



**SPECIAL POINTS OF INTEREST:**

- Family Activities
- Healthy Holiday Recipes
- Fitness
- Stress Management
- What's Going on in Moscow This Month

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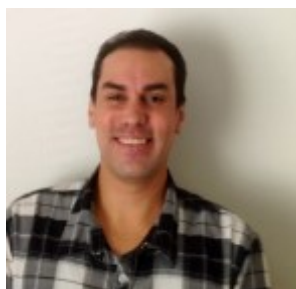
## Message from the Wellness Committee

### The Holidays are Right Around the Corner

The holidays are coming up and that means delicious food, vacation time, family togetherness, and cold weather. As you have noticed, the weather in Moscow, Idaho has been really cold which can pose a problem for families who like to be active outdoors. However, the increase in cold weather does not mean families should stop being active. The indoor activities in this newsletter will provide families with a few ideas for safe and fun environments to be active! HAPPY HOLIDAYS!



## Letter from the Editor



Hello! My name is Paul Alderete and I am in my second year as a full time graduate student specializing in Physical Education. I grew up in the Los Angeles, California and earned my Bachelor's degree in Health Science and specialized in health psychophysiology bio-feedback from Cal State Fullerton University. I hope you all have a fantastic and enjoyable December!

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

**University of Idaho**  
College of Education

# 5 Fitness Myths

1. Many people believe that stretching before a workout can decrease the chance of injury and muscle spasm however, the opposite is true. By stretching before a workout you are actually destabilizing your muscles and making them more susceptible to injury.



2. Doing a set of sit ups or crunches everyday will make you lose fat, which is not true. Sit ups are a basic exercise that puts strain only on one part of your body. This means you will strengthen your abs, but very slowly, and because other parts of the body are not being used those abs will be covered in a thick layers of fat because typically you lose 2 calories per session.



3. You do not need a gym to get a great workout. You already have most of the equipment you need at home; a rug, chair, wall, and a timer. You can get a full body workout at home.

4. Some believe in the old expression no pain no gain, however at no point should exercise be painful. Sure you might be sweating, breathing hard and have burning muscles but in no way should you keep going if you have sharp pains. Pain is your body telling you "hey man stop"!

5. A lot of people swear by the machines at their gym perfectly built to work out certain parts of your body and automatically putting your body in the right position. However, most of the time, the person working out on the machine only knows the basics of how it works; put arms here, push forward and repeat. They don't know that the machine needs to be adjusted to accommodate their weight and height, resulting in a sub par workout.

<http://dailyhealthpost.com>

## Shortbread Dough



### Ingredients

1 1/2 cups unsalted butter (cold, cut into 36 pieces), 1/2 cup sugar, 3 tsp vanilla extract, 3 cups all-purpose flour, 1/2 tsp salt

### Directions:

1. Combine the butter, sugar, and salt in the bowl of a stand mixer fitted with the paddle attachment. Mix on medium-low speed until the ingredients just come together, about 1 minute. Scrape down the sides and add the vanilla extract, beating until combined, about 1 minute. Add the flour and salt and mix on medium-low speed until the dough just comes together, 1 1/2 to 2 minutes.

2. Turn the dough out onto a lightly floured work surface and pat into a mound. Roll the dough into a log, 36-inches long and even in thickness. Cut the log into three (12-inch) pieces. They can use used immediately or wrapped and refrigerated for at least an hour for firmer shapes. The unbaked logs of dough can also be wrapped and frozen for up to 1 month. Bake according to recipe instructions

## Healthy Recipe: Curry Pumpkin Soup

**Prep Time:** 20 minutes:

10 minutes cook time

**Total Time:** 30 minutes

**Yield:** 2-3 minutes

**Ingredients:** Fresh Mushrooms, Onion, Garlic, Butter, Flour, Yellow Curry powder, Pepper, Nutmeg, Vegetable broth, Canned pumpkin (organic), Evaporated milk, Honey or agave, Fresh chives for garnish.



### Cooking Directions:

1/2 lb. fresh sliced mushrooms  
1/2 cups chopped onion,  
1 tablespoon chopped garlic (optional)  
2 tablespoons butter  
2 tablespoons all-purpose flour  
1/2 to 1 teaspoon yellow curry powder (optional)  
1/4 teaspoon pepper  
1/2 teaspoon salt,  
1/4 teaspoon nutmeg (optional)  
3 cups vegetable broth,  
1 (15oz) canned pumpkin (organic)  
1 (12oz) can evaporated milk  
1 tablespoon honey or agave  
fresh chives for garnish.

