

HQC Fitness Center | E-Newsletter

February 2018

February National Observance



Heart Disease Awareness Month

Heart disease is the leading cause of death in America. The term heart disease is used to describe a variety of heart problems including arrhythmias (an unusual heart rhythm). The most common is coronary artery disease that is a result of plaque/ fat building up in the coronary arteries restricting the flow of oxygen rich blood to the heart. The growth of plaque can continue until it completely cuts off the blood supply, causing a heart attack or leading to cardiac arrest.

Symptoms

Know the symptoms of a heart attack.

- Shortness of breath and fatigue
- Chest pain spreading to the back, jaw, arms and neck
- Gas-like pain in the abdomen typically thought to be indigestion
- Nausea or vomiting
- Dizziness or light headed
- Bluish hands, lips or feet
- Loss of consciousness

Prevention

- Chose a heart healthy lifestyle by engaging in moderate aerobic activity for 30 min 3 times a week.
- Follow a diet low in salt, saturated fats, unsaturated fats and Trans fats.
- Avoid smoking and alcohol use.
- Know your individual risk factors through a physician's review.

8 Trends to know in 2018



From trendy superfoods to the latest cooking techniques, chefs, foodies and health junkies are always searching for that next "it" thing. Here are some ingredients becoming cult classics, while others are completely new to the game.

KOMBUCHA A fermented, slightly sweetened, bubbly tea drink that boasts an array of gut-healthy probiotic bacteria. Kombucha has gone from the back of independent health food stores to front and center at convenience stores. Although the health benefits of kombucha sound promising, there are still limited medical studies

connecting health benefits to kombucha. With respect to flavored varieties, be aware of high sugar content. Additionally,

kombucha contains a limited amount of alcohol, (a byproduct of fermentation). Especially important if you are pregnant or sensitive to alcohol.

ACTIVATED CHARCOAL Appearing in everything from detox drinks to cosmetics, this jet-black product has blown up on Instagram. “Medically, it’s used for acute intoxication from a drug or poisonous substance, because it binds to the toxin and prevents the body from absorbing it,” says Melissa Groves, RD, at Avocado Grove Nutrition & Wellness. People who are using it for “detox” or using it as a trendy ingredient to turn their food black may not realize that it could be blocking the absorption of nutrients as well as toxins. “Because activated charcoal interacts with medications and can decrease their effectiveness, Groves notes that, “if you’re going to use activated charcoal, it’s important to take it at least 2 hours before or after any other food, medication or supplement.”

MATCHA Matcha has been on-trend for the past few years. It is a type of green tea with bright leaves ground into a fine powder, and consumed whole. The whole-leaf provides more potent green tea compounds like antioxidants, vitamins, minerals and caffeine. Because a serving of matcha can contain as much caffeine as a cup of coffee, be careful serving it to anyone who is caffeine sensitive. While it has been consumed as a drink for the past several years, there has been a more recent surge in using matcha in food since it adds a warm and savory element.

TURMERIC TEA & LATTES Turmeric is a bright yellow spice commonly used in Indian cuisine, known for bringing the unique flavor to curry. It has surged in popularity in the past few years with studies indicating that curcumin, a potent anti-inflammatory compound within, may help with **arthritis, immunity disorders, and fighting cancer**. Found near the garlic in fresh root form in supermarkets or taken in supplementation. The golden milk latte trend is expected to continue into 2018 and beyond. Turmeric tea, made by adding turmeric to hot water with a splash of almond milk and honey, is an even more convenient way to get the benefits of this powerful spice.

COLLAGEN A protein made of tiny building blocks called amino acids, collagen is found in bone broth and supplements. Collagen peptides come in a tasteless, odorless powder that is mixed into anything from smoothies to hot liquids. Because it is an amino acid, it is high in protein: 2 scoops of unflavored collagen peptides contain 70 calories and 18g protein. However, vegetarians beware: “Because collagen typically comes from cow or fish sources, it is not vegetarian or vegan friendly,” says Mandy Enright, RDN, creator of Nutrition Nuptials. Before you start jumping on this trend, know that the studies about the benefits of this nutrient are inconclusive. “More significant research is needed to back claims that it can promote gut health, reduce inflammation, reduce joint pain and create healthy hair, skin and nails,” says Enright.

PLANT-BASED DAIRY ALTERNATIVES With more people choosing a plant-based and vegan lifestyle or looking for dairy-free options, there are more and more varieties of “milk” on the market as well as other offerings for cream cheese, yogurt and coffee creamer. According to Enright, “many companies are becoming more creative with their sources as there are even alternative dairies from non-nut sources, such as oats, for those with nut allergies.” Avoid added sugars in products at the grocery store and opt for the unsweetened varieties.

