Welcome back! Now that the holidays are over, it is time to get back on track. Whether you have made a New Year’s resolution or you just want to bump up your physical activity, we are here to help! Meet with a staff member to have a new workout routine created to meet your goals or try one of our group exercise classes!

The group exercise class schedule will begin on Monday, January 11th and will run through April 22nd. Please note we will not hold classes the week of Spring Break. The new schedule is available online and at the front desk of the Fitness Center.

Please Remember-Wipe it Down!

The combination of the cold and flu season and increased traffic in the Fitness Center creates a potential breeding ground for germs. While our staff is always on guard, our members are the first line of defense against spreading germs. Please remember to wipe down the cardio and strength training equipment after you are done using it. Thank You!

Just a friendly reminder...in the winter months, please do not wear your outside shoes when using the exercise equipment. The salt and water will damage our equipment. Thank you!

The Fitness Center Staff wishes you a happy and healthy 2016!
Choose Healthy Fats

Fat is a nutrient necessary for your health. While various fats in foods have different effects on health, some fats offer health-protective benefits. Consider including foods with these fats, in moderation, to your meals.

**Omega-3 Fats**

Omega-3 fatty acids are a type of polyunsaturated fatty acids that may help lower cholesterol levels and support heart health.

*What to Eat:*

**Fatty Fish:** Current dietary recommendations are to include fish in your meals at least twice a week. Fish high in omega-3 fats are salmon, albacore tuna (fresh and canned), sardines, lake trout and mackerel.

**Walnuts:** Walnuts are rich in vitamin E and an excellent plant-based source of omega-3. Add walnuts to cereal, salads or muffins. Try walnut oil in salad dressings and sautés, too.

**Canola Oil:** Replace solid fats such as butter or margarine with canola oil when cooking or baking. It works well for sautéing and stir-frying.

**Flaxseed:** Add ground flaxseed to breakfast cereal, yogurt, baked goods including breads and muffins or mixed dishes and casseroles. Or, drizzle flaxseed oil over quinoa or use it for salad dressing. (Your body cannot break down whole flaxseeds to access the omega-3-containing oil.)

**Eggs:** Some chickens are given feed that is high in omega-3s so their eggs will contain more as well. When buying eggs, check the package label.

**Monounsaturated Fats**

Monounsaturated fats improve blood cholesterol levels, which can decrease your risk of heart disease.

*What to Eat:*

**Nuts:** In addition to heart-healthy fats, nuts are a good source of protein, fiber and a variety of vitamins and minerals. Just keep portion control in mind. One portion of nuts is equal to 1 ounce or ⅓ cup and provides approximately 160 to 180 calories.

**Olive Oil:** Use olive oil in place of saturated fat, such as butter. Use it in salad dressing or to sauté vegetables, seafood, poultry and meat.

**Avocado:** Avocados not only contain monounsaturated fat, but they are also packed with folate, vitamins E, C and B6, potassium and fiber. Try adding avocado to salad, pizza, soup, salsa, eggs and sandwiches.

**Peanut Butter:** Nearly half the fat in peanut butter is monounsaturated fat. Resist the urge to pour off the heart-healthy oil that's separated out of natural peanut butter, and mix it in.
Meet the Fitness Center Member!!

Laurie Sallows

We created this new section for our members to get to know each other and continue to motivate each other! Don't be surprised if a staff member asks to feature you!

1. How long have you been a member of the University Club Fitness Center?
   I joined the Club on October 1, 2015.

2. What is your favorite thing to do at the gym?
   I absolutely love Boot Camp ... despite the associated agony! The laughter, teasing, support and camaraderie make it all worthwhile. Oh, and the shower at the end ...

3. What keeps you motivated to keep coming to the gym?
   The contagion of feeling good is what keeps me coming back each day for more.

4. How do you stay active outside of the gym?
   I hike every Sunday and bicycle when I can. I also do a lot of chasing after grandchildren!

5. Where do you work?
   I am the Office Manager of the Office of General Counsel.

6. What is your favorite hobby?
   At present, my favorite hobby is traveling and getting in as many hikes as possible in different parts of the country. I'm looking forward to my first experience abroad, though, in Ireland next June.
**Lightened-Up Stuffed Peppers**

**Ingredients:**
- 4 bell peppers (any color)
- Kosher salt and freshly ground black pepper
- 4 teaspoons olive oil
- 2 cloves garlic, finely chopped
- 1 small onion, chopped
- 8 ounces 90% lean ground beef
- 1 small onion, chopped
- 2 cloves garlic, finely chopped
- 4 teaspoons olive oil
- 1 (15 oz.) container part-skim ricotta cheese
- 1 tablespoon olive oil
- 4 Portobello mushrooms, stems discarded, caps sliced ¼ in thick
- 1 small bunch kale stems discarded, leaves coarsely chopped
- ½ cup long-grain white rice
- 1/3 cup brown lentils
- 1 TBSP chopped dill or parsley

