The Best Equipment For Your $ 

There are many types of exercise equipment out there. Some promise the moon. So how can you get the most for your money? Hands down the best equipment you can invest in for your money are multi-taskers and portable. Thera-bands are a must have. You can work just about any muscle at home or on the road. Just double the band or adjust the tension for resistance variety. Jump ropes are a great cardio workout. They’re also portable and can be used to facilitate stretching. Imagination is the limit with a physioball. Just like bands, you can work any muscle group, even on the road. Just deflate it and bring a hand pump. You can even use it for cardio by running around with it like a soccer ball. A polar monitor will help you monitor your heart rate any time of the day. Try using it the next time you clean the house. Adjustable weight dumbbells and ankle weights are also a smart buy. Having a choice of weight allows you variety without having to buy an entire set of weights. Exercise DVD’s are much less expensive than a gym membership and provide a great workout in the privacy of your own home. They can also be taken on the road with you. To keep track of your progress all you need is a reliable weight scale and a tape measure for girth measurements. When you can’t get into the Wellness or Fitness Center for your workout these can help you stay fit on your own for cheap. Just keep moving, that’s what’s important.

In honor of Heart Health Month the Wellness Center will be providing FREE cholesterol screenings for it’s employees.

When: February 16 - 20.
Each appointment lasts 15 minutes
You will receive your total cholesterol, HDL cholesterol and cholesterol ratio readings, blood pressure reading and a nutritional coaching session.

SPACE WILL BE LIMITED AND APPOINTMENTS WILL BE REQUIRED
The Wellness Center will begin taking appointments February 10.
Watch your email for the flyer containing further information.

It’s easy to beat yourself up for falling off the wagon. But that focuses on the negative and gets you nowhere. What you need to do instead is change your perspective. Rather than being upset with yourself for indulging in foods you shouldn’t, turn the situation around. Put it past you, cause you can’t change the past, and resolve to do something healthy to counteract it. Get up and go for a walk, clean the house, wash the car, anything that gets you up and moving. Then decide that you’ll try not to indulge again. Staying focused on healthy behaviors helps keep you positive and much more motivated to stay on track. It’s ok to fall off as long as you get back on!

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Veggie Tortilla Wraps
Whole Wheat Tortilla
Cheese
Salsa
Vegetarian Sausage Pattie
Plain Yogurt
Brown the tortilla in the oven with cheese and salsa of your choice lightly layered on top. Meanwhile, heat the vegetarian pattie in the microwave for about 1 minute then chop it up. Add the sausage and a dab of yogurt to the top of the tortilla and roll into a burrito.

Make Time For Breakfast
Breakfast truly is the most important meal of the day. Yet many people run off to work or school without. You couldn’t drive down to Key West without putting fuel in your car, could you? So how do you expect to get through the day without putting “gas” in your “car”? Without breakfast, your brain and body have no fuel to work on. This can cause sluggishness, drops in blood sugar levels, lack of concentration and many other problems. Not having time is a poor excuse at best. It’s easy to find portable, healthy options such as granola bars, smoothies or fruit. A great option is to prepare a week’s worth of meals on the weekend and freeze them. A quick heat in the microwave and it’s ready to go. There’s always time for breakfast!

How you eat is more important than how you train.

All women, young and old, should not skip out on their yearly cervical cancer screenings. It’s very important to catch cervical cancer as early as possible - before it spreads!

February is Healthy Heart Month. Eat right, exercise and make an appointment to get your heart checked.

