

SPECIAL POINTS OF INTEREST:

- ♦ I'M TOO BUSY
- ♦ ASK THE ATHLETIC TRAINER
- ♦ HEALTHY RECIPE
- ♦ ACTIVITY LINKS

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Health and Wellness Newsletter

Lycoming County School Districts

VOLUME 1 ISSUE 2

MAY 2012

I'm Too Busy!!!

How many times have you said that? I definitely have. During the day, things get tossed to the side, schedules change and a million little things creep up to sabotage you. It is time to change your thinking. You have to be creative when fitting exercise and healthy choices into your day. Regardless of what you like to do, if you set your mind to doing something it will happen. Take a look at your calendar and schedule fitness activities into your week. Putting it in writing makes it more likely that you will complete that activity.

Here are some tricks to help you.

-Instead of completing 30 straight minutes, break it up into 10 minute increments during the day. Quick walks through the halls or outside in the parking lot during the day on your lunch break.

-Get up earlier! After work hours get clogged with kids, pets, parents, meetings, etc, so if you start a habit of getting up earlier just 2 days a week for a while you will get adjusted to that quickly, then you can start adding another day or two.

-Park at the farthest space in any parking lot, or down the street and finish walking to your destination and walk with purpose.

-Use the weekend to participate in family physical activities, such as walks, bike rides, a trip to the pool, etc.

-Use your home as your gym! How many of you have steps in your house, a chair, a steep driveway, cans of soup or even a sophisticated video game system. There are so many opportunities you can take advantage of, especially with a Wii or X-box workout game.

Laura Vanderkam wrote an article for the Wall Street Journal called "Are You as Busy As You Think?" And in it she talks about changing your language. Laura writes "instead of saying 'I don't have time', try saying, 'it's not a priority' and see how that feels." So if you say, "I don't exercise because my health is not a priority, think about it. If that makes you feel uncomfortable, then you can do something about it." Laura also says "Changing our language reminds us that we have a choice."

So make it your goal starting today to make healthy choices and put fitness into your life. It's not that hard and you can certainly make your own health a priority.





Ask the Athletic Trainer

Dear ATC,

What is the difference between muscle soreness and a true injury?

Loyalsock Township

Muscle soreness commonly referred to as **DOMS**, delayed onset muscle soreness is caused from stressing the muscle tissue more than it is accustomed too. It can come on after a workout and usually lasts a couple days. This is perfectly normal especially if you have started a new activity or changed your workout routine. A joint or muscle injury usually prevents you from doing certain activities and lasts longer than a couple days. There may be accompanied swelling and bruising in the area of pain along with limited range of motion. For DOMS, stretching, ice, rest in between workouts and even heat can help to ease the soreness. For an injury, we recommend ice for at least 72 hours to reduce swelling and pain. If pain increases or does not decrease after that time you should see a physician to see if follow-up is necessary.



“A man too busy to take care of his health is like a mechanic too busy to take care of his tools.”
Spanish Proverb

Fitness 101: Advice for Those New to Exercise

If you want to start exercising, finding out where or how to begin is always the hardest. My first piece of advice is finding out what your goals are—do you want to lose weight, do you want to lower your blood pressure or cholesterol, do you just want to be able to walk 20 minutes without feeling winded or all of the above? Whatever goal(s) you want to achieve, write it down where you can see it everyday. That will give you something to work towards. You should also talk to your doctor especially if you have been inactive, they can help you determine what type of exercise would be right for you and to see if there are any health issues you should address first. Now that you have done the first two, what do you do now?

1. Find something you like to do, like walking, biking, hiking, dancing (if you like all of them, then vary your activities, which will keep you coming back for more.)
2. Find a time that is right for you, maybe the morning and after school are too hectic, but what about right after dinner?
3. Find someone to join you (nothing motivates you more than a partner knocking on your door to keep you compliant.)
4. Start with 10-15 minutes a couple times a week. In a couple weeks, you can begin to increase your time and your pace.
5. Tell someone what you are doing. Nothing keeps us on track like someone who is checking in with us. Social motivation has many rewards and benefits.
6. Reward yourself! When you reach a goal, reward yourself with a small token, a night out or a new pair of fitness shoes.

The Fitness Corner...