**Directions:**
1. Preheat the oven to 400°. Cut the tops off each pepper, reserve them & hollow out insides of the peppers of any seeds & seed walls. Sprinkle the insides with a pinch of salt & pepper & set aside.
2. Heat 1 teaspoon of oil in large nonstick skillet over medium heat and add the garlic & onions. Cook until softened, 3 minutes, & then add beef, oregano, cinnamon & cumin. Cook, breaking up the meat with a wooden spoon, until no longer pink. Stir in 1 tablespoon of the tomato paste until it coats the meat & is slightly darkened. Stir in broth, rice and lentils. Remove from the heat and set aside until the liquid is absorbed & the mixture is cooled slightly. Season with ½ teaspoon salt and ¼ teaspoon pepper. Remove from the heat and add the dill or parsley. Season with salt & pepper. Serve the sauce with the stuffed peppers.

**Nutritional Information:**
- Servings per recipe: 4
- Serving Size: 1 pepper
- Calories: 320
- Fat: 11 g
- Protein: 20 g
- Fiber: 8 g
- Carbohydrates: 37 g
- Cholesterol: 37 mg
- Sodium: 426 mg

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**Lightened-Up Kale and Portobello Lasagna**

**Ingredients:**
- 1 cup coarsely chopped drained jarred roasted red peppers
- ½ cup dried oregano
- 1 (28 oz.) can whole plum tomatoes
- Kosher salt & freshly ground pepper
- ¼ teaspoon sugar
- 1 ½ cups grated part-skim mozzarella cheese
- 2 large egg whites
- ½ teaspoon dried oregano
- 4 Portobello mushrooms, stems discarded, caps sliced ¼ in thick
- 1 small bunch kale stems discarded, leaves coarsely chopped
- 1 TBSP coarsely chopped fresh parsley

**Directions:**
1. Preheat oven to 350°. Puree the peppers, oregano, tomatoes, ¼ teaspoon salt, ¼ teaspoon pepper and sugar in a food processor or blender until smooth and set aside. Mix 1 cup of the mozzarella cheese with the egg whites and ricotta cheese in a medium bowl.
2. Heat the oil in a large nonstick skillet over medium-high heat. Add the sliced mushrooms and cook, stirring, until they have released their liquid and are tender, about 10 minutes. Stir in kale, in batches, and as it wilts add the pepper flakes, garlic and ¼ teaspoon salt and continue to cook until the kale is wilted and bright green, an additional 5 minutes.
3. Mist a 9-by-13 inch baking dish with cooking spray. Spread ¾ cup of the sauce in the bottom of the dish. Top with 3 noodles, ½ of the ricotta mixture and ½ of the mushroom mixture. Repeat layers with sauce, noodles and remaining ricotta and mushrooms. Top with the remaining noodles and sauce. Cover with aluminum foil and bake until the noodles are tender and the sauce is bubbling around the edges of the pan, about 50 minutes.
4. Uncover, sprinkle with the remaining ½ cup grated mozzarella and continue to bake until melted, about 5 minutes. Let stand 15 minutes, sprinkle with parsley and serve.

**Nutritional Information:**
- Servings: 8
- Serving size: 1 slice
- Calories: 290
- Fat: 11 g
- Protein: 19 g
- Fiber: 4 g
- Carbohydrates: 30 g
- Cholesterol: 35 mg
- Sodium: 540 mg
10 Tips to Help You Keep Your New Year’s Resolution

Make this the year you achieve your fitness or weight loss goal! Chances are at some time in your life you’ve made a New Year’s resolution — and then broken it. This year, stop the cycle of resolving to make change and then not following through. If your resolution is to take better care of yourself and get healthy, you will have a much better year if your resolution sticks. Here are 10 tips to help you get started.

1. Be Realistic
The surest way to fall short of your goal is to make your goal unattainable. For instance, resolving to NEVER eat your favorite food again is setting you up to fail. Instead, strive for a goal that is attainable, such as avoiding it more often than you do now.

2. Plan Ahead
Don’t make your resolution on New Year’s Eve. If you wait until the last minute, it will be based on your mindset that particular day. Instead, it should be planned well before December 31 arrives.

3. Outline Your Plan
Decide how you will deal with the temptation to skip that exercise class or have that piece of cake. This could include calling on a friend for help, practicing positive thinking and self-talk, or reminding yourself how your “bad” will affect your goal.

4. Make a “Pros” and “Cons” List
It may help to see a list of items on paper to keep your motivation strong. Develop this list over time, and ask others to contribute to it. Keep your list with you and refer to it when you need help keeping your resolve.

5. Talk About It
Don’t keep your resolution a secret. Tell friends and family members who will be there to support your resolve to change yourself for the better or improve your health. The best-case scenario is to find a buddy who shares your New Year’s resolution and motivate each other.

6. Reward Yourself
This doesn’t mean that you can eat an entire box of chocolates if your resolution is to eat a better diet. Instead, celebrate your success by treating yourself to something you enjoy that doesn’t contradict your resolution. If you have been sticking to your promise to eat better, for example, reward yourself with new fitness clothing or by going to a movie with a friend.

