Spring is in the air. The days are starting to get longer, the weather is getting warmer, and South College is getting cleaner! With the help of the RamWellness Club, the Adult Fitness offices are newly painted and redecorated. In an effort to improve our program, we have been reorganizing our offices, getting rid of clutter, and “feng shuing” (spring cleaning) our offices. One of the six dimensions of health is Environmental Wellness. By clearing and organizing the physical space in which you live, you can greatly improve your health. To help you get started with good feng shui in your home, here are two examples for beginners: 1) Clear out your clutter: get rid of everything you do not love in your house. Clutter Clearing is a time and energy consuming process that can help lighten your load. 2) Have good quality air and light: these two elements are essential for good feng shui energy called “Chi” in your home. Open the windows frequently to allow as much natural light in as possible. Remember to always be mindful of the state of your home and how the energy in your home influences your well-being. Make a habit of paying close attention to the so-called feng shui “triangle” that is deeply connected to your health - your bedroom, your bathroom and your kitchen. Nothing is static in the world of energy, so be wise and keep your home healthy and happy. To learn more about Feng Shui and how to use these methods in your own home, please refer to: fengshui.happyhomezone.com.

~Kellie Walters, M.S.

National Nutrition Month

Mother Nature should not be the only thing bursting with color this month. The American Dietetics Association is urging Americans to “let color be the guide” when filling one’s plate during National Nutrition Month. A healthy plate should be half fruits and vegetables and half whole grains and lean proteins. Have a variety of colors when it comes to fruits and vegetables. Dark greens, oranges and yellows, amongst the other colors, provide excellent health benefits.

The American Dietetics Association provides a quick color guide when it comes to livening up one’s plate. Green produce indicates antioxidant potential and may help promote healthy vision and reduce cancer risks. Orange and deep yellow fruits and vegetables contain nutrients that promote healthy vision and immunity, and reduce the risk of some cancers. Purple and blue options may have antioxidant and anti-aging benefits and may help with memory, urinary tract health and reduced cancer risks. That being said, there is no food that is considered “bad” and should be avoided at all costs. Find foods that will satisfy your cravings in small amounts.

For a more personalized nutritional guideline, go to mypyramid.gov to explore what your nutrient intake should be based on their activity levels.

Monthly Quote: “There are lots of people in this world who spend so much time watching their health that they haven’t the time to enjoy it!”
Healthy Recipe: Morning Sunrise Muffins

Ingredients
1 cup all-purpose (plain) flour
1 cup whole-wheat flour
3/4 cup sugar
2 teaspoons baking soda
2 teaspoons ground cinnamon
3/4 cup egg substitute
1/2 cup vegetable oil
1/2 cup unsweetened applesauce
2 teaspoons vanilla extract
2 cups chopped apples (unpeeled)
1/2 cup raisins
3/4 cup grated carrots
2 tablespoons chopped pecans

Directions
Preheat the oven to 350 F. Line a muffin pan with paper or foil liners.
In a large bowl, combine the flours, sugar, baking soda, and cinnamon.
Whisk to blend evenly. In a separate bowl, add the egg substitute, oil, applesauce and vanilla.
Stir in the apples, raisins and carrots. Add to the flour mixture and blend just until moistened but still slightly lumpy.
Spoon the batter into muffin cups, filling each cup about 2/3 full. Sprinkle with chopped pecans and bake until springy to the touch, about 35 minutes. Let cool for 5 minutes, then transfer the muffins to a wire rack and let cool completely.

Serving Size:
Calories: 180
Protein: 3 g
Carbohydrate: 26 g
Total Fat: 7 g
Saturated Fat: 1 g
Monounsaturated Fat: 2 g
Cholesterol: 0
Sodium: 163 mg
Fiber: 2 g
Potassium: 125 mg
Calcium: 25 mg

Get Ready for Warmer Weather

Before you begin an exercise program or new sport, you need to get an assessment of your physical condition, including weight and cardiovascular fitness. Spend at least three weeks working on areas such as strength and flexibility to prepare for taking part in new sports or activities. This preparation may include things such as working out at the gym, following along with an exercise video, climbing stairs or doing Pilates exercises.

Another important thing to remember is to take steps to prevent chronic injuries or re-injuries. These are the injuries that make people give up a sport. If, for example, you always sprain your ankle, pay attention to strengthening that area. Take 5-10 minutes to warm up before any type of physical activity. Afterward, take 5-10 minutes to cool down and monitor your progress.

Member of the Month: Ruth & Bud Howard

Bud and Ruth are originally from Iowa and have lived here in the Fort Collins area for the last 28 years. They celebrated their 46th wedding anniversary this past February. Ruth’s career began in High School administration, eventually leading her toward a position at CSU in the Physiology Department, where she later retired in 1998. Bud’s career started at a young age when he worked in the Navy as an electrician. After the Navy, Bud continued his electrical work and began working in Greeley for U.S. West, where he later retired. Bud and Ruth have two daughters and have been Adult Fitness members since 1998. They both enjoy working with the students, the motivation the students give them, and the supporting environment at Adult Fitness.