Hard Time Keeping or Losing Weight?
Millions of people have a hard time losing or maintaining their weight despite exercising and eating right. The answer may be in the thyroid gland. The thyroid gland is small, butterfly shaped and located on the front of the throat just below the Adam’s apple. The thyroid gland is part of the endocrine system. It takes iodine from food and converts it into thyroid hormones T3 and T4. Thyroid cells are the only ones in the body that absorb iodine. T3 and T4 get released into the bloodstream and travel throughout the body. Every cell in the body depends on thyroid hormones to regulate their metabolism. Hyperthyroidism is when too much thyroid hormones is produced causing increased metabolism and weight loss. Hypothyroidism is the opposite. Too little hormones is produced slowing down metabolism. It’s much harder for a person with hypothyroidism to lose weight, despite doing everything right. If you’re in this position see your doctor. A simple blood test will determine thyroid activity. If the hormone levels are off it may be as simple as changes in diet or medication to correct the problem and get you back to a healthy weight.
Breathing Easier

If you have asthma or allergies pollution and allergens are your enemies. Investing in an air purifier can help clean up your home and office space. Just remember to clean the filter regularly. You can also do your part to help the environment by planting trees. They will provide shade for your house and landscaping as well as oxygen. Most important - get rid of the clutter. Extra pillows on beds and couches, piles of books and rugs are notorious dust/allergen trappers that will all contribute to making you miserable. Breathe easier - lighten your load and clean up your surroundings!

Controlling Leptin Levels May Help You Lose Weight

Leptin is a chemical produced by the fat cells. Scientists are researching Leptin as the possible master hormone that controls appetite. After a meal, Leptin is release from the fat cells and travels to the brain to where it suppresses hunger. As the food digests, Leptin levels start to drop and appetite starts to build again. Things like lack of sleep, fasting and very low calorie diets also lower leptin levels possibly leading to obesity. You can keep Leptin levels in the brain higher by eating foods that are lower in triglycerides, take in fish oil, get 8 hours of sleep and exercise often.

Carpal Tunnel 101

Carpal Tunnel Syndrome is when swelling in the wrist compresses the median nerve causing pain and weakness in the hand. The carpal tunnel is the name of the space on the palm side of the wrist that the tendons and nerves pass through to enter the hand. Carpal tunnel syndrome is most often caused by repeated, forceful movements of the wrist, trauma or a wrist injury that causes swelling. Symptoms are usually burning, tingling or numbness of the hand on the palm side, fingers feel swollen without swelling, decreased grip strength, feeling the need to “shake” your hands out and pain upon waking or at night. Treatment includes rest, medication, splinting and therapeutic exercises to increase mobility and strength. Alternative therapies like acupuncture and yoga may also be beneficial. As always, surgery is a last resort but relief is instantaneous. In surgery, the doctor will slice through the transverse carpal ligament which releases the pressure on the median nerve. Recovery then focuses on healing of the wound and reducing swelling caused by the surgery.

Teriyaki Chicken Breast

1/4 cup Low-Sodium Soy Sauce
2 tbsp Brown Sugar
2 tbsp Dry Sherry
2 tbsp Rice Wine Vinegar
2 cloves Garlic, crushed or minced
1 tsp Fresh Ginger, finely grated
1/4 tsp Red Pepper Flakes
2 lbs Skinless Chicken Breast
2 tsp Sesame Seeds

Combine soy sauce, sugar, sherry, vinegar, garlic, ginger and red pepper flakes and stir until sugar dissolves. Put in a zip top bag and add chicken. Seal bag and marinate chicken in refrigerator for 1 hour. Heat broiler to high. Broil chicken until brown and crispy, 8-10 minutes. Flip chicken and broil about 8 minutes longer. Sprinkle with sesame seeds and cook until seeds turn golden brown and chicken is done.
Myth: WHEN YOU STOP EXERCISING MUSCLE TURNS TO FAT

Fact: It is not possible for one type of tissue (for example: muscle) to turn into another (for example: fat). Muscles are composed of striated, contractile, bundled fibers. Fat is adipose cells, which are like water balloons that hold onto fat. When you stop exercising what really happens is that muscles weaken and lose their mass and shape. At the same time there is usually in increase in the size of the fat cells which is what makes you soft and pudgy. The opposite happens when you start exercising again. Muscles increase tone and mass and fat cells shrink in size.

Sometimes the most productive way to finish your work is to put it down. Stepping away to go do something fun for awhile is good for the mind, body and soul. It’ll recharge your batteries and give you a fresh perspective. In the end, you’ll finish your work more productively and efficiently.

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"A lie can travel halfway around the world while the truth is putting on its shoes" - Mark Twain