CSU Adult Fitness

Generation Wellness

May 2013

Director's Corner: Are you eating enough protein???

Did you know that after the age of 40, we lose approximately 1% of our muscle mass per year? As we age, we tend to lose muscle mass (a term referred to as sarcopenia) and as a result, are unable to do many of the activities we love doing (gardening, hiking, playing with grandchildren, etc.). However, there are ways to prevent/delay sarcopenia. First and foremost, we need to exercise! The most effective form of exercise for preventing age related muscle loss is resistance training. Aim to complete 2-3 days a week of resistance training, targeting all your major muscle groups.

Another way to help prevent sarcopenia is through your diet. Studies have shown that the current recommended amount of protein (1.6 grams/pound you weigh) may not be enough to prevent muscle loss, let alone aid in muscle gain. Timing of protein ingestion is important too! Try to consume ~10-20g protein within 1 hour of working out. If you have any specific questions about your personal dietary intake, contact the nutrition center at (970) 491-8615. For $50, you'll receive a 1 hour individual nutritional counseling. Ask us for a coupon today ($10 off!).

~Kellie Walters, M.S.

Four Signs of Aging That May Show Higher Heart Risk

According to WebMD and Danish research, there are four signs of aging that when present, increase your likelihood of having a heart attack or develop heart disease. The four signs include: 1) Receding hairline at the temples 2) Baldness at the head's crown 3) Earlobe crease and 4) Yellow fatty deposits around the eyelid.

These researchers are saying there is no cause relationship between the signs and heart disease or heart attacks, but seem to be present in a large number of those who suffer from the diseases. The traditional risk facts, sex, age, obesity, family history and others covered in the Adult Fitness Health History Form were independent from the signs of aging. The more signs a person has, the higher the likelihood of developing heart disease. Having just one of the signs presents, increases your risk by 35%!!!

The two signs that have the highest rate of increase: receding hairline (for men only) and yellow fatty deposits around the eyes (for both men and women). If all four of the signs are present, individuals are 57% more likely to have a heart attack and 39% more likely to develop heart disease within 35 years.

Have grey hair or wrinkles? Don’t worry about it, these signs of aging were not linked with heart disease! The trick, try to look young for your age!

As with any research, more studies are necessary to confirm findings.
Baked Dijon Salmon

**Ingredients**
- 1/4 C Melted Butter
- 3 T Dijon Mustard
- 1 1/2 T Honey
- 1/4 C Dry Bread Crumbs
- 1/4 C Finely Chopped Pecans
- 4 tsp. Chopped Parsley
- 4 4oz Salmon Fillets

**Directions** (Serves 4)
- Preheat oven to 400°F
- In small bowl mix: Butter, Mustard, & Honey
- In another bowl mix: Bread Crumbs, Pecans, & Parsley
- Brush each salmon fillet with honey mustard mixture, sprinkle with bread crumb mixture and bake for 12-15 minutes until fillet flakes with fork.

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**Laura Graf says Good-Bye**

Working in the Adult Fitness Program has been an incredible, rewarding experience. I was not sure what to expect when I first started, and I have had to stretch myself. However, I have learned more from this Internship than sitting in classrooms these last two years. For one thing, I have been able to apply my book learning to working with adults of all ages. There is nothing like field experience to hone and sharpen our skills.

I have also gained experience in areas outside of my field. As many of you know, I am a Human Development & Family Studies major — not Health & Exercise Sciences. I know nothing about exercise physiology, or the mechanics behind what you do everyday in your workouts! You have all been patient with me as I seek to gain new knowledge, during those first weeks when I was struggling to take your blood pressure, to Spring Break when I attempted to lead you through a warm-up. I have enjoyed working with each and every one of you, and will miss our time together! Beyond academics, you have taught me that life is good, and is worth living. I have been so blessed by this experience. Keep up your hard work. It’s paying off! (And that’s something I do know a little bit about!)

Kellie, Kimberly, Melissa, and Michelle have been awesome. They took the time, before the semester began, to get to know me, and explain what happens in the Adult Fitness Program. They, too, have been very patient and understanding with me, and have made this the BEST work experience I’ve had in a long time. Thank you, Ladies, for your help, and most of all, for your friendship. I wish you luck with your future endeavors. I would also like to extend best wishes to the practicum students, who work very hard, and show a serious commitment to their clients. It has been a pleasure working with you!

And finally, a special thank you to Kellie, for speaking in our AHS class last fall, offering an internship to HDFS majors, and granting me this opportunity.

**Announcements**

**Graduation** is May 17th at 7:30PM in Moby Arena. Interns, Laura Graf and Melissa Hoffman will be graduating!

**Arrival** of NEW students. Enjoy working with students? The new summer students will be here the week of May 20th!

**Nutrition Day** will be Monday, May 20th! Come with questions for the Registered Dietitian

**Adult Fitness** will be CLOSED on Monday, May 27th in observation of Memorial Day. Hours will resume as usual on Wednesday, May 29th.