



Healthy Titans

Fitness Program Newsletter

November 2008



Training Tips for Travelers

Many Americans spend a significant amount of time traveling, for work and for pleasure. Traveling, however, can make regular exercise very difficult. Unforeseen obstacles, such as delayed flights and long work days, and simply being unaware of your surroundings can leave many with a number of excuses. But fear not, with a little bit of preparation you can turn your travels into fun and exciting workouts in no time.

▪ If you tend to visit the same area frequently there are thousands of running clubs all over the United States that are more than willing to have travelers join. Here is a website you can visit to find out what

times and locations groups are running: www.usaf.org.

▪ Worried about getting lost? Well look no further. GPS watches not only tell you where to go but also keep track of how far you have gone. Online maps, as well as the yellow pages, are another excellent resource to find parks and trails. Check out www.mapmyrun.com or www.mapmyride.com.

▪ Have a competitive side? Sign up for a race or fun run/walk. Even if it adds a few days to the trip it can add an exciting twist into the everyday workout routine. Check out this website to see if there are any events in the area you're

headed: www.coolrunning.com.

▪ Once checked in, leave your stuff in your room and go for a run/walk. Running for about 32 minutes may off-set jetlag, according to Metrosports of Washington. It has been suggested that the run shakes out the stiffness and realigns the body to the new time zone.

So wherever your destination may be, there are opportunities to boost health and discover your new location. With a little extra work you will be running across America in no time.

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Prepared by:
 Brittany Hirssig
 Yang Chang
 Hollie Vandenberg
 Justin Kramer
 Katie Wondra
 Mike Guist
 Billy Klitz

Don't Forget Your Back!

According to a recent article published in *Occupational Health*, one out of six workdays is lost due to back-related injuries. Four out of five people will suffer from back problems in their lifetime. Most back pain among

adults is caused by improper use of the back during periods of high stress.

Your back is a very useful tool that you use every day throughout your day. It provides a great deal of support for your body and helps

to make all types of movements possible, including bobbing your head, swinging your arms, walking, lifting objects, and much more.

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Beat the FLU!



According to an article published in the "Journal of Occupational Health," 7.5 million workers have taken a day off work because of cold or flu like symptoms. There are no known cures for colds and flu, so cold and flu prevention should be your goal. A practical approach to fighting off colds and flu is to make your whole life healthier. There are a number of simple steps you can take to help fight off the sniffles.

1. Wash Your Hands:

Most cold and flu viruses are spread by direct contact. Someone who has the flu sneezes onto their hand, and then touches the tele-

phone, the keyboard, or a kitchen glass. The germs can live for hours -- in some cases weeks -- only to be picked up by the next person who touches the same object. So wash your hands often. If no sink is available, rub your hands together very hard for a minute. That also helps break up most of the cold germs. Rubbing an alcohol-based hand sanitizer onto your hands also is a good way to kill germs.

2. Drink Plenty of Fluids:

Water flushes your system, washing out the poisons as it rehydrates you. A typical, healthy adult needs eight 8-

A sneeze can reach speeds of 155 MPH and can travel up to 9 feet.

ounce glasses of fluids each day. Vitamin C that is taken daily as a preventative measure can also help shorten the length of a cold when it hits the body.

3. Get Fresh Air:

A regular dose of fresh air is important, especially in cold weather when central heating dries you out and makes your body more vulnerable to cold and flu viruses. Also, during cold weather more people stay indoors, which means more germs are circulating in crowded, dry rooms.

4. Do Aerobic Exercise Regularly:

Aerobic exercise increases heart

rate which will allow the heart to pump more blood; this will make you breathe faster to help transfer oxygen from your lungs to your blood; and makes you sweat once your body heats up. Exercising helps increase the body's natural virus-killing cells.

5. Relax :

Teaching yourself to relax can activate your immune system on demand. There's evidence that shows when you put your relaxation skills into action, your immune system response against cold and flu viruses -- increase in the bloodstream.

Germ Farm



Parents & Educators Wake Up!!

All across the world childhood obesity is becoming a bigger and bigger problem. According to an article published in the fitness magazine *IDEA Fitness Journal*, *childhood obesity rates in the United States are among the highest. A whopping 25% of United States children age 10-16 are considered overweight and 6.8% of our nation's children are considered to be obese.*

Childhood pre-obesity and

obesity not only impacts physical health (i.e., heart disease, hypertension, decreased liver and kidney function, etc.), it can also be a mental health problems. Mental health issues may include poor self-esteem, loneliness, or negative self image.

