March 2012

CSU Adult Fitness

Generation Wellness

Director’s Corner

It’s that time of year again….time to get your fitness levels assessed. We are now offering fitness assessments every Monday and Wednesday morning and evenings starting March 5th through the first week of May. The fitness assessments include body composition, flexibility, muscular strength and endurance, and cardiovascular tests (including EKG readings).

We also recently added an additional set of assessments which are specific to the older adult. What this means is when you get your results, you can compare them to norms of someone your age and gender! These senior fitness tests aim to access your agility, balance, strength, and coordination—all of which will give insight into how well you can participate in activities of daily living while maintaining a higher level of independence.

The best part about these assessments: they are FREE! Most gyms and clinics will charge over $100 for the assessments we offer. Plus, you’ll have the chance to interact with senior Health Promotion undergraduates who are very appreciative of your time and participation. So….what are you waiting for??? Go sign up for your free fitness assessment today (sign up sheets are in the West AF office).

~Kellie Walters, M.S

Make it a Goal to Boost Your Metabolism!

Make it your March health goal to boost your metabolism by enjoying these small tips for success. As reported on WebMD, there are many ways to boost your metabolism. The first way is easy since you are at Adult Fitness working on it—build muscle! It is proven that for every pound of muscle you have, you burn 6 calories a day to use that muscle., while a pound of fat burns only 2 calories. Building muscle is an easy way to increase your metabolism and feel good about yourself!

While we also know that drinking water throughout the day keeps you hydrated, drink it on the rocks. It is also proven that drinking ice cold water 5-6 times per day increases calorie expenditure throughout the day!

Eating more can help you lose weight and boost metabolism? Why of course it can, but the hint is more often. Having a healthy snack every 2-4 hours can help boost your metabolism throughout the day. Therefore, eating more (more often that is) can help improve your day!

One last tip to try is rejuvenating your day with green tea. With its benefits of caffeine and catechins, these substances have shown to rev up your metabolism for a couple hours.

~Kellie Walters, M.S

Improving quality of life for the adult population through caring, understanding, and education.

Looking for a FREE MONTH at Adult Fitness?
Refer a friend to AF, and receive a month free. It’s that simple!

Monthly Quote

“Either you run the day or your day runs you”
~Jim Rohn
Lean Bean Chili by Emily Bleich

Ingredients:
- 2 lbs lean turkey
- 2 large cans of tomato sauce
- 12 oz can of pinto beans
- 12 oz can of kidney beans
- 2 teaspoons of garlic powder
- 1 bay leaf
- Can of diced tomatoes with chilies
- Teaspoon of salt and pepper
- 1 medium yellow onion (diced)
- Half of a jalapeno (chopped)
- 2 packets of mild chili powder
- Low-fat sour cream (one spoon)

Directions:

Stove Top:
Pinch off pieces of ground turkey into large saucepan and wait for it to brown and fully cook. Then add the tomato sauce, beans, garlic, tomatoes, salt and pepper, onion, jalapeno, bay leaf and chili powder to the saucepan. Let simmer for 45 minutes to an hour. Top with grated cheese and sour cream.

Crockpot:
Cook turkey on stovetop first, once fully cooked add to Crockpot with all other ingredients. Cook on high for 4 hours. Top with cheese sour cream.

Dieting Myths Busted!

There are many dieting myths that are not necessarily true...we’re here to clear a few of those up!

1. Nighttime Eating Makes You Fat
   This is not true. Gaining weight comes from calorie intake, and usually the snacks consumed at later hours are higher calorie and overeaten. It is proven that eating right before bed can cause indigestion and heartburn but the time of your snack does not contribute to the weight, its what you choose to eat!

2. The Less Fat The Better?
   No! Your body thrives on three nutrients: protein, carbohydrates and fats. Unsaturated fats (particularly polyunsaturated and monounsaturated fats) are the “good fats” and should be consumed regularly in your diet to help provide energy to the body as well as other functions like nutrient absorption. Stay away from the saturated fats and consume the good fats such as nuts, seeds, fish, avocado, olives, and low-fat dairy.

3. Too Much Sugar Causes Diabetes
   Everyone likes to have a culprit, and high sugar consumption does not help your chances. However, the primary cause of type II diabetes is inactivity and obesity. So...put down the sugary snack and start moving!

Adult Fitness Presents:
“How to Get the Most out of Your Training”
(A presentation discussing latest research on resistance training for adults)

When: Monday 3/12
7:30–8:00 a.m. and 6:30–7:00 p.m.

Presented by Emily Bleich
*In the GMFH classroom*

Check us out online!
For more information about our program or to access our newsletter online, please visit the following website:
hes.cahs.colostate.edu/af

Get Moving, Get excited!!!

According to Penn State researchers, people who are more physically active report greater levels of excitement and enthusiasm than people who are less physically active. You don’t have to be in the best physical condition to experience the benefits of exercise. Get out and participate in fun activities such as taking group fitness classes, participating in sports, and/or walking through the park. Boosting your aerobic activity will also help increase your metabolism, so don’t be afraid to push yourself during your exercise routine.

Another thing to keep in mind is setting your goals the SMART way. SMART stands for specific, measurable, attainable, realistic and time sensitive. Most often, people fail to reach their goals because they are long-term. Take your goals day by day (short-term) and see the healthy changes begin!