August 2013

CSU Adult Fitness

Generation Wellness

Director’s Corner-

Hello, Everyone! I cannot thank you all enough for your warm welcome over this past month.

Since this is my first Director’s Corner, I thought I would share a little bit about myself. I hail from the Cornhusker state, and you can be certain to hear me talk about Husker football every fall. However, I decided at 18 that I needed to experience a little Southern hospitality, so I sought a BA in Psychology at Lee University in Cleveland, Tennessee. After spending some time in the health field with jobs in chiropractic care and health insurance, I decided to pursue a Master’s degree in Health and Exercise Science here at Colorado State. My passion for wellness programing grew during my time as a graduate student, as did my enthusiasm for teaching. Thus, I could not have been more excited or honored to accept the Adult Fitness Director position and become a part of this incredible program. I look forward to learning more about the extraordinary members who make this place great, and continuing the commitment to a quality Adult Fitness program. When you don’t see me sporting the dark green collared shirt, you can find me dancing, lifting and running, reading, and taking advantage of this beautiful state by doing anything I can outdoors!

I look forward to walking alongside each of you as you pursue your goals for excellent health and longevity. Please do not hesitate to let me know how I can better serve you in this worthy endeavor.

~Brittni Jensen

Announcements

Well wishes go out to Kellie and Melissa as they begin their new adventures in the Southeast! May those they work with benefit as much as we have with their hard work and dedication to people and their health.

Thank you to all of our summer students for your hard work and great personalities. Good luck to you as you pursue the next steps in your college careers.

Arrival of new students! Enjoy working with students? The new fall students will be here the week of August 26th!
Apple, Quinoa, & Kale Salad

**Ingredients**
- 1 1/2 cups quinoa (cooked)
- 4 Tbsp olive oil
- ½ organic lemon (peel and juice)
- 2 Tbsp hot English mustard (or stone ground)
- sea salt and pepper
- 4 large leaves of Kale
- 2 red apples
- 1 handful sprouts
- 1/2 cup goat feta cheese

**Directions**
1. Cook the quinoa, and let it cool.
2. Mix olive oil, lemon, mustard for the dressing in a small bowl.
3. Rinse and chop the kale and apples.
   - Mix all the ingredients and top with goat cheese

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**Exercise May Be the Best Treatment for Alzheimer’s**

**Background:**
- Physical activity guidelines suggest adults get at least 30 minutes of moderate exercise per day for at least 5 days per week
- Some memory loss is normal as we age, but having mild cognitive impairment (MCI) may lead to Alzheimer’s Disease

**Study:**
- A study performed by Dr. J. Carson Smith at the University of Maryland School of Public Health looked at the benefits of exercise on MCI
- Sedentary adults, age 60-88, underwent a 12-week exercise program walking on the treadmill
- Half of the adults had normal brain functioning, the other half had MCI

**Results:**
- Both groups showed simultaneous improvements in fitness as well as memory functioning, as their brains became more efficient than before the study in performing the same memory tasks

**Take Home Points:**
- Results were seen when these adults followed the physical activity guidelines
- **Exercise can be good for the body AND the brain!**

[Read more about exercise and Alzheimer’s disease](http://www.stoneheartnewsletters.com/exercise-may-be-the-best-medicine-for-alzheimers-disease-maryland-study/alzheimers/)

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**Protecting the Aging Heart**

1) **Physical activity:**
   - Although your blood pressure goes up with exercise, it can lower your average blood pressure throughout the day

2) After age 60, request your doctor perform an ABI test to ensure proper extremity circulation


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“Of course motivation is not permanent. But then, neither is bathing; but it is something you should do on a regular basis.”

~Zig Ziglar

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hes.cahs.colostate.edu/af

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