Although the obesity epidemic is getting more out of control, there are many ways that parents and educators can help to control this issue. First,

parents can limit the amount of TV and video games that their children watch and play. Children should also be accumulating approximately 60 minutes of daily physical activity. Finally, parents and educators can teach children how to make smart food choices and explain why it is necessary to make these healthy decisions.

Oh, Oh ORGANIC!

A 2006 study published in the journal *Nutrition Today* estimated that about 65% of Americans have tried organic foods for the following three major reasons: pesticide avoidance (70.3%), freshness and quality (68.3%), and health and nutrition benefits (67.1%). The growing organic food market caters to people who are bothered about how their food is produced, what is in their food, and how it affects their health. Although organic food tends to be more costly than nonorganic food, people will go to great lengths to buy it. According to the study, Whole Foods Market has increased its sales at a rate of 32% per year since 1992, while nonorganic food stores have only increased by 5%. The article advises people, who are unable to buy organic food all the time due to cost, to just buy organic fruits and vegetables. The following are the most pesticide contaminated fruits and vegetables and should be the foods you buy organically first: peaches, strawberries, apples, spinach, nectarines, celery, pears, cherries, potatoes, sweet bell peppers, raspberries, and imported grapes. Keep in mind, however, that the health benefits obtained from eating fruits and vegetables outweigh any risks associated with pesticides.



Life is busy....

7 days in a week

24 hours in a day

60 minutes in an hour

That's 10,080 minutes in 1 week

3x30 minute exercise sessions per week = 90 minutes

That's less than 1% of your week!

Don't Forget Your Back! (cont. from page 1)

Here are a couple strength training exercises that can be done in the gym or at home without any exercise equipment. Individuals who currently have back pain or a back injury should consult their primary care provider before trying either of these exercises.

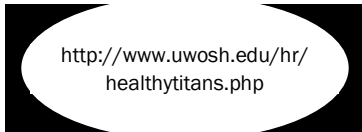
Superman: Lie face down with arms extended overhead (make yourself 'long'). With your abdominals tight, raise and extend your right arm and left leg several inches off the floor (again, make yourself 'long'). Hold for 2-3 seconds and return to starting position. Com-

plete 10-12 repetitions and then switch to your left arm and right leg.

Back Extension: Lie face down with your arms by your sides, palms facing up. Hold your head up slightly or rest your forehead on the floor. Relax your shoulders into the floor,

but keep your abdominals tight. Contract your gluteal muscles (your butt muscles) and use your lower back muscles to slowly lift your shoulders and chest off the floor. Lower and repeat for 10-12 repetitions.

Department of Kinesiology
 101A Albee Hall
 (920)424-3251
 healthytitans@uwosh.edu



Healthy Titans Mission

We are dedicated to educating, motivating, and empowering UW Oshkosh employees, their family members and students to make healthy life-style choices that provide for optimal health and overall quality of life.

Healthy Titans Vision

UW Oshkosh will be a role model among higher education institutions and employers in our community in providing innovative, collaborative and energizing programs for holistic growth in healthy lifestyles for the members of our campus community.

B H U M T I T A N S T F T N I
 C E F U H F C C O X H O O E V
 T A P S A U E X E R C I S E S
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 R P N C S G L K S E S B A H Q
 G W E L L N E S S L K S J U E

WINTER
 EXERCISE
 THANKSGIVING
 MUSCLE MIX
 HEALTHY
 NUTRITION

TITANS
 WELLNESS
 CARDIO
 SNOWFLAKES
 WEIGHTS
 STRETCHING

Leftover Thanksgiving Turkey? Use it in this recipe...

Turkey Enchiladas

PREP TIME 25 Minutes COOK TIME 20 Minutes

INGREDIENTS:

- | | |
|---|--------------------------------------|
| 2 cups shredded Cheddar & Monterey cheese blend | 1 (2 ounce) can sliced black olives |
| 1 onion, chopped | 1 (19 ounce) can red enchilada sauce |
| 24 (6 inch) corn tortillas | 4 cups cooked turkey, chopped |

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease a 9x13 inch baking dish.
2. In a small bowl, combine the cheese, onion, and black olives.
3. In a small skillet, heat enough oil to lightly coat one tortilla, and cook until soft. Remove and dip in enchilada sauce to coat.
4. Add turkey and cheese mixture to center of tortilla, roll and place in the prepared dish. Repeat until bottom layer of pan is covered with enchiladas. Spread enough sauce over bottom layer to cover.
5. Repeat process with a second layer; spread remaining sauce on top and sprinkle with remaining cheese mixture. Bake 20 minutes in the preheated oven, or until cheese is melted.

