

SPECIAL
POINTS OF
INTEREST:

- How to beat the holiday blues
- Fight the fat this holiday season
- Healthy Recipe
- What's Going on in Moscow This Month



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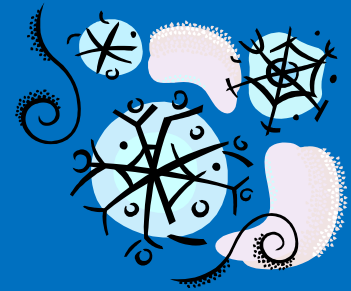
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Message from the Wellness Committee

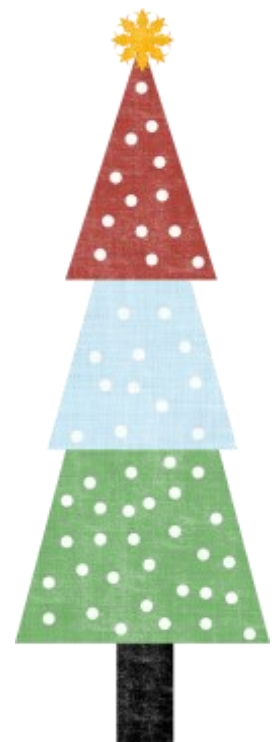
Winter is on the Way!

With winter steaming in like a freight train we can all start to prepare for the many trials and triumphs of the winter months and holiday season.

Here are a few suggestions for how to dress for the season.

- ◆ Wear loose, lightweight, warm clothes in layers. Trapped air insulates.
- ◆ Remove layers to avoid perspiration and subsequent chill.
- ◆ Outer garments should be tightly woven, water repellent, and hooded.
- ◆ Wear a hat. Half of your body heat loss can be from your head.
- ◆ Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves.
- ◆ Try to stay dry!

<http://www.crh.noaa.gov/images/gid/WCM/awareness>



Letter from the Editor



Hello! My name is Katie Kauffman, I live in Twin Falls, Idaho and teach middle school physical education. I am currently working on my masters in Physical Education Pedagogy. In my free time I am raising 3 wild boys ranging from age 7 to 10 months. I am also the varsity girls soccer coach at one of the local high schools. My favorite thing about the holidays is getting to spend time with all of my close family and friends., without the stress of everyday life.

Sponsored through the support of Dr. Grace Goc Karp and Professor Cathy Berei in the Dept. of Movement Sciences

If you're resolving to be fitter and healthier in 2015, that's great news. But beware: Even though you have good intentions, some fitness resolutions can actually end of backfiring, says Greg Justice, a certified personal trainer and author of *Mind Your Own Fitness*. Here are three resolutions that you shouldn't make in 2015.

“I will exercise every day.”

Props to you for utter devotion to the cause. But in a counterintuitive twist, working out every day can actually bring you down. Justice explains “you can do damage to your body if you exercise everyday, because your muscles haven't had enough time to recover”.

A better goal: Aim to exercise three to five days a week, leaving a couple days in between for your body to recover. And of course incorporate more movement into your daily routine.

“I'm going to get really toned arms this year.”

Targeting your fitness goals toward one area of your body isn't good, and that's because it's simply too specific. The goal should be to strive for overall health and fitness because that what working out is really about.

A better goal: Aim for full-body fitness, not targeted toning.

“I will reach my fitness goals on my own.”

Many of us want to everything we want without asking for help. But adopting that kind of mentality means you miss out on a crucial fitness motivator: other people. Justice explains “when you try to work out all on your own, you lose the opportunity for peer support and accountability, both of which are proven to help you stay motivated and on track with your goals”.

A better goal: Aim to sign up for workout classes with a group, or organize group runs to get peer support.
<http://www.womenshealthmag.com/fitness/fitness-resolutions>

Recipe: Cinnamon Caramel Apple Energy Balls



Prep Time: 10 minutes

Total Time: 10 Minutes

Ingredients:

1/2 Cup of pitted dates

1 Cup dried apples (not freeze dried, these are the chewy ones)

1/2 cup oats

1/2 teaspoon cinnamon



Cooking Directions:

1. Combine all of the ingredients in a food processor and process until it forms a thick paste.
2. Using about a tablespoon of the mixture, roll into balls. If you want the little bites use about 1/4 teaspoon.
3. Enjoy

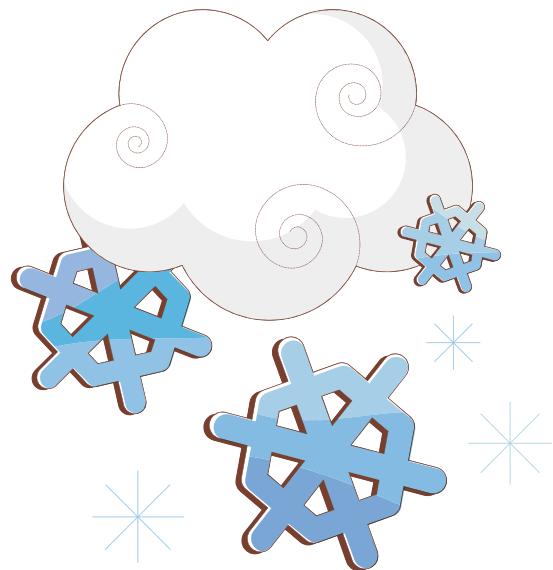
<http://cupcakesandkalechips.com/2014/08/17/cinnamon-caramel-apple-energy-balls/>

How to Beat the Winter Blues

The winter blues, also known as Seasonal Affective Disorder (SAD), is a very common mood disorder. SAD is a mild depression triggered by a decrease in exposure to sunlight as fall turns to winter and daylight hours are fewer. SAD can be treated with little to no medical intervention, depending on severity.

