



# Health and Wellness Newsletter

## Lycoming County School Districts

VOLUME I ISSUE 2

SEPTEMBER 2012

### SPECIAL POINTS OF INTEREST:

- ♦ NEW LOGO
- ♦ POOL WORKOUT
- ♦ SUPPLEMENTS

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### Launch of New Logo and Website for LCIC

#### Health and Wellness



The LCIC announced its new logo this summer. It represents our commitment to employee health and wellness for now and into the future.

Check out the new website at  
[health.iu17.org](http://health.iu17.org)

### With Fall, Change Begins

My favorite season is fall, the season of change. The nights become a little cooler, the air becomes crisp and fresh and the leaves show off their brilliant colors. Everyone has certain times in their life that they make changes, such as New Year's, summer or when an important event is coming up, but mine is certainly fall.

I crave having a schedule and with the end of summer I know I will be more organized and disciplined especially in keeping up with my children's and husband's schedule. What I don't forget though is time to myself-whether it be working out, reading a book or spending time with friends. When it's time to make a change with your fitness or nutrition routine, ask yourself "what is your goal?" It always helps to understand your real motivation behind the need to make that change. So I ask you... "What do you want to change for the better in the next coming months?" It is important to realize that in order to start making changes such as working out, eating healthier, drinking more water or just wanting more time to relax, that you have to make those things happen for yourself. In working with teachers this summer, I know that what each wanted and liked was different and certainly what works for one doesn't work for another, but what each had in common was the **motivation** to make that change. So I encourage you to think about one small thing you want to improve upon and set a goal that is attainable, but more importantly SUSTAINABLE! Those that may want to lower your cholesterol cannot do it overnight. For some, it may be increasing your time working out. You can't go from walking 20 minutes to running a marathon overnight. (Although some days I think I can and others not so much.) So think about **You** and what you want to do. **Isn't it time to show off your brilliant colors!**



# Ask the Athletic Trainer

**Dear ATC,**

What is a good workout for the pool?

**East Lycoming**

Pool workouts vary depending on what you are looking for, but they are perfect for a low-impact aerobic workout. Using lap swimming and varying your strokes with freestyle, backstroke and breaststroke will work different muscle groups and help to strengthen core muscles. One of my favorite things to do in a pool is running. You can do this in the shallow end or in the deep end with a flotation belt. It is a great workout because you have great resistance from the water and working to stay upright and moving uses many core muscles. Water running creates a low impact activity so those with knee or leg problems can complete a workout with no stress added. Treading water for several minutes also burns calories and works your muscles in several different directions. Good luck and keep swimming!



"What you thought before has led to every choice you have made, and this adds up to you at this moment. If you want to change who you are physically, mentally, and spiritually, you will have to change what you think."

*Dr. Patrick Gentempo*

## Fitness 101: Advice for Those New to Exercise

Strength training is a great way to build muscle and look more toned, but you don't have to be a body builder to get results quickly. Below are some beginning exercises to get you started on a program. As always, please consult your physician before beginning any exercise program. All you need is a set of dumbbells. Perform 2 sets of 12-15 repetitions for each exercise. If you have a physio-ball you can also use that instead of a bench.

1. Dumbbell chest press (works chest) - Lie on a bench or the floor, elbows bent 90 degrees out to sides; straighten arms up and return.
2. One-arm dumbbell row (works upper back) - Stand with legs hip-width apart and place one hand on bench or a chair, opposite arm holding weight; draw elbow up toward ribs and lower.
3. Biceps curl (works biceps) - Stand with arms extended, palms up, and curl weights toward shoulders.
4. Triceps extension (works triceps) - Stand with legs hip-width apart. Lean forward from waist, elbows bent 90 degrees at your sides; straighten arms behind you.
5. Lateral raise (works shoulders) - Stand with arms down by your sides, palms in; raise straight arms to shoulder height.
6. Basic squat (works legs/butt) - Bend knees and sit back, making sure your knees never come over your toes.
7. Front lunge (works legs/butt) - Step in front with one leg, bending at the knee again making sure your knee doesn't come over your toes.
8. Bicycle (works abs) - Lie face-up on floor, bend opposite elbow to knee, then switch sides.
9. Superman (works lower back) - Lie facedown on floor and lift opposite arm/leg; switch sides.