MORINGA One of the newest “super powders” on the market is being touted as the “miracle tree.” The moringa tree is native to the sub-Himalayan areas of India, Pakistan, Bangladesh and Afghanistan. Rich in vitamins A, C and E, the leaves and seeds are high in powerful antioxidants, including flavonoids, polyphenols and ascorbic acid. “Some powders contain up to 40% the daily value of iron, which is extremely beneficial to vegetarian females and to female athletes, who tend to have lower iron levels and a higher risk of iron deficiency anemia,” says Kelly Jones, RD, a certified sports dietitian and co-founder of Fit Fueling: Mindful Eating for Active Females. Adhere to the suggested serving of 1/2–1 teaspoon a day by adding it to smoothies or tea.

MINDFULNESS More than a buzzword, the “mindfulness” mantra has become a way of life. This mind-body focus is beginning to shape our food culture and consumer attitudes around food choices. Mindful eaters want to enjoy eating, be nourished with whole foods, indulge in their vices, eat with others, cook homemade meals and know where their food comes from. Eating is an experience in the mindfulness practice and may help with managing a healthy and happy bodyweight. “In a society where external cues like diets and the scale dictate our food decisions, mindfulness helps us to tap back into our body’s innate wisdom to determine what and how much to eat,” says Kara Lydon, RD, a certified intuitive eating counselor. “By grounding ourselves in the present and observing the physical sensations in our bodies, we can choose foods based on our hunger and fullness and what sounds satisfying in the moment.”

<http://blog.myfitnesspal.com/8-trends-know-2018/>

February Wellness



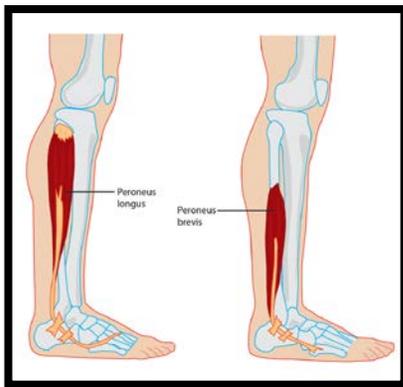
Aromatherapy: Six fragrances that can boost your immune system

Winter doldrums got you down? Indulge in aromatherapy, which has been proven to have rejuvenating qualities. Specific scents have also been shown to increase alertness and promote feelings of calmness.

Aromatherapy is particularly helpful if you suffer from seasonal affective disorder (SAD), a more serious form of winter blues, since people with SAD tend to have a more acute sense of smell than those who do not have the disorder. See link below.

Learn more: Secrets of a Scent Scientist: six Unique Fragrances That Can Boost Your Mood <https://www.jnj.com/health-and-wellness/6-unique-fragrances-that-can-boost-your-mood-le-petit-marseillais>

Muscle of the Month



Peroneal

The peroneal consist of three muscles all named after their length. The peroneus longus starts at the head of the fibula, behind the ankle, attaching at the first metatarsal. The peroneus brevis is the shortest of the three where it starts half way down the fibula and attaches at the fifth metatarsal. The final peroneal is the peroneus tertius passes through the front of the outer ankle instead of the back. However, like the brevis it attaches at the fifth metatarsal. The peroneals are responsible for eversion, dorsiflexion and plantarflexion of the foot. These muscles are important stabilizing muscles that protect your ankles and its ligaments from sprains and strains. Tight peroneals can cause over pronation when walking and running putting tension on the ankles, which **increases risk of injury**.



Strengthening the Peroneals

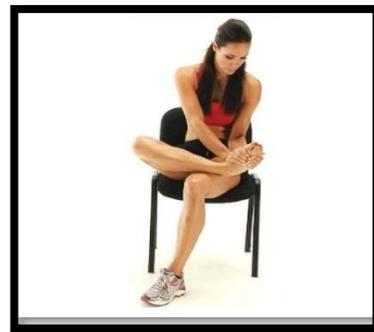
Resisted eversion

- Using a resistance band tie a small loop towards the end.
- Place your foot through the loop and lay the resistance band away from the loop.
- Place the opposite foot on the band and pick the rest of the band off the floor.
- Move the foot inside the loop towards the outside while keeping your heel on the floor.
- You can adjust the resistance by pulling more on the band.



Calf Raises

- Stand on an elevated or flat surface with your heels hanging off the edge.
- Push up onto your toes and come back to rest.



Stretching & Pain Relief

Seated peroneal stretch

- Start seated on the ground or in a chair
- Place one ankle on top of the other leg
- Pull your foot inward by grasping the ball of your foot
- Hold for 8-10 seconds and repeat 3 times

Recipe of the Month

Good for the Heart: Broccoli Cheddar Soup



Ingredients:

1 bunch broccoli
 1 small onion, finely chopped
 1 medium red-skinned potato, diced
 ¼ cup all-purpose flour
 3 cups low-sodium chicken or vegetable broth
 Kosher salt and freshly ground black pepper
 ¼ tsp freshly grated nutmeg
 1 cup grated extra-sharp cheddar
 1 tsp Worcestershire sauce
 1 12 oz. can fat-free evaporated milk
 2 scallions thinly sliced

Total time: 40 min

(15 min prep; 25 min cook)

Nutrition Facts

Total servings: 6
 Calories: 230 calories
 Total Fat: 8 g
 Protein: 16 g
 Fiber: 4 g
 Carbohydrates: 26 g
 Sugar: 10 g
 Sodium: 3.6 g

Instructions:

Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers. Finely chop the stems and coarsely chop the florets and set aside separately.