7. Track Your Progress
Keep track of each small success. Short-term goals are easier to keep, and each small accomplishment will help keep you motivated. Instead of focusing on losing 30 pounds, focus on losing the first five. Keep a food journal to help you stay on track, and reward yourself for each five pounds lost.

8. Don’t Beat Yourself Up
Obsessing over the occasional slip won’t help you achieve your goal. Do the best you can each day, and take one day at a time.

9. Stick to It
Experts say it takes about 21 days for a new activity to become a habit and six months for it to become part of your personality. It won’t happen overnight, so be persistent and patient!

10. Keep Trying
If you have totally run out of steam when it comes to keeping your resolution by mid-February, don’t despair. Start over again! Recommit yourself for 24 hours. You can do anything for 24 hours. The 24-hour increments will soon build on each other and, before you know it, you will be back on track.
Winter's Best Superfoods

Broccoli
One cup cooked supplies 276 percent of daily vitamin K needs. This may help regulate your body’s vitamin D levels—especially key during the winter, when circulating levels of vitamin D dip. Broccoli also provides phytochemicals called glucosinolates that research shows may ward off cancer.

How to eat it: Add to a chicken or beef stir-fry served over multigrain rice.

Brussels Sprouts
These mini cabbages supply blood-cholesterol lowering fiber. One cup cooked also provides almost 100 percent of your daily vitamin C need and almost as much vitamin K as broccoli does.

How to eat it: Lightly steaming allows the fiber in Brussels sprouts to go to work regulating cholesterol levels.

Cabbage
Cabbage contains sinigrin, a phytonutrient that may help prevent cancer, while red cabbage offers anthocyanins, potentially helping lower the risk of chronic ailments.

How to eat it: Shred cabbage to health up taco night.

Cauliflower
A member of the cruciferous vegetable family, cauliflower contains phytonutrients called indoles, which studies show may lower cancer risk. One cup cooked packs more than 90 percent of your daily vitamin C need. Try purple, orange, or green for a hit of antioxidants.

How to eat it: Steam, then mash, cauliflower for a mashed potato substitute.

Collard Greens
Collards are high in fiber, calcium (more than 25 per cent of your DV in one cup cooked), magnesium, and potassium. The latter two are minerals crucial for healthy blood pressure. Studies also show that nitrates found in collard greens, spinach, and other “cooking greens” may improve blood flow to exercising muscles.

How to eat it: Collard greens make for a tasty tortilla or wrap substitute.

Kale
It’s loaded with a compound called xeanthin, which may help prevent age-related loss of vision. One cup cooked supplies more than 1,000 percent of your DV for vitamin K and more than 25 percent of your DV for manganese, which may help protect your body’s cells against aging.

How to eat it: Kale is best cooked by steaming, which helps activate its cholesterol-lowering fiber in your gut.

Sweet Potatoes
Rich in carbs, they have a low glycemic index when boiled (not baked), helping keep blood-sugar levels steady. A medium sweet potato also contains about the same potassium as a banana.

How to eat it: Bake and drizzle with honey and cinnamon for a snack.

Winter Squash
From butternut and acorn to spaghetti, squashes include a wealth of potassium and beta-carotene. Winter squashes also supply fiber, vitamin C, and various B vitamins.
**Wear layers**
Insulating yourself against the wind and other elements is key, so create a layered barrier instead of a single bulk. (The advantage is you can always remove the outer layer if you get over-heated.) The first layer that’s directly touching your skin should be a lightweight synthetic or polyester material. It will dry quickly and wick away moisture. The second layer should be wool or polyester fleece. The outermost layer -- worn in the rain, snow, or wind -- should be lighter weight and water-repellent to help you stay dry.

**Add a hat**
About 50 percent of body heat is lost from an uncovered head when the temperatures hit the freezing mark. Wearing a hat will help your body retain heat.

**Don't forget your gloves**
Keeping hands and feet warm is key in the cold temperatures since your body will shunt blood away from extremities to keep your internal organs warm. Gloves will help prevent skin damage and frostbite in sub-zero temperatures. To keep your feet warm, make sure your torso is properly insulated. That will drive blood back down to your lower extremities.

**Avoid heavy cotton materials that sop up sweat**
These will make you wetter and colder. Stick with wool and polyester fabrics, mentioned above.

**Check the forecast**
Check the air temperature and wind chill factor before exercising in the cold. The US National Safety Council says there’s little risk when exercising in 20°F Fahrenheit, even with 30 miles per hour winds, but that dangers exist when the combined temperature and wind-chill falls below -20°F.

**Consider a face mask or scarf in frigid temperatures**
If those temperatures are dipping near the danger zone, protect the skin on your face by covering it up. Having a loose layer over your nose and mouth can also warm frigid air before you inhale, helping to protect your lungs.
Reminder…the Spring Group Exercise Class Schedule beings Monday, January 11\textsuperscript{th} and runs through Friday, April 22\textsuperscript{nd}. We will not hold classes Spring Break week. Hope to see you in a class soon! Schedules are on line or at the Fitness Center desk!