Core Training may not be a new idea as dancers have been using this concept for years, but in the last several years athletes of all kinds have been moving towards this type of training. Core training involves working the muscles from your shoulders to your hips, not just abdominal muscles. Core muscles stabilize the spine, pelvis and shoulder girdle and when contracted, help to stabilize posture and provide a base of support for other movements. There are many core exercises you can do that don't involve a lot of equipment, so they can be done anywhere. Here are a few to get you started.

The Plank



Side Plank



V sit up



Bicycle Crunches



The Bridge



There are many more core exercises you can find at <http://www.acefitness.org/workouts/5/#program>

Label Language-- What does that mean?

Food labels are confusing enough without adding in terms such as low, reduced, none added, light, etc. Here are a list of these terms and what they mean.

Sodium Claims

Sodium free or salt free— Less than 5 mg of sodium per serving

Very low sodium—35mg or less per serving

Low Sodium—140mg or less per serving

Reduced or less sodium—At least 25% less than the regular version

Unsalted or no salt added—No salt is added during processing, but still may contain sodium from food itself

Fat Claims

Fat free—less than 1/2g of fat per serving

Low saturated fat—1g or less per serving and 15% or less of calories from saturated fat

Low fat— 3g or less per serving

Reduced fat—At least 25% less fat than the regular version

Light in fat—Half the fat compared to the regular version

Calorie Claims

Calorie free—less than 5 calories per serving

Low Calorie—40 calories or less per serving

Reduced Calorie— At least 25% fewer calories per serving than the regular version

Light (Lite)— 50% less fat or 33% fewer calories than the regular version



Healthy Recipe -Fresh Mango Salsa



Nutritional Information

Servings Per Recipe: 40

Amount Per Serving

Calories: 8

- **Total Fat:** 0g
- **Cholesterol:** 0mg
- **Sodium:** 30mg
- **Total Carbs:** 1.9g
- **Dietary Fiber:** 0.3g
- **Protein:** 0.2g

Ingredients

- 2 cups diced Roma tomatoes
- 1 1/2 cups diced mango
- 1/2 cup diced onion
- 1 teaspoon white sugar
- 1/2 cup chopped fresh cilantro
- 2 tablespoons fresh lime juice
- 1 tablespoon cider vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cloves garlic, minced

Stir the tomatoes, mango, onion, sugar, cilantro, lime juice, cider vinegar, salt, pepper, and garlic together in a bowl; refrigerate 1 hour before serving.

Hint: Put this salsa over fish, chicken or pork. You can also add black beans, white beans or chick peas for some protein and have it for a good summertime lunch. (The nutritional value will change if you do this.)

Recipe used from ALLRecipes.com

Website Resources-Click on the links below for free fitness and food tracking

Sparkpeople.com

Myfitnesspal.com

Summer Fun

With Summer coming up soon, you should get out and do more things, so here are a few things to look into for enjoying the outdoor fun.

Traillink.com

[Woodland View Stables](#)

[PA Department of Natural Resources and Conservation](#)

Learning a New Activity

Tree-ba dachi Climbing Academy

1511 Sherman Street, Williamsport

Telephone: 570-932-0546 Email: rjwrightent@verizon.net



Tree-ba dachi Climbing Academy promotes recreational tree climbing as a safe activity that may be pursued by people of all ages. We help climbers gain the skills needed for technical rope and harness style tree climbing. No experience is necessary. We provide the gear, demonstrate how it's done, then it is your turn. Open climbs are on the first & third Saturdays from 2:00-5:00 at Shaw Place Park. The climbing season runs from April through October weather permitting. Private climbs are also available for birthday parties, team building, church groups, scouts and schools...give us a call. We look forward to working with you. Find us on facebook.