In large saucepan sauté the mushrooms, onion and garlic in butter until tender. Stir in the flour and curry powder until blended. Gradually add the broth 1/2 cup at a time and bring to boil each time. Cook and stir for 2 minutes or until thickened. Add the pumpkin, milk, honey, salt, pepper, and nutmeg. Heat until hot. To reach desired thickness, add 1/4 teaspoon cornstarch in a little water until it becomes a thin liquid. Repeat if needed. Garnish with chives.

# Fun Indoor Family Activities

## Hamilton Indoor Recreation Center (HIRC)

1724 East F Street, Moscow, Idaho  
Voice: 208 883 7084 Fax: 208 883 0544

<https://www.ci.moscow.id.us/parks-rec/Pages/hirc.aspx>



The Hamilton Indoor Recreation Center is a great place to be active with the family during the winter. The HIRC provides a warm and friendly environment. The recreation center is an exciting and fun place where you can go with your family any time of the year.

## Palouse Empire Gymnastics

950 NE Nelson Ct, Pullman, WA 99163

<http://www.palouseempiregymnastics.com/>



Palouse Empire Gymnastics is a great place for your children to be active in a safe and warm environment. Palouse Empire Gymnastics have been teaching gymnastics and life lessons to the children of Palouse for over 14 years. The Moscow facility is 9000 square feet and provides gymnastics and preschool equipment. The types of equipment include a 40' in ground Tumbler Trak, an in-ground foam pit, 2 trampolines, a mini trampoline, and five 30ft air floors. Over 400 students visit PEG programs every week. Programs range from toddlers to competitive gymnastics.

## Palouse Ice Rink

1021 Harold St. Moscow, Idaho

<http://www.palouseicerink.com/>



# Palouse Ice Rink

LATAH COUNTY FAIRGROUNDS, MOSCOW, IDAHO

The Palouse Ice Rink is a great place to spend some activity time with the family during the holiday season. The rink is a 3/4 size ice sheet and are in the process of fundraising to construct a full size sheet of ice with support facilities.

## Zeppoz

780 SE Bishop Blvd

Pullman, WA 99163

(509) 334-7101

<http://www.zeppoz.com/>



If you're looking to have fun with the family in a warm indoor facility then Zeppoz is the place to go. Zeppoz provides a family fun atmosphere and provides activities such as bowling, arcade, and family dining restaurant that is appropriate for all ages.



