Generation Wellness

Director’s Corner

How many of you have found yourself spending countless repetitions on the ab/adductor machines (aka inner and outer thigh machines) in hopes of losing fat around your hips and upper thighs? This form of “training” is known as “spot reduction” training, and unfortunately, it doesn’t work. Spot reduction refers to the localized loss of adipose tissue (specifically, subcutaneous fat) as a result of exercising that particular part of the body. There is plenty of literature discussing spot reduction training. Below are some of the highlights:

Spot training does not work 1) regardless of your sex or racial differences, 2) on any part of the body, 3) even when diet is controlled for and 4) in any age group.

In order for someone to lose fat in a particular area, they need to include aerobic exercise along with reducing their energy intake and lifting weights. So what should you do now? Train hard. Eat clean. Be consistent.

~Kellie Walters, M.S.

Exercise is Medicine!!

Every time you go to the doctor, your vitals signs (pulse, blood pressure, height, and weight) are taken. Due to the movement of Exercise is Medicine, doctors have started recording physical activity as a vital sign to help them determine overall health.

With the Obamacare initiative, they believe that medical care costs nationwide will decrease if doctors start prescribing exercise first, and then medication if conditions do not improve with exercise first. Exercise has been shown to increase quality of life and independence, decrease the susceptibility of chronic diseases through prevention and regulation, and decrease the need for certain medication.

Physicians are starting to view exercise as a natural pain killer and mood enhancer, as it performs physiologically like many medications do. The best part… it’s less expensive! The nation spends billions of dollars on pharmaceuticals, many of which can be easily replaced with proper nutrition and physical activity.

Exercise has the following effects on the body:
- Decreases blood pressure
- Boosts the immune system
- Increase glucose uptake
- Increase Bone Mineral Density
- Reduces cortisol levels
- Increases endorphins
- Increases self-esteem
- Helps prevent depression

~Kellie Walters, M.S.
**Peach Oatmeal Crisp**

**Ingredients**
- 6 ripe peaches, sliced thin and then halved
- 1 T amaretto liquor
- 1 tsp sugar
- 1/4 tsp ginger
- 1 C oats
- 1/2 C whole wheat flour
- 1/2 C brown sugar
- 1 tsp cinnamon
- Pinch nutmeg
- Pinch salt
- Stick of Smart Balance Omega-3 Buttery Stick, cubed

**Directions**
- Preheat the oven to 350 degrees.
- Spray a glass pie pan with cooking spray. Add the peaches, amaretto, sugar and ginger and stir well.
- Mix the oats, flour, brown sugar, cinnamon, nutmeg and salt.
- With a fork or by hand, stir in the butter until the mixture is crumbly. Add to the top of the peach mixture and pat it down gently.
- Bake for 35 minutes until slightly browned and bubbling.

**Makes 12 Servings**

<table>
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<tr>
<td>Saturated Fat 3 g</td>
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<tr>
<td>Poly Fat 1 g</td>
<td>Total Sugars 16 g</td>
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<tr>
<td>Mono Fat 2 g</td>
<td></td>
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<tr>
<td><strong>Protein</strong> 2 g</td>
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**Walking Facts**
- The average American takes 5,117 steps per day, the least of any industrialized nation. The recommended number of steps is 10,000 per day.
- Walking reduces the risk of both breast and colon cancer.
- The average human walking speed is about 3.1 MPH.
- Brisk walking helps reduce body fat, lower blood pressure, and increase high-density lipoprotein.

**Melissa Hoffman says Good-Bye**

I would like to take this opportunity to say thank you to all the members of the Adult Fitness Program. I have enjoyed getting to work with you all and learn about many of you. Though I had offers to do my internship elsewhere, I am extremely happy that I chose Adult Fitness, and that Kellie, chose me! This has been a very rewarding experience in many ways. I feel as though I have not only increased my skills and gained knowledge, but I have also become a better person with many more perspectives.

Though I am not the typical student you all experience each semester, I have been a student all the same in many different aspects of life. I am thankful for all that you have taught me about life and being the person that we are meant to be.

Through this experience I have changed what I want to do in life. Though I am unsure when I will put my degree to work, I’m taking time off to be the mother and wife I have waited to be. I know now that I don’t want to specifically work with pregnant women. I have thoroughly enjoyed working with you and can’t imagine not working with the older adult population. I am considering making a program for retired veterans and their families instead of the pregnant spouses of the soldiers. Thank you for your patients and cooperation with all the hassles and changes I helped to accomplish.

This is a wonderful program and I am truly glad I got to be a part of it and will cherish those friendships that I have made here.

**Nutrition Day** at Adult Fitness is **Monday, June 24th!** Come prepared to ask the **Registered Dietitian** questions.