **Muscle**

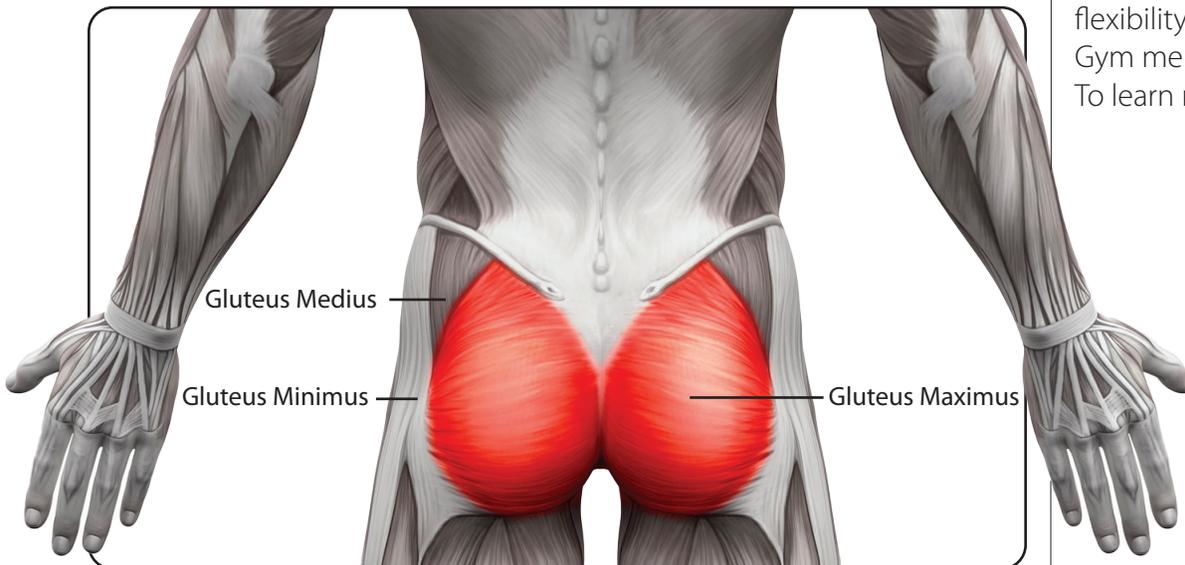
Glutes

Glutes are the muscles of the buttocks. They consist of three parts: the gluteus maximus, gluteus medius and gluteus minimus. The maximus is the MVP. It creates the shape of your butt and works when you raise your thigh to the side, rotate your leg and thrust your hips forward. Combined, these muscles help maintain your body's alignment. Strong glutes protect you from injury, and they can improve athletic performance.

Try some of these exercises:

- Banded side-lying hip abduction
- Banded hip raise
- Hip thrust
- Goblet squats
- Step ups
- Walking

If you are unfamiliar with any of these exercises or stretches, please ask a fitness specialist or personal trainer in the gym for a demonstration.



Program **Highlight**

Delay the Disease

1 to 2 p.m.

Tuesdays and Thursdays

April is Parkinson's Awareness Month. Have you been diagnosed with Parkinson's disease or do you know someone who has? Health Fitness offers Delay the Disease, an evidence-based program for people with Parkinson's disease. Although there isn't a cure for Parkinson's yet, studies show that symptoms can be greatly improved and delayed with regular exercise.

Fitness specialists who are trained to lead Delay the Disease guide participants through strength, flexibility and balance exercises. Gym membership is not required. To learn more, call 319-768-4191.

Health Fitness April-May class schedule [\(click this button\)](#)

Chicken Alfredo

Makes 6 servings

Chicken Alfredo combines pasta and chicken in a rich, creamy sauce that usually is high in calories and fat. For a healthier version, we substituted oil for butter, skim milk for whole milk and low-fat cream cheese for heavy cream. We added broccoli to boost nutrition and flavor. As a result, calories were reduced by 30%, fat was reduced 57% and fiber content doubled in this delicious lighter dish.

Original Recipe

Ingredients

1 tablespoon butter
 ½ small onion, chopped
 1 pound boneless, skinless chicken breasts, cubed
 8 ounces fettuccine, uncooked
 ½ teaspoon garlic powder
 ½ teaspoon salt
 ⅛ teaspoon pepper
 1.5 cups heavy cream
 1.5 tablespoons flour
 ½ cup whole milk
 ½ cup parmesan cheese, freshly grated

Modified Recipe

Ingredients

1 tablespoon oil
 ½ small onion, chopped
 1 pound boneless, skinless chicken, cubed
 6 ounces fettuccine, uncooked
 ½ teaspoon garlic powder
 ¼ teaspoon salt
 ⅛ teaspoon pepper
 1¼ cups skim milk
 8 ounces low-fat cream cheese, cut up
 1 package frozen broccoli (12 ounces)
 ½ cup parmesan cheese, freshly grated



Instructions

- Cook noodles according to package directions.
- In a large skillet, sauté chicken and onions in oil. Cook until light golden brown, turning often. Remove from skillet.
- Steam the broccoli until done, drain.
- In the skillet, over low heat, add milk and cream cheese. Stir continuously while the cream cheese melts and thickens.
- Add garlic powder, salt, pepper and parmesan cheese. Stir until the cheese melts.
- Add cooked pasta, broccoli and chicken. The pasta will absorb the cream sauce.

Nutrition facts per serving

	Original	Modified
Calories	406	285
Total fat	20.4 g	8.8 g
Saturated fat	12.7 g	3.5 g
Cholesterol	50 mg	50 mg
Sodium	276 mg	220 mg
Potassium	159 mg	358 mg
Total carbohydrate	31.4 g	29 g
Dietary fiber	1 g	2.7 g
Protein	24 g	22 g

Success Story

Dennis and Kari Bender

Our inspiration

Initially, we joined Universal Fitness four years ago because Dennis was diagnosed with a health concern. As time has gone on, we have been become addicted to staying fit and eating much healthier.

Our workouts

Our workouts range from cardio, weightlifting, HIIT [high-intensity interval training] and bodyweight workouts. We work with personal trainer Alec Cornick two days a week. He does a great job of keeping our health and fitness goals on track.

It is absolutely an advantage to have each other as a workout partner. We hold each other accountable at the gym and at home. We motivate each other, and sometimes it can get a little competitive!

Our results

We are a lot healthier, toned and stronger, both mentally and physically.

Our favorite things about working out at Universal Fitness

We enjoy going to Universal Fitness because of the environment. It is clean and friendly, and we have never felt intimidated.

Our opinion

When we began this fitness journey, we never would have guessed that we could have completed several road races and the Army Ten Miler.



Employee Highlight

Chelsie Oberbroeckling

Fitness Specialist

My experience:

I am a certified physiologist. I have worked at Universal Fitness since August 2020.

Favorite part of my job at Universal Fitness:

I enjoy getting to know gym members and helping them reach their health and fitness goals.

Favorite fitness quote:

"Success doesn't just find you. You have to go out and get it."

Proudest moments of my career:

It makes me proud when clients start seeing their own progress, whether it be weight loss, muscle gain, better eating habits, less joint pain or just improved overall health.

About me:

I have been dancing since I was 4, I was on the Iowa State Dance Team. I enjoy teaching/coaching dance and traveling.

