Welcome Back!

As the fall approaches, there will be some changes in the University Club Fitness Center staff. In hopes for a smooth transition this month, it is important for our members to understand why these changes will be occurring. The operations of the Fitness Center are under the watchful guidance of the Department of Health and Physical Activity. This allows us to offer amenities such as personal training, and a variety of group exercise classes, at no additional cost to members who elect to take advantage of these opportunities. However, because we rely on students for some of these services, this will also result in staff turnover when students graduate and other students enter the program. While you will notice when students change, we want to ensure you that incoming students will rapidly be transitioned into the various roles at the Fitness Center to meet your needs. With that in mind, you will observe some new faces starting in September. Staff schedules have shifted, and in addition, we are happy to bring new graduate students to the University Club Fitness Center family! Please welcome, all students studying to earn their master’s degree in exercise physiology at the University of Pittsburgh. We are excited to have these exceptional young professionals join our team, and we are confident that they will provide outstanding service to the University Club Fitness Center members. We appreciate your anticipated cooperation and patience during these periods of transition. We also thank you for your willingness to engage with these students and allowing them to gain this valuable experience as they prepare for their careers upon graduation from the University of Pittsburgh.
Summer Squash: Stuff It, Bake It, Grill It

When it comes to summer squash, such as zucchini, patty pans and yellow crooknecks, you've got options. You can stuff it, bake it, steam it or grill it. Get creative cooking this vegetable and make it a fun activity to prepare with kids. With many health benefits, summer squash is low in calories (20 calories in ½ cup) and a good source of vitamin C (½ cup provides 15 percent of the daily recommended amount). It's also a source of vitamin A, dietary fiber and potassium.

Since different varieties of squash are similar in texture, they can be swapped out for one another in recipes. Here are a few ideas about how to incorporate summer squash into your menu.

- Grate it and bake with it. Summer squash can be used in pancakes, muffins, breads and cakes.
- Stuff it. Summer squash can be stuffed with meat or used as a boat for any baked side dish.
- Grill it. Cut into length-wise strips and place directly on the grill or cook smaller pieces in tin foil.

When selecting summer squash, keep in mind that young, smaller squash tend to have more flavor. Summer squash can be stored in a plastic bag in the refrigerator for up to one week.
Ways to Help Stick with Your Workout

- **Get a workout buddy!** Find a gym or workout buddy! Be accountable to each other and you will be more likely to show up for workouts!

- **Sign up for a Race.** Sign up for races months in advance. Space the races out throughout the year to make sure you stay active and training every season!

- **Adopt a Dog.** Dogs get you outdoors and moving! Even 10 minute walks, 3 times per day will add extra activity to your day!

- **Take Baby Steps.** If you have had a fitness hiatus, don’t rush back into things. If you say you are going to start going to the gym 6 days/week, you are setting yourself up for a burnout. Take small steps to start. Try a couple days a week to start and see how you feel! You can always add more days as you go along.

- **Switch Up Your Routine.** You have been logging lots of miles and lifting weights, but your heart just isn’t into it anymore. You probably need a change of pace. Try a yoga class, switch for long walks outside, or take a spin class. Whatever it is, trying something new to rediscover why you love moving your body. And if you really feel burnt out, take a few days off completely, and come back feeling great!

- **Commit to 10 minutes.** Not in the mood for a workout? Just do 10 minutes. This trick usually works because it is likely that once you get going, you’ll keep going!

- **Sign Up for an Intramural Sports Team.** If there is a sport you love to play, look for a recreational team in your area. Once you are signed up, you’ll likely have 2-3 workouts built into your schedule for the week!

- **Prepare the night before.** Laying out your workout clothes, packing your gym bag and lunch the night before, will help you get out the door in the morning.

- **Remember Why You Started.** Why did you want to start working out in the first place? Were you concerned about your health? To find a better way to manage your stress? Just to feel better about yourself? Think why it’s important to you. Revisit the person who made that commitment, and you will feel an instant boost in motivation.