Read more : http://www.ehow.com/how_2068037_beat-winter-blues.html

- Increase exposure to light. Keep lights continuously throughout your house. Purchase a light box.
- Exercise daily. Exercise outside when possible. Spend at least 30 minutes exercising aerobically to increase serotonin levels.
- Eat healthily. Increase complex carbohydrates, fruits and vegetables. Stay away from high sugar, excess fat and highly refined foods.
- Go to bed early and wake up early. Spend as much time awake during daylight hours as possible.
- Consult a physician to get information on prescription drugs and herbal remedies. Keep follow up appointments with the health care provider.
- Do not drink alcohol. Alcohol further depresses the mind and body resulting in increase of Seasonal Affective Disorder.
- Get out of the house. Find social groups, support groups, start a new hobby or take classes at a local college. Avoid sitting around the house dwelling on the winter blues.



**The groundwork of
all happiness is
health.**

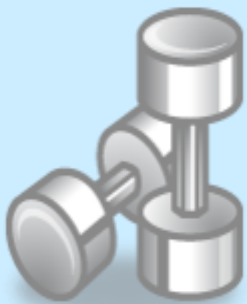
-Leigh Hunt

**Toughness is in the
soul and spirit, not
in muscles.**

-Alex Karras

**Whether you think
you can or whether
you think you can't,
you're right!**

-Henry Ford



10 Best Indoor At Home Exercises & Workouts Without Equipment

1. Jump Rope- If you want a good workout try jump roping. Try jumping in one minute intervals.
2. Stair Stepping-Stair stepping is a great exercise to do in your home, even if you don't have a set of stairs available. Find the biggest book you own (or a sturdy chair), put it in front of the TV, and step up and down while watching your favorite show. You may not work up a sweat like you would with a jump rope, but you will be keeping your body active and healthy.
3. The Plank-If you don't have a lot of time, but you want to build up your core muscles, this is the exercise for you. Get into a push-up position, but instead of bending your arms and moving down towards the floor, hold the position with your arms extended. Start off holding the position for 30 seconds, and add an additional 10 seconds every day. See how long you can go for – it's definitely not easy! This is one of the most challenging exercises, but it's also one of the best for your core.
4. Dancing-Dancing is an excellent way to burn calories, and get your heart rate going while having fun. If you are in the privacy of your own home, there is no need to look like a pro or impress anyone.
5. Lunges- Try it whenever you go down the hall, or from room to room. If that gets too easy for you, hold weights in your hands to make the lunges more challenging.
6. Cleaning-Cleaning can be very physical, especially vacuuming and mopping. If you are unable to go out one day to ride your bike or go for a run, set up a [house cleaning schedule](#) and clean your house instead. You might as well kill two birds with one stone!
7. Water Bottle Weights-If you are looking to do some arm, shoulder, and back strength training, you can make your own weights by filling up water bottles. If using water bottles becomes too easy, use milk jugs. You can tailor the exercise to your level by filling the jugs to the exact weight that you need. For a greater challenge, increase the water amount just a little bit each time you workout.
8. High Knees-Instead of running in place, high knees can really get your heart pumping, especially if you go double time. To do this exercise, march in place or down a hall, and bring your knees as high as they can go.
9. Jumping Jacks-This is another elementary school throwback, but it offers a great cardio workout. If you are watching a TV show, get up during the commercials and do a round of jumping jacks.
10. YouTube Workouts-There are a lot of workout routines on YouTube. You can search "workout," or you can search by the specific type of workout that you would like. This eliminates the need to use workout DVDs, and it allows you to mix up what you are doing to avoid boredom and [lose weight fast](#). YouTube is also great if you want to do a traditional workout with push-ups, squats, and crunches, but are unsure on how to properly do these types of exercises. There are tons of videos that instruct you on how to use correct form as you exercise.

<http://www.moneycrashers.com/indoor-at-home-exercises-without-equipment/>





HAPPY NEW YEAR!



January 2015

Sun

Mon

Tue

Wed

Thu

Fri

Sat

				1 HAPPY 2015! Moscow First Thursday	2	3 UI Men's BBall- 7 pm-Cowan Spectrum
4 Therapeutic Yoga 2 pm or 4 pm	5 School Resumes from break	6 Moscow Food Co-op Night music series	7 Inland North- west Blood Drive -Gritman Medical Center	8 Live music at Bucer's Coffeehouse and Pub	9	10 UI Men's BBall- 7 pm-Cowan Spectrum
11	12 Through the Lens: An American Century begins- WSU Museum of Art	13 Moscow Food Co-op Night music series	14 Inland North- west Blood Drive -Gritman Medical Center	15 UI Women's BBall-6 pm- Cowan Spectrum	16 Winter Wanderings Family Series: Owl Moon!-6:30 pm- Palouse-Clearwater Nature Center	17 UI Women's BBall-2 pm- Cowan Spectrum
18 Storytime Yoga 12 pm	19 Martin Luther King Jr. Holiday—No School	20 Moscow Food Co-op Night music series	21 Inland North- west Blood Drive -Gritman Medical Center	22 UI Men's BBall-7 pm-Cowan Spectrum	23	24 UI Men's BBall-7 pm- Cowan Spectrum Bandfest XXXVIII 8 am—UI Auditorium
25	26	27 Moscow Food Co-op Night music series	28 Inland North- west Blood Drive -Gritman Medical Center	29 Live music at Bucer's Coffeehouse and Pub	30	31 UI Women's BBall-2 pm- Cowan Spectrum