Activate Healthy Living

May Group Ex Schedule



FOR YOUTH DEVELOPMENT™
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 am Spinning Buffy		6 – 7 am Spinning Terri			9 -10:30am GYM-Hardcore	
8:30 – 9:30 am Triple X Kathy						
9:30 – 10 am Simply Stretch Kathy	9 - 10am Row, Ride & Redefine Derek	9 – 10 am Step & Tone Kathy	9 – 10 am Cardio Blast Diana	9 – 10 am Definitions Cheryl	9 - 10am Power Hour Diana	
10 – 11:30 am Amrit Yoga "Kala" Pat	10-11am PILOXING Angie/Bufy	10 – 10:30 am Simply Stretch Kathy	10 – 11 am Zumba Toning Megan	10 – 11:30 am Amrit Yoga "Kala" Pat	10:15 – 10:45 am Super Stars Diana	
9 – 10 am GYM- Silver Sneakers MSROM-Rotates	10 – 11 am GYM- Silver Sneakers Cardio Circuit- Diana	10:30 – 11:30am Drums Alive Diana	10 – 10:45 am GYM- Walking & Weights Julie	10 – 11 am GYM – Silver Sneakers MSROM -Diana		
		9 – 10 am GYM- Silver Sneakers MSROM –Julie				
						1 – 2 pm Pilates Megan
4:30-5:30 Butt Busters Denise	4:30 – 5:30 Boot Camp Lisa	4:30 – 5:30 Zumba Megan	4:30-5:30 PILOXING Angie/Bufy	4:30 – 5:30 Zumba Marla		2 – 3 pm Spin Rotates
5:30 -6:30 Spinning Denise	5:30 – 6:30 Zumba Irina	5:30 – 6:30 Transform 2012 - Paid	5:30 – 6:30 Yoga Renee	5:30 – 6:30 Spinning Brooke		
5:30 – 6:30pm GYM-Zumba Heather	6:30 – 7:30 Yoga Renee	6:30 –7:30 Spinning Beth	6:30-7:30 Zumba Tracy		No Amrit May 18th	Yoga & 21st

This group schedule is for the Eastern Lycoming YMCA. *Children under the age of 11 are not permitted in group fitness classes.*

EASTERN LYCOMING BRANCH 50 Fitness Dr Muncy PA 17756 570-546-8822 or wellness@elymca.org



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

8 WEEK KICK-OFF THE SUMMER (Williamsport YMCA)

Wellness program geared to help you achieve your full fitness potential this summer. Let us arm you with knowledge in nutrition, safe exercise technique, weight management, steps to increase your cardiovascular endurance, muscular strength, muscular endurance, and flexibility.

Ages

No age restriction, only qualification is to be a PCT or School District Employee

When

June 11th – August 3rd (registration starting April 23rd)

During the 8 weeks participants will have full access to the Williamsport YMCA's fitness centers, group exercise classes, pool, walking track, and the option to attend 1 group personal training session per week. The group personal training sessions will be offered at the following timeslots (maximum of 8 participants per timeslot – time selected is the same for all 8 weeks): Monday 9 – 10 AM, Tuesday 4 – 5 PM, Tuesday 5 – 6 PM, Tuesday 7 – 8 PM, Wednesday 7 – 8 PM, Thursday 9 – 10 AM, Thursday 4 – 5 PM.

Where

Williamsport Branch YMCA

Contact

Rachel Bryant/Williamsport Y Wellness Director at 323-7134 ext 46

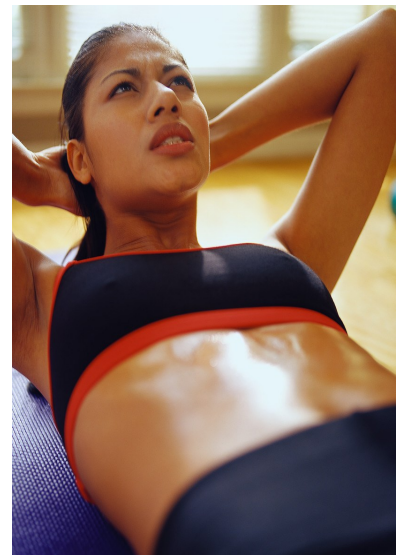
Carmen Terry/Health & Wellness Coordinator at 323-8561x1067

Member/Non-Member

School District Employee AND a RVR Y Member: \$20 per person

School District Employee AND a Non-Member: \$40 per person

(Participants in the April 9th – June 1st session are NOT eligible)



Additional Info

First come first serve for the personal training session timeslots, registration starting April 23rd! Participants must pay the fee and fill-out the registration paperwork at the front desk of the Williamsport Y in order to register.

WILLIAMSPORT YMCA

320 Elmira Street

P 570 323-7134 F 570 323 0467 www.williamsportymca.org