

J.R HOLDER
WELLNESS CENTER

**SPECIAL
POINTS OF
INTEREST:**

- **Holiday healthy food choices**
- **Walktober Results**
- **November Bingo Results**
- **Which Why?**
- **Cranberry Bread**



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Get Fit- Be Well

J.R Holder Wellness Center Quarterly Newsletter

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Tis the season for weight gain?

This could be the case if you are not careful during the winter months. During the holidays there are many temptations to steer away from your goals. The choices that you make around the dinner table can make or break your healthy diet for the day. Here are some tips to help you stay on the right track.

*The larger the plate, the more likely you are to overindulge. Try to use a 12 inch dinner plate and divide it into 3 circles containing— protein, vegetables, and starches.

* You can still have some of your favorites without feeling guilty if you watch the portions. Trim that 1 cup for a half cup or leave the pie crust.

Instead of

Swedish Meatballs
300 calories per serving

Egg Nog
343 calories
19g of fat per serving

Pecan Pie
Medium slice
610 Calories
39g of fat

Roasted Turkey
Dark meat
4 ounce serving
323 calories

Choose.....

12 Large Cocktail Shrimp
165 calories

Hot Chocolate
112 calories
1.2g of fat
Per serving

Pumpkin Pie
Medium Slice
320 calories
14 g of fat

Roasted Turkey
White Meat
4 ounce serving
180 calories



2nd Annual Walktober at J.R Holder Wellness Center



October started off great with 15 community participants and

23 staff participants all wanting to take part in the National Walking month called Walktober. This was the 2nd year that the J.R Holder Wellness Center has promoted this campaign which is “designed to boost your energy and improve your health by making fitness and walking a habit during Octo-

ber....and beyond”.

Members stayed active all October by walking and recording their minutes on their calendars each day.

For the community members, Harriet Bickerstaff walked the most minutes— 2,206 and the most consecutive days— 28. Kathy Gordon was the win-

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Motivation will almost always beat mere talent.
-Norman R. Augustine

Walktober (continued)

ner of the drawing.

The campus department winners were the Education Center totaling 4,420 minutes. The campus winner was Kyle Haggard who walked the most consecutive days and the most minutes totaling 2,005.

The Walktober total minutes combined for the NWOSU staff and

community members was 16,564 minutes with 31 participants! Great job to all of our walkers!



Walktober Winners
From left to right- Kathy Gordon won the Walktober Drawing. Harriet Bickerstaff won awards for the most consecutive days walked and the most minutes.

Notes from the Director

Greetings Wellness Community! The holiday season is here and the Wellness Center will be offering the 12 days of fitness program again this year. Participants that sign up for the challenge must bring cold-weather clothing items (gloves, jackets, hats, etc) to donate to a local church for the Warmth for Winter Charity.

Each time that you exercise for 30 minutes or

more during the month of December, will earn a sticker to put on your Punch Card. The challenge starts December 1st and will be ending December 23. The grand prize drawing will be held on January.

In December will also have a Daily Fitness Challenge (Mon-Fri) posted on our front display board. Please be sure to read the daily activity and see if you can accomplish this

small goal for the day. For an extra challenge, try to complete all of the daily goals- Up to the 12th day mark! Happy Holidays!



Members in Motion— November Bingo

November's Challenge pushed members out of their cold-weather blues and into the gym for a breakout from the ordinary. During this competition, members were required to complete exercises, ranging from cardio, resistance, or flexibility

training all while trying to Bingo on their cards for the week for the weekly drawings.

The weekly winners received NWOSU memorabilia from the bookstore. Weekly winners included Nicki Chafee, Kathy Gordon, and Janessa

Gould. The first person to blackout received a one hour massage gift certificate. The winner was Tiffany Pumphrey a freshman at NWOSU.



Holiday Tips for Fitness



TIP #1

Buy clothes that fit right now. During the holidays, you may have several festivities to attend. This is a new way to motivate yourself to stay in shape and wear an outfit that shows off the body you have worked hard on all year. Hang the outfit so that serves as a visible reminder.

TIP #2

Stay on schedule

During Thanksgiving, Christmas, and New Years it's easy to get swept up into the whirlwind. The best thing that you can do is to keep your exercise schedule. Christmas party that night?

Workout in the morning or during your lunch break. Shopping becoming a distraction? Do some online to save time, or make it a workout- park far away in parking lots or take the stairs everywhere you go.



TIP #3

Eat before parties.

Never go to a party hungry, it is almost guaranteed that you will overeat on unhealthy foods. Fill yourself up with a healthy meal first so that you are less likely to stuff yourself with the treats.

TIP #4

Leftovers can be deadly.

Sure, those chocolate chip cookies were awesome, but it is tempting knowing that they will be available to you 24/7. 'Tis the season for giving: box leftovers as gifts for party guest, bring them to work, donate them to a bake sale, give them to a neighbor, or simply just trash them.