## 5 Stress Management Tips

**Use Adaptogens:** Special herbs that appear useful in stabilizing physiology and improving anxiety and stress.

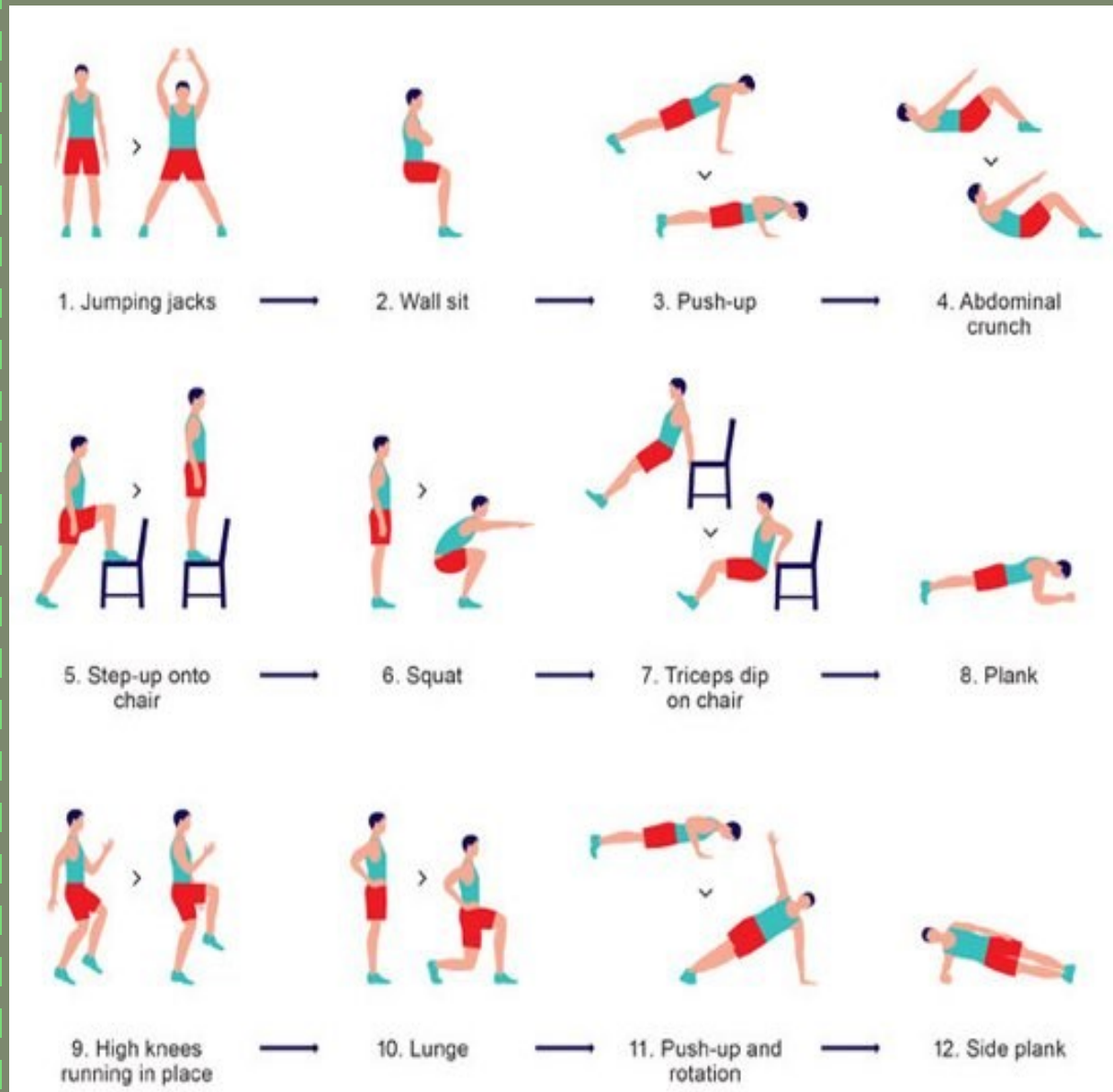
**Deep Breathing:** Place your hand on your diaphragm. Breath deep and slow through the nose and slowly exhale through the mouth. Repeat. Practice for 5 minutes.

**Meditation:** Shown to benefit heart patients, and should be taught routinely. May slow aging and improve memory while dealing with stress.

**HeartMath:** An online program using heart-centered breathing and positive emotions to restore balance between the sympathetic and parasympathetic nervous systems.

# Home Workouts

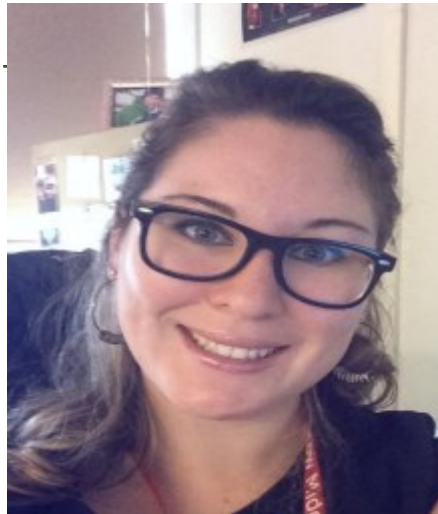
Many people believe that you can only get a great full body workout at the gym, however, this is not true. You can get just as great of a workout inside your own home. All you need is a chair and a mat. There are hundreds of exercises you can do at home. Provided in the illustration below are a few workouts, that when all are completed together give you a great full body workout. You are going to want to do 2-3 reps of 15-20 sets of each workout. Stop if the workouts become to painful and make sure you stay hydrated. HAVE FUN!



# Local Teacher's View on Managing a Hectic Schedule

## Interview with Moscow Middle School Health Teacher and WSU Graduate Student

**Rebekah Lamb**



## How to lose stubborn belly fat with these three strategies:

### 1. Intermittent Fasting

This strategy for losing stubborn belly fat works by tricking the body into developing a more efficient metabolism.

Essentially, going longer periods in between meals – roughly 12 to 18 hours – occasionally helps the body to burn more fat by inhibiting a-2 receptors and activating b-2 receptors.

