Welcome to Sarah Lewis, our new graduate student!

Hello everyone! I would like to introduce myself (Sarah) as the new graduate assistant. I grew up in Illinois and just graduated with a bachelor’s degree in Exercise Science from Western Illinois University. Naturally, I am a big Chicago Bears and Blackhawks fan. For the last 7 months I lived in McKinney, Texas where I completed an internship at the Cooper Fitness Center. This is my first time in Colorado, and I already love all the festivals and outdoor activities. I love to run and I am hoping to complete a few half- and full marathons during my stay here. When I’m not out and about running or in school, I enjoy baking and making Pinterest crafts with my roommates. During my undergraduate studies at WIU, I worked at our student recreation center teaching group fitness classes. Teaching group exercises is one of my favorite things to do, which is what lead me to work with the Adult Fitness program. I am excited to spend the next year with all of you and to watch the program grow.
The American College of Sports Medicine says the answer for most individuals is 150 minutes per week of moderate to vigorous activity. What does this mean? For most people who want to maintain their health, working out for approximately 30 minutes, 5 times a week will do the trick. You say “I don’t have 30 minutes a day to work out and get showered and dressed for work”. The answer to your problem….research has found that working out in 10 minute bouts will work as well as long as you get to 150 minutes per week, best so if you maintain the same amount per day. How can you do this? Work out longer on days that you can, take a little time out of your weekend and get some exercise in more than 5 days per week and work out at least 10 minutes at a time more than once a day.

These shorter bout of exercise can help you to decrease your BMI, increase glucose uptake, decrease your triglyceride levels and decrease your overall cardiovascular risk! Your cardiorespiratory benefits will be close to or equal to that of the longer bouts of exercise if you get approximately the same amount of time each day.

Research is still on going and looking into more correlations and accurate ways of gathering data, such as accelerometers. They believe, but are still researching the effects of 10 minutes of exercise on sedentary individuals and if it can reverse the effects of chronic disease due to their lack of physical activities.

In short, be active even if it is only for 10 minutes at a time, some activity is better then no activity!

Melissa Hoffman, AF Staff

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**Ingredients**

- 8 cups mixed greens
- 2 apples, sliced thin (skin on)
- 1 cup fresh cranberries (or dried)
- 1 cup raw pecans
- 4 tbsp. crumbled goat cheese
- 2 tbsp. extra-virgin olive oil
- 2 tbsp. balsamic vinegar
- 1 clove garlic, minced
- 1 small drop pure liquid stevia
- (or 1/8 tsp. grade-b maple syrup)
- 1/8 tsp. dried mustard
- Sea salt and pepper to taste

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**Nutritional Information**

Makes 4 Serving

**Calories:** 333
**Total Fat:** 27 g
**Saturated Fat:** 4 g
**Total Carbohydrate:** 22 g
**Dietary Fiber:** 6 g
**Sugars:** 13 g
**Protein:** 5 g
**Cholesterol:** 6 mg
**Sodium:** 54 mg

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**Apple Cranberry Pecan Salad**

**Directions**

1. Combine olive oil, vinegar, garlic, stevia, dried mustard, salt, and pepper. Set aside.
2. Place mixed greens, cranberries, and pecans in large bowl and toss with dressing, reserving about 1 tablespoon of the dressing.
3. Divide evenly among four plates, top with apples and goat cheese, drizzle remaining dressing over top, and serve.

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**8 Interesting Apple Facts:**

- Decrease Your Diabetes Risk
- Help Fight Colds
- Help Prevent Breathing Problems
- Lower Your Cholesterol
- Keep you fuller, longer
- May Help Fight Cancer
- Boosts Your Brain Power
- Helps Keep You Slim