# The Fitness Corner...



## Runner's vs Flat Feet-What Shoe to Use?

I am sure those of us that exercise regularly have encountered someone with flat feet or we, ourselves, have flat feet, which can pose big issues and possible injuries if you are working out in the wrong shoe. While running your body exerts 2-3 times the force of your body weight, so having good support is essential in a shoe. Your arch is the shock absorber while performing an activity and supports the weight of the body while upright. Flat feet can cause over pronation (when your ankle turns inward) and adds stress to the foot, ankle, knee and other joints. It is important to find the right shoe that fits you and is comfortable, but also has **support, stability and motion control**. There are many companies now that offer a free foot and gait analysis for any activity. Based on this analysis they can recommend certain shoes that fit your feet and will provide you with the stability you need so you can get back out on the "road" to fitness.

## To Supplement or Not?

I have always been under the assumption that you should get all your nutrients from your food. However in my last several years of getting my preventative exam, I have been told by my physician to consider taking a multivitamin every day. Like a good patient, I decided to do some research before deciding on whether I should and then what to take. I am not going to give you advice on what supplement to take, but facts regarding supplement use that everyone should know.



- \* Dietary supplements include vitamins, minerals, herbals, amino acids, botanicals and enzymes.
- \* Vitamins and mineral supplements are NOT regulated by the FDA. The manufacturers of the supplement are supposed to make sure their product is safe.
- \* Check with your doctor first before taking a supplement. Many supplements can interfere with other medications you are taking. Supplements are also not intended to take the place of a medication you are taking.
- \* Supplements cannot take the place of a good diet filled with lean protein, whole grains and lots of fruits and vegetables.
- \* No supplement can claim they cure or treat disease.
- \* Natural doesn't mean safe.

The FDA regulations require that certain information appear on dietary supplement labels, which include: a descriptive name of the product stating that it is a "supplement;" the name and place of business of the manufacturer, packer, or distributor; a complete list of ingredients; and the net contents of the product.

In addition, each dietary supplement (except for some small volume products or those produced by eligible small businesses) must have nutrition labeling in the form of a "Supplement Facts" panel. This label must identify each dietary ingredient contained in the product. Below are two websites to get more information on supplements.

<http://ods.od.nih.gov/>

<http://www.fda.gov/Food/DietarySupplements/ConsumerInformation/ucm110567.htm>

# Butternut Squash Apple Soup

- **Prep time:** 10 minutes
- **Cook time:** 35 minutes

## INGREDIENTS

- 1 medium yellow onion, chopped
- 1 rib of celery, chopped
- 1 carrot, chopped
- 2 Tbsp. butter
- 1 butternut squash, peeled, seeds removed, chopped
- 1 tart green apple, peeled, cored, chopped (squash and apple should be at a 3 to 1 ratio)
- 3 cups chicken broth (or vegetable broth if vegetarian)\*
- 1 cup water
- 2 Tbsp. Flax Seed \*
- Pinches of nutmeg, cinnamon, cayenne, salt and pepper



## Nutrition Information (Servings 4)

Calories: 179  
Carbohydrates: 28  
Fat: 8g  
Protein: 4g  
Fiber: 7g

## METHOD

**1** Set a large saucepan over medium-high heat and heat the butter for 1-2 minutes. Do not let it turn brown. Add the onion, celery and carrot and sauté for 5 minutes, taking care to turn the heat down if the vegetables begin to brown.

**2** Add squash, apple, broth and water. Bring to boil. Cover, turn the heat down to a simmer and cook for 30 minutes or until squash and carrots soften. Puree, and return to a clean pot.