Spray a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions, and potatoes and cook, stirring, until softened, 7 to 10 minutes. Add the flour and cook, stirring, until lightly toasted, about 2 minutes. Stir in the broth

and bring to a boil. Reduce the heat to maintain a simmer and continue to cook; stirring occasionally, until thickened and the vegetables are tender, 12 to 15 minutes.

Meanwhile, combine the reserved florets and 1/2 cup water in a small saucepan. Bring to a boil, cover and continue to steam until the florets are bright green and crisp-tender, about 5 minutes. Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the Cheddar, Worcestershire and milk. Season with salt and pepper. Garnish with the scallions.

Upcoming Fitness Center Challenges and Events



September 2017 – May 2018

The HQC McNamara Cup's Racquetball Tournament began on Tuesday, January 30 with 17 players. League play will run through February 9th. **Championship Week** is February 12th-February 16th.

The next McNamara Cup Event is Wallyball. Registration for teams of 4 to 5 players will begin on February 12 and run through March 2. Tournament begins March 5 and concludes March 19. All games are played at the HQC Fitness Center Racquetball Court. Game days are Monday, Wednesday, and Thursday 6:30am - 8:30am, 11:00am - 1:30 pm, and 4:30 pm – 6:30 pm. Fridays are reserved for make-up games. All levels of play are welcome!

Climb Mount Everest



10 individuals and 26 teams aimed to reach Zugspitze (690 floors), Matterhorn (1,043 floors), or Everest (2,061) . The following teams reached the peak of each mountain first:

1st Place: Team Agony of Da Feet

2nd Place: Team High Steppers

3rd Place: Team IIVII

Honorable mention: The Legal Climbers climbed the most floors in the six week period: 5, 566

Winter Warrior Project



Our third Annual Winter Warrior Challenge kicked off on January 15. The 9-week Challenge consists of five participants on each team. We have 31 teams registered for the challenge! All teams have an assigned lifestyle coach. The coaches send out weekly workouts, program updates, monthly seminars, nutrition guidance, and motivation. The goal of the challenge is to lose the highest percentage of body fat.

If you are a participant of this challenge and have any questions, please contact the Fitness Center at 767-2107 or email HQCFitnessCenter@dla.mil.

Frosty Bear Annual HQC 5k Run/Walk



The Frosty Bear 5k is rescheduled for February 7 at 11:00 am. On-line registration is closed.

Volunteers Needed for MWR Events. Be a Volunteer for the MWR Community and in the support of Resilience, Health and Wellness, and Readiness of Mission. Volunteers will assist the staff with the execution of our many events, including the Run/Walk events and intramural sports. Be a part of the MWR community! Your contribution will be recognized and is appreciated. Sign up at the Fitness Center, hqcfitnesscenter@dla.mil, 767-2107 or lower level room 0217.

Member of the Month



Congratulations, George Smith!

Congratulations to George Smith, February 2018 Member of the Month! George has been working at HQC for 9 great years. He became focused on fitness when he joined the Army. “The Army emphasizes the proper balance of mental and physical fitness in order to ensure personal and mission readiness. After thirty years in the Army, I have incorporated fitness into my annual goals. When I reported to DLA, one of the first things my sponsor showed me was the HQC Fitness Center. I was immediately impressed with the facility, equipment, and the personnel working there. I have been going to the gym on a regular basis ever since. I appreciate working for an organization which values and supports physical readiness”. On any given day, you can find George in various parts of the gym. One day he focuses on upper body and another on lower body and abs. Once a week he enjoys a cardio circuit drill, spending 10-15 minutes on the different types of cardio machines. Weather permitting; George will run several laps around the pond. What do you enjoy most about the Fitness Center? Georges responds, “Beyond the convenience and the variety of equipment and programs-- it is the people. The staff is knowledgeable, enthusiastic, and always ready to assist, which makes working out more enjoyable. I’ve often found that this attitude translates to the people working out”. George enjoys exercising in various group exercise classes. “I enjoy the motivation of an instructor, the workout routine, the music, etc. Beyond the workout, I also challenge myself to keep up with the younger folks. To my surprise, sometimes I actually can!” Georges go to meal for workout recovery is Nonfat chocolate milk, peanut butter and bananas on wheat bread, and yogurt. His commitment to his goals allows him to live a healthy and fulfilled lifestyle. Congratulations George!