- **Take it outdoors.** Nothing improves a workout quite like taking it outside. A change of scenery can help you recharge!

- **Always focus on the Positive.** It is amazing the difference a simple shift of thinking can make. If you are dreading the gym after work, find the negative thought and turn it into a positive one! Instead of focusing on how tired you feel, think about how great you are going to feel when you walk out of the gym knowing you completed your workout!
Healthy Work or After School Snack Ideas!

- Pistachios (25)
- Celery Sticks with Almond Butter
- Fresh Cherry Tomatoes
- Walnuts (10-15)
- Baked Zucchini Chips with Salsa
- Fresh Cherries
- Steamed Edamame with Salt
- Mixed Nuts (1/4 cup)
- Grapes
- Almonds (23)
- Fresh Fruit Popsicle
- 2-3 Mandarin Oranges
- Bell Peppers with Hummus
- Apple Slices with Peanut Butter
- Pecan Halves (10-15)
- Fresh Mango Chunks
- Raw Banana “ice cream”
- Fresh blueberries
- Whole Grain Tortilla with Almond Butter
- Cashews (10-15)
- Hazelnuts (15-20)
- Olives w/ Cherry Tomatoes (1 cup)
- Baked Apple Chips
- Fresh Strawberries
- Cooked rolled Oats w/ Fruit (1/2 cup)
- Raw Energy Bar
- Roasted Peaches Drizzled w/ Honey
- Baked Sweet Potato Chips (handful)
- Lettuce wrap with veggies & Avocado
- Popcorn (2 cups)
Get Fit With Hiking

Feel exhilarated as you get in touch with nature and become fit--it's all right outside your door.

No matter if you plan a short hike or a longer excursion; there are steps you can take to make your adventure a success. One of the best things you can do to ensure a great hike is to plan ahead. Here's how:

Train for Success
A relatively short hike--one to two hours--might not require a lot of training, but a longer hike means a different kind of preparation.

Do some extra legwork. Hiking can tax your muscles if they're not well conditioned. And although it may seem easier, going downhill can be harder on muscles than going up. Consider a little extra quad, hamstring, glute and calf muscle work at the gym to minimize muscle fatigue during and after your hike.

Aim for 10 Percent
Know how much time your hike will take, and then do shorter hikes until you're within 10 percent of your estimated hike time. You don't want to make more than a 10 percent jump in exercise time from one week to another or you may put yourself at risk for injury.

Do a Dress Rehearsal During training: carry a pack that'll be similar in weight to the pack you'll take on your hike. Train with the shoes you'll wear on your hike--broken-in shoes are best for blister prevention.

Pack Up
Rather than toss a bunch of things into a pack at the last minute, think about what you'll need on a particular hike.
Be a Camel Plenty of water is essential on a hike to prevent dehydration, but be aware that each quart weighs 2 pounds. If you're hiking for three hours or less, you can usually carry the water you need. Otherwise you'll need some sources on the trail. Learn where they are ahead of time.

Consider Carbs The more strenuous the hike, the more carbs and fat your body will use. All of us have enough fat already to go on an all-day hike, but we don't necessarily have enough carbs in our systems for a hike. Here are some options to carry along:

- Fruits are carbohydrates easily broken down into fuel by the body.
- Energy bars can provide complex carbohydrates, fiber and lasting energy. Read the nutrition label and choose bars that offer a blend of complex carbs, protein and fat to be sure you can replenish your needs.
- Trail mix--usually a mix of nuts and dried fruits, breakfast cereal and even chocolate--provides a mix of simple and complex carbs, protein and some fat.

Layer It Putting on garments made of wicking fabrics will keep the warmth in and sweat away from your body. Adding and removing layers when you need to can help regulate your body temperature throughout a long hike that has varying elevations.