**3** Add salt and spices to taste, and garnish with chives or parsley.

**Yield:** Serves 4-6.

\*Modified from original version, added Flax seed for a boost in Fiber

# When Should You Get A Preventative Exam?

## Preventative Care Guidelines based on Age

Routine Checkups	18-29	30-39	40-49	50-64	65+							
Includes personal history, blood pressure, body mass index (BMI), physical exam, preventative screening and counseling	Annually for ages 18-21			Annually								
	Every 1-3 years, depending on risk factors											
Cancer Screenings												
Colorectal	Not routine except for patients at high risk			Colonoscopy at age 50, then every 10 years, or annual fecal occult blood test (FOBT) or flexible sigmoidoscopy every 5 years								
Breast Cancer	Annual clinical breast exam and monthly self-exam		Annual mammography									
Cervical Cancer	One Pelvic exam/ Pap test every 3 years beginning at age 21											
Testicular and Prostate Cancer	Clinical testicular exam at each health maintenance visit and monthly self-exam		Digital Rectal exam (DRE) or prostate-specific antigen (PSA) blood test if at high risk- once per year.	Digital Rectal exam (DRE) or prostate-specific antigen (PSA) blood test at physician's discretion								
Other Screenings												
Cholesterol	Every 5 years at age 20 for low risk patients											
	Total Cholesterol numbers should be 200mg/DL or lower; HDL (good cholesterol): 60mg/DL or higher, LDL (bad cholesterol): 100mg/DL or lower; Triglycerides: 150mg/DL or lower											
Bone Mineral Density Test (Women)			Every 3 years, beginning at age 45 or more often and beginning at a younger age at the discretion of the physician									
Sexually Transmitted Infections; Chlamydia, Gonorrhea, Syphilis and HPV	Annual screenings for sexually active patients under age 25; annually for patients age 25 and over if at risk.											
Immunizations												
Influenza	Annually age 18 and older											
Tetanus-diphtheria-pertussis (Td/Tdap booster)	One time dose of Tdap and then Td every 10 years											
HPV	Through age 26											
Varicella (Chicken pox)	2 doses for adults without evidence of immunity or not previously vaccinated											
Zoster Vaccine					Single dose for adults age 60 and older							
MMR	1-2 doses for adults age 19-55 who lack evidence of immunity											
Pneumococcal Vaccine	Recommended based on individual risk											
Meningococcal Vaccine	Recommended based on individual risk											
Hepatitis B (Hep B)	Recommended based on individual risk											
* This information does not take the place of recommendations made by your physician. Consult your physician for guidance on these guidelines, as well as other health information												
*These recommendations should not be interpreted as your benefit package. Please refer to your contract for information regarding benefits and exclusions.												



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FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## WILLIAMSPORT YMCA FALL 2012 GROUP EXERCISE SCHEDULE: Effective 9/4/12

### SPINNING ROOM SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 - 6:45 AM <b>Spinning®</b> Geoff	6:00 - 6:45 AM <b>Spinning®</b> Frank	6:00 - 6:45 AM <b>Spinning®</b> Geoff	6:00 - 6:45 AM <b>Spinning®</b> Frank	6:00 - 6:45 AM <b>Spinning®</b> Geoff		
	*Starting October 2nd* 5:30 - 6:30 PM <b>Spinning®</b>	9:15 - 10:00 AM <b>Spinning®</b> Melanie	5:30 - 6:30 PM <b>Spinning®</b> Melanie	10:00 - 11:00 AM <b>Spinning®</b> Melanie		

### AEROBIC ROOM SCHEDULE

		6:15 - 7:00 AM <b>Power Hour</b> Sue D				
9:15 - 10:00 AM <b>Step</b> Rebecca	9:15 - 10:15 AM <b>Boot Camp</b> Rachel	9:15 - 10:00 AM <b>Step</b> Rebecca	9:15 - 10:15 AM <b>Boot Camp</b> Rachel	9:15 - 10:15 AM <b>Zumba®</b> Gigi		
10:00 - 10:15 AM <b>Core Strength</b> 10:15 - 11:00 AM <b>PowerPump</b> Rebecca	10:15 - 11:15 AM <b>Zumba®</b> Gigi	10:00 - 10:15 AM <b>Core Strength</b> 10:15 - 11:00 AM <b>PowerPump</b> Rebecca	10:15 - 11:15 AM <b>Piloxing®</b> Irina	10:15 - 11:15 AM <b>Boot Camp</b> Lisa E	10:00 - 11:00 AM <b>Zumba®</b> Rotation	1:30 - 2:30 PM <b>Core</b> <b>Strength + Advanced Flexibility</b> Jeremy
	4:15 - 5:15 PM <b>Cardio, Weights, &amp; More</b> Brenda	5:15 - 6:00 PM <b>Boot Camp</b> Rachel	5:15 - 6:15 PM <b>PowerPump</b> Lisa L			2:30 - 3:30 PM <b>Zumba®</b> Rotation
5:30 - 6:30 PM <b>Piloxing®</b> Irina	5:15 - 6:15 PM <b>Rock, Sweat, Weights</b> Jeremy	6:00 - 6:30 PM <b>Core Strength</b> Sue D	6:15 - 7:15 PM <b>Zumba®</b> Ashley			
6:30 - 7:30 PM <b>Zumba®</b> Jenn	6:15 - 7:15 PM <b>Zumba®</b> Mandy	6:30 - 7:30 PM <b>Zumba®</b> Irina				

