

CSCC Health & Fitness News

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Fitness Facts

On average, it takes about 12 weeks after beginning to exercise to see measurable changes in your body.

Exercise is more effective at increasing your energy levels than caffeine.

10 Reasons To Keep Fit As You Age

In order to stay physically fit, we need to get enough day-to-day activity to constantly improve our fitness levels.

Below are 10 reasons you should make physical activity part of your everyday life.

1. To increase bone density and limit osteoporosis.— The best kinds of exercise to make bones stronger are weight bearing exercises (walking) and resistance exercises (lifting weights). You also need vitamin D and calcium for good bone health.



2. It helps you stay independent.— Being active helps you maintain your ability to function and decreases the chances of becoming disabled.

3. It increases metabolism.— Keeping your resting metabolic rate higher leads to less

body fat and makes it easier for you to control your weight.

4. It reduces your risk for falls.— Exercise helps you keep your balance and react to things around you; such as catching yourself from falling. (Cont. on next page)

Top Five Foods To Speed Up Your Metabolism

1. **Water** helps nutrients flow through your body. Keep a BPA free water bottle in sight all day. And keep it full!!

2. **Lean proteins** such as poultry, fish, bison, and egg whites are all good sources. These proteins keep you feeling satisfied while helping your body burn energy faster, resulting in higher calorie burn. Try to eat a portion with every meal

3. **Fiber** is in complex carbs (oatmeal, wheat germ, bran, and flaxseed) and provides steady, long lasting energy without the crashes that accompany simple carbs.

4. **Black coffee or green tea** are both good foods. Black coffee raises metabolism, increases concentration, and improves heart health. Green teas that are high in antioxidant content raises metabolism better than coffee

5. **Spices** such as jalapeno, habanera, and cayenne have thermogenic properties that speed up the heart rate and heat up the body; the body must then burn more calories to cool down

10 Reasons To Keep Fit As You Age (cont.)

5. Exercise makes you more flexible.—Doing exercises that move your body through a full range of motion helps to keep joints mobile and muscles flexible. Even the simplest of exercises, like parking farther away and walking, can help increase this.

6. It is a reason to be sociable.— Exercise groups are a great way to meet people. Local health groups and community centers offer group classes for all fitness levels.

7. It improves your mood.—Exercise is good for your mind and helps reduce depression. Being physically active helps to improve your sense of what you can accomplish.

8, 9, and 10.— Exercise improves the way your lungs work, helps prevent and control diabetes, and it good for your heart. Being active will help you live well.

Incorporating endurance exercises, strength training, balance workouts, and stretching into your exercise program will help you get all of the needed benefits to keep you healthy for life!

Source: 10tv.com: Commit to be Fit

Healthy Recipe of the Month: Zucchini Bites

Yields 12 mini muffins

Ingredients:

- 1 cup zucchini, grated
- 1 egg
- 1/4 yellow onion, diced
- 1/4 cup cheese (Cheddar or Parmesan)
- 1/4 cup bread crumbs (Italian style)
- Salt and Pepper

1. Preheat oven to 400F. Spray a mini-muffin tin with non-stick spray, set aside.
2. Grate the zucchini and then place in a dish towel to squeeze out the excess water- like when using frozen spinach; if you skip this part, the middle of the zucchini tots will be really soggy while the outside gets crispy and no one wants that.
3. In a bowl combine, the egg, onion, cheese, bread crumbs, zucchini, salt and pepper.
4. Using a spoon or a cookie scoop, fill the muffin cups to the top. Bake for 15-18 minutes, or until the top is browned and set.

Spring Semester Events!

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| <p>* New Year, New You Monday, January 27, 2014 12:00pm Room 075B</p> | <p>* Health Food/Substitutes Tuesday, March 25, 2014 11:00am HPC</p> |
| <p>* Heart Health Monday, February 17, 2014 12:00pm Room 075B</p> | <p>* Awesome Arms Thursday, April 24, 2014 11:00am HPC</p> |

Check out our Biggest Loser Semester Challenge! You could win free sessions!

HPC Contact Information

To learn more about Personal Training and other events at the Human Performance Center:

<http://www.cscce.edu/HPC>

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