### 2. High Intensity Interval Training

When it comes to busting fat with exercise, high intensity interval training is the best way to lose stubborn belly fat. This is because interval training actually burns more calories per unit of time than a steady pace workout. High intensity interval training, also known as HIIT, is also extremely beneficial for increasing insulin sensitivity and glucose tolerance.

### 3. Caffeine with Fasting and Exercise

Caffeine is a thermogenic, meaning that it speeds up your metabolism to help you use more calories as a part of both daily function and when you exercise. If fasting and exercise don't bust through that stubborn belly fat on their own, try adding in 200mg caffeine per day with your workout, up to 600mg per day if you typically consume a lot of caffeine (via coffee, tea, or energy drinks) and already have a tolerance for it.

<http://dailyhealthpost.com>

**Now that it is getting cold how do you like to unwind in the winter?**

I am a member of the recreation center at WSU and it is all indoors. The activities I enjoy at the recreation center are rock climbing and running on the indoor track.

**I know you have a heavy workload so how do you manage to stay emotionally and mentally healthy?**

I communicate to my husband a lot and ask him for help. Being a first year teacher I ask for advice from the other teachers at MMS and how they normally do things, because sometimes managing a classroom is not as easy as people assume. Also making sure I manage my time wisely because if I wait until the last minute to either plan something or wait to do it at the last moment then the quality of work is most likely to be of poor quality or not be my best work.

**What are some good tips for juggling a hectic schedule?**

I use my binders such as my teaching binders and I organize them monthly so it is not too overwhelming and I have my calendar for my classes. When I complete a task I really enjoy putting a checkmark by it to remind me I completed it. Calendars and planners are a must for juggling a hectic schedule.

**Does the holiday season stress you out or do you really enjoy the holidays?**

No I am excited for the holiday season. I feel that it is another way for me to relieve stress. I love decorating and cooking. I love being with other people, especially my husband! The holiday coming up also means the end of semester is approaching

and that makes me excited and the students are also excited because family is coming and they get to enjoy some much needed time off school. Also seasonal class activities are really enjoyable for the students and myself.

**Because the holiday season is often associated with higher stress I am curious in your health class do you teach stress management to your students?**

We do not touch on stress management that much. Our big thing is planners and how to use your planner. In that way being organized with their planner helps them de-stress by getting the dates of when assignments are due and assignments that have already been completed.

**Any last words you would like to share to the wonderful people of Moscow?**

You can do a lot of things if you set your mind to it. But there is not enough time in a day to finish all the things you want to get accomplished so taking time for yourself is definitely important for keeping yourself fresh. For example I like to get all my work done before Thursday arrives so that I can have that day to refresh my batteries by watching my favorite TV shows. Thursday is my time and I manage my schedule so that I can fully relax and enjoy my shows. Please everyone in Moscow find some time to relax and enjoy yourself without any hassles or stresses. Happy Holidays Moscow!

# Calendar Details

## Light Up the Night Holiday Parade 2014

Event will be held on 12/3/14 at  
7pm

Kick off the 2014 Holiday Season at this year's "Light Up The Night" Holiday Parade in Downtown Moscow! The "Light up the Night" Holiday Parade will begin promptly at 7 pm, and everyone is invited to come out and watch this fantastic display of lights using the holiday theme.



## Annual Candy Cane Hunt

Reg. starts 8/1/2014 and ends  
12/20/2014

Event is held on 12/20/14 at 12:00

This year the event will again follow the Breakfast with Santa. Children will warm up with cookies and hot cocoa and enjoy the hunt outside McConnell Mansion and then come and enjoy the holiday décor of McConnell Mansion.

# December 2014

Sun Mon Tue Wed Thu Fri Sat

30	1	2 <i>6th Street Senior Center Dances</i>	3 <i>Light Up the Night Holiday Parade 2014</i>	4 <i>UI Palouse Holiday Dinner</i>	5 <i>The Yoga Tradition &amp; Practice</i>	6 <i>Palouse Cares Food Drive &amp; Auction</i>
7	8	9 <i>6th Street Senior Center Dances</i>	10	11 <i>6th Street Senior Center Dances</i>	12	13
14	15	16 <i>6th Street Senior Center Dances</i>	17	18 <i>6th Street Senior Center Dances</i>	19	20 <i>Annual Candy Cane Hunt</i>
21	22	23	24	25 <i>Christmas Day!</i>	26	27
28	29	30	31			

