We are now two weeks into the start of the spring semester, and 31 days into the new year. I hope with students returning you’re still thinking about those New Years Resolutions. Many times it is this point in the year we start to drop off on what are grand plans were, but I encourage you to get a little resolution recharge if you need it. Make sure to look through the student binder at the blood pressure table if you’re looking for a student to help you with your goals. Maybe you just want someone to show you a few machines in the weight room, or exercises you can do on your own at home, or maybe you want a whole new routine and someone to coach you all the way through it. At this point in the year when it’s easy to give up because you haven’t seen the results you wanted yet, why not reinforce why you made those resolutions and stick to seeing them through!

~Kimberly

Getting Physical with Therapy

When your body parts begin to fail, many people turn to physical therapy (PT) to mend their ailments. In non-severe cases this is less invasive and less expensive than surgical procedures. A few visits at a physical therapist may run a few hundred dollars, while a surgery may cost anywhere from 20 to 200 thousand dollars. PT cannot fix severe injuries, but chronic, overuse, postural, and habitual types of injuries such as neck/back pain, joint pain, stress fractures, and mild neurological disorders can often be remedied by an experienced and knowledgeable physical therapist. However if not taken seriously, a PT program will not do much good for the halfhearted. The keys to surviving and succeeding a PT regimen are frequency and quality. Most PT exercises are designed to be done daily, and if you are not doing your exercises often enough it is highly unlikely that you will fully recover. Also, if you do not practice proper form for all the exercises (especially the ones at home, where there is no supervision) poor movement habits will not be broken and it is improbable that you will be 100% in the future. While these keys are important for success, it is also imperative that you have the correct person for the job. Some PTs may focus on certain healing techniques than others, such as massage therapy, acupuncture, traction, electrical stimulation, and ultrasound. Also, it helps if you get along with your PT and their staff. If you don’t enjoy seeing your PT, then there is a lower chance you will practice your exercises daily and effectively. Since you are the customer, choose the best PT for you!
Spring Predict Race is Coming
Get your pace on! This year the Spring predict will be Saturday, April 23rd 8:00 a.m. at Lee Martinez Park. More information will follow in the coming months, but for now tune up those step rates and stride lengths!

Hearty Vegetable Lasagna

**Ingredients:**
- 1 (16 ounce) package of lasagna noodles
- 1 pound of fresh sliced mushrooms
- 3/4 cup of chopped green bell peppers
- 3/4 cup of chopped onion
- 3 cloves of minced garlic
- 2 tablespoons vegetable oil
- 2 (26 ounce) jars pasta sauce
- 1 teaspoon dried basil
- 1 (15 ounce) container part-skim ricotta cheese
- 4 cups shredded mozzarella cheese
- 2 eggs
- 1/2 cup grated Parmesan cheese

**Directions:**
Prep: 25min  Cook:1hr  Stand:15min
1. Cook lasagna noodles in a large pot of boiling water for 10 minutes, or until al dente. Rinse with cold water, and drain.
2. In a large saucepan, cook and stir mushrooms, green peppers, onion, and garlic in oil. Stir in pasta sauce and basil; bring to a boil. Reduce heat, and simmer 15 minutes.
3. Mix together ricotta, 2 cups mozzarella cheese, and eggs.
4. Preheat oven to 350 degrees. Spread 1 cup tomato sauce into the bottom of a greased 9x13 inch baking dish. Layer 1/2 each, lasagna noodles, ricotta mix, sauce, and Parmesan cheese. Repeat layering, and top with remaining 2 cups mozzarella cheese.
5. Bake, uncovered, for 40 minutes. Let stand 15 minutes before serving.

7 Fitness Rules to Life by Auzzy Moree
Exercising can be very beneficial for the body, mind, and spirit. But if you over do it, it can be detrimental to your health and the gains you have made. In light of this, here are some helpful guidelines to practice during your exercising and planning!

1. **Stay hydrated**—whenever exercising for a half hour or longer, make sure you have water, drink water before, during, and after exercising
2. **Eat before and after**—exercising on an empty stomach can lead to lack of energy during the bout, have a light snack 30-90 minutes before exercising
3. **Do your cardio**—aerobic exercise is beneficial for cardiovascular function and a single bout can boost energy pathway enzymes throughout the body
4. **Lift those weights**—resistance training strengthens and maintains muscles and bones while also holding off sarcopenia and osteopenia
5. **Change it up**—doing the same routine every time is one of the most common mistakes. Try something new to challenge yourself!
6. **Stretch after the workout**—stretching is best done after exercising because the muscles are already warmed up and there is lower risk for muscle tears
7. **Don’t forget protein**—proteins are the building blocks of the body. Without proper protein intake, muscles cannot get stronger.

Multiple Sclerosis Blood Flow Study
Researchers in HES are looking for healthy people from ages 20-65 that are currently not taking blood pressure medication. There is more information on the BP table. If you meet these criteria and would like to help them out, ask an AF staff member to get in contact with the scientists.