### ARENA - ACTIVE OLDER ADULT SCHEDULE

9:00 - 9:45 AM <b>SilverSneakers® Muscular Strength &amp; Range of Movement</b> Sue M	9:00 - 9:45 AM <b>SilverSneakers® Cardio Circuit</b> Sue J	9:00 - 9:45 AM <b>SilverSneakers® Muscular Strength &amp; Range of Movement</b> Sue M	9:00 - 9:45 AM <b>SilverSneakers® Cardio Circuit</b> Sue J	9:00 - 9:45 AM <b>SilverSneakers® Cardio Circuit</b> Rachel	
	10:00 - 10:45 AM <b>Flexibility n' Function</b> Sue J	10:00 - 11:00 AM <b>Zumba Gold®</b> Chrissy Krissy 10:00 - 11:00 ZUMBA GOLD® Krissy	10:00 - 10:45 AM <b>Flexibility n' Function</b> Sue J		

# Activate Healthy Living

## September Group Ex Schedule



## East Lycoming YMCA

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FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 – 7 am Spinning <i>Buffy</i> <i>90 min ride option</i>		6 – 7 am Spinning <i>Terri</i> <i>*VR 9/5 to 10/24</i>	<b>6:30 - 7am</b>  <i>Buffy</i> <i>Reg. Required</i>			
8:30 – 9:30 am <b>Cardio &amp; Cuts</b> <i>Kathy</i>						
9:30-10 am <b>Simply Stretching</b> <i>Kathy</i>	<b>9-10am</b>  <i>Angie/Buffy</i>	9 – 10 am Step & Tone <i>Kathy</i>	9 – 10 am Cardio Blast Rotation	9 – 10 am <b>Muscle Mania</b> <i>Cheryl</i>	9 - 10am Zumba <i>Ashley/Faith</i>	
10 – 11:30 am <b>Amrit Yoga</b> <i>"Kala" Pat</i>	10 - 11am Row, Ride & Redefine <i>Derek</i>	<b>10 -10:30am</b>  <i>Buffy</i> <i>Reg. Required</i>	10 – 11 am Zumba Toning <i>Megan</i>	10 – 11:30 am <b>Amrit Yoga</b> <i>"Kala" Pat</i>	<b>10:15-11am</b> <b>SuperStars</b> <i>Diana</i>	
9 – 10 am <b>GYM-</b> Silver Sneakers MSROM	10 – 11 am <b>GYM-</b> Silver Sneakers Cardio Circuit <i>Diana</i>	9 – 10 am <b>GYM-</b> Silver Sneakers MSROM	<b>10 – 11 am</b> <b>GYM-</b> Silver Sneakers Cardio Circuit <i>Julie</i>	10 – 11 am <b>GYM –</b> Silver Sneakers MSROM	<b>9 – 10:30am</b> <b>GYM-Hardcore</b> <b>&amp; More</b> <i>Buffy</i> <i>Reg. Required</i>	
4:30-5:30 <b>Skills &amp; Drills</b> <i>Denise</i>	4:30 – 5:30 Boot Camp <i>Lisa</i>	4:30 – 5:30 Turbo Kick <i>Megan</i>	<b>4:30-5:30</b>  <i>Angie/Buffy</i>	4:30 – 5:30 Zumba Toning <i>Irina</i>	<i>Please note the following:</i>	
5:30 -6:30 Spinning <i>Denise</i>	5:30 – 6:30 Zumba <i>Irina</i>	<b>5:30-6pm</b>  <i>Buffy</i> <i>Reg. Required</i>	5:30-6:30 Kick Boxing <i>Denise</i>	5:30 – 6:30 Spinning <i>Brooke</i>	<i>*AM Virtual Ride will run from Sept 5<sup>th</sup> to Oct 24<sup>th</sup></i>	
6:30 – 7:30pm Zumba <i>Chrissy</i>	6:30 – 7:30 Yoga <i>Renee</i>	6:00 – 7:00 Spinning <i>Beth</i>				

*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](mailto:wellness@elymca.org)