Photos courtesy of Sac Chefs.wordpress.com and psychologytoday.com

The Turkey Workout— Get Your Chest and Wings— Ahem, Shoulders— in Shape

Pushups with a BOSU ball— 2 sets of 10

Place the BOSU soft side down, and hold on to the edges as you lie facedown with your feet together. Keeping your body straight, push up

Incline Fly-2 sets of 20 reps

Lie on an incline bench with legs parted and feet firmly on the floor. Hold a dumbbell in each hand (use challenging but lift able weight), arms extended above your chest and elbows

slightly bent. Slowly lower the dumbbells out and away from each other until they are at chest level. Raise to starting position.

Military Press-4 sets of 12 reps

Sitting, raise dumbbells to shoulder level with palms facing out and your elbows bent and pulled into your sides. Press the weights up and toward each other as your straighten your arms, keeping

a slight bend in your elbows at the top. Slowly bring down and return to starting position.

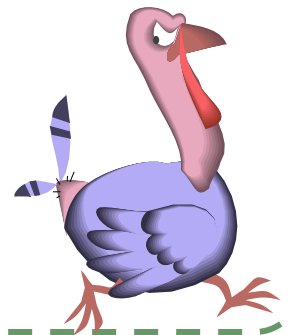
Dumbbell Front Raise- 4 sets of 12 reps

Standing, hold the dumbbells in front of you with your palms facing your legs. Keep your elbows slightly bent as you raise your arms straight in front of you to shoulder level. Slowly return to starting position.

Cardio

30 minutes on elliptical

Article Courtesy of Gold's Gym



Which Whey?- Advice From our Certified Personal Trainer, Grayson Starbuck

Supplements can be used by nearly everyone who may be looking to improve their fitness and nutritional gains. When most amateur resistance trainers look to add supplementation to their diet, they usually start with protein.

Protein was one of the first supplements to be popularized by weight trainers and is something that virtually everyone is familiar with today. Although

you can get your daily recommended amount of protein from eating a balanced diet, this can be difficult to stay on track to get your suggested protein intake.

The most popular form of supplemented protein is whey protein. Whey protein comes from milk and is the protein found in fish, beef, and chicken. Known for its fast digestion, whey works best

when taken immediately after working out.

The other type of protein that is often overlooked is casein. Casein, also found in milk, is a slow digesting protein that is very effective when taken at night. With its "time release" mechanism, it is able to feed the body with amino acids in about a 7 hour period.

Stacking these two proteins together can serve as a great

boost to your muscle gains if mixed correctly.

Disclaimer:

It is important to know that claims made on product labels and purity of whey protein supplements are not regulated by the FDA as is the case with all dietary supplements.

Taking whey supplements at recommended doses is generally considered safe. Talk to your doctor before using whey supplements if you are taking any over the counter or prescription drugs, or are pregnant or breast feeding.

Cranberry Bread

Who says the Holidays can't be healthy?

Ingredients

1 cup of all-purpose flour
1/2 cup of whole wheat flour
1 cup of granulated sugar
1 1/2 t cinnamon
1/2 t salt
1/2 baking soda
3 egg whites
1/3 cup applesauce
3 T butter milk
1 1/2 cup of fresh cranberries
1/2 cup of walnuts, chopped
Cooking spray

Directions: Preheat oven to 350.
Lightly coat a loaf pan with cooking spray.

In a medium-sized bowl, combine flours, sugar, cinnamon, salt, and baking soda. In a larger bowl, beat the egg whites at a high speed for one minute. Beat in applesauce and buttermilk. Gradually add the flour mixture and beat until just combined. Stir in the cranberries and walnuts. Transfer the mixture to the prepared loaf pan.

Bake for 45 minutes, or until edges begin to pull away from the sides of the pan and a toothpick inserted in the center comes clean. Slice and Serve



Nutrition Info

(1 slice) 166 calories, 31.6 carbs, 3.2 g fat, 1.8 g fiber, 4.1 g protein, 0.3 saturated fat

Recipe Courtesy of Shape

Take care of your body. It's the only place you have to live.
-Jim Rohn

Hours of Operation

(Monday-Friday)

6:00 A.M. - 9:00 P.M.

(Saturday)

9:00 A.M. - 3:00 P.M.

(Sunday)

4:00 P.M. - 8:00 P.M.

Have an Indoor Swim Party with Us!

Indoor swim parties are a fun and easy way to celebrate any occasion (birthday parties, scout functions, Little League celebrations, church groups, field trips). Private use of the facility with our certified lifeguards helps you put on a popular and exciting party. Call to reserve your date and get more

information on our pool parties at (580) 327-8100.

Pool parties can only be held on Saturdays after 3:00 P.M. and Sundays before 4:00 P.M. Cost is \$50.00 per hour and this includes a lifeguard. Must have no more than 15 persons per lifeguard. Extra lifeguards are \$10.00 per hour.



Give the Gift of Health

Don't forget J.R. Holder Wellness Center offers Gift Certificates for all of our services.

- **Massages**
- **Pool Parties**
- **Memberships**
- **Personal Training Packages**

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"Let's keep everyone healthy over the holidays. Plenty of sunscreen for the snowmen, diabetes testing for the sugarplum fairies, a gluten-free diet for the gingerbread man, and lets put up a basketball hoop for the elves!"