Think Safety Here's a checklist of the basics:

- Bring a first-aid kit in case you get a scrape, splinter or are stung by an insect.
- A thermal blanket--about as big as a man’s wallet when folded--can keep you warm in an emergency.
- Be aware of potential bad weather the day of your trip and reschedule if necessary. A ranger station is usually up-to-date on trail and weather conditions, so be sure to check in when you arrive.
- Tell someone where and when you're going, and when you'll return. And don’t forget your cell phone!
- Bring along any trail maps and a compass if you'll need one. A GPS can be helpful on longer hikes.
Parmesan Cauliflower Tater Tots

**Ingredients:**
1 medium head cauliflower (about 2 pounds), trimmed & broken into smaller florets
5 TBSP Flour
¼ cup grated Parmesan cheese
½ tsp salt
2 large egg whites, whisked until frothy
¾ cup coarse dry whole wheat breadcrumbs (Panko)
Cooking spray

**Directions:**
1. Bring a large pot of water to a boil. Add cauliflower & boil until tender, 10-12 minutes. Drain in a colander, shaking to remove excess water. Return the cauliflower to the pot and dry over medium-low heat, stirring with a wooden spoon, about 3 minutes. Remove from heat. Using a potato masher, mash the cauliflower until it resembles clumpy rice. Transfer to a large bowl to cool, stirring occasionally.
2. Stir flour and cheese into the cooled cauliflower. Season with salt and pepper. Stir in egg whites. Line an 8 inch square baking dish with plastic wrap, allowing the wrap to hang over the edges. Spread the cauliflower mixture into the pan, compacting it into an even layer. Cover with plastic wrap and chill in the freezer until very cold, 1 to 2 hours.
3. Preheat oven to 400°. Coat a large baking sheet with cooking spray.
4. Spread breadcrumbs on a plate. Gently turn the cauliflower mixture out onto a cutting board, removing the plastic wrap. Cut into 26 evenly sized pieces. Roll the pieces in the breadcrumbs, turning to coat all sides. Place on the baking sheet, about 1 inch apart.
5. Coat the tots with cooking spray. Bake, turning once halfway through, until browned, 35-45 minutes.

**Nutrition Information:**
- **Servings per recipe:** 6
- **Serving Size:** 6 tots
- **Calories:** 93
- **Fat:** 2g
- **Protein:** 5g
- **Fiber:** 2g
- **Carbohydrates:** 14g
- **Cholesterol:** 3mg
- **Sodium:** 290mg

Southwestern Corn & Black Bean Salad

**Ingredients:**
3 large ears of corn, husked
1/3 cup pine nuts
¼ cup lime juice
2 TBSP extra virgin olive oil
¼ cup chopped cilantro
½ tsp salt
Fresh ground pepper to taste
2 15oz. cans black beans, rinsed
1 large tomato, diced
½ cup minced red onions
2 cups shredded red cabbage

**Directions:**
1. Bring 1 inch of water to a boil in a Dutch oven. Add corn, cover and cook until tender, about 3 minutes. When cool enough to handle, cut the kernels from the cobs using a sharp knife.
2. Meanwhile, place pine nuts in a small dry skillet over medium-low heat and cook, stirring until fragrant and lightly browned, about 2-4 minutes.
3. Whisk lime juice, oil, cilantro, salt & pepper in a large bowl. Add corn, pine nuts, beans, cabbage, tomato & onions; toss to coat. Refrigerate until ready to serve.
EXERCISE OF THE MONTH:
Core Activation- Hollow Rocks

Starting position:
- Lay on your back on the ground with your arms extended overhead, and your legs extended straight down
- Engage your abs in order to press your lower back into the ground
  - Once your low back is pressed into the ground, raise your arms and legs slightly off of the ground

To begin the movement:
- To begin rocking back and forth, use your abs to raise your legs higher
  - Use this momentum to then raise the arms higher, in order to encourage a rocking motion
- As you perform the exercise, ensure that the abs remain engaged, keeping the low back pressed into the mat.