



YMCA Personal Training

Achieve Your Personal Best

Volume 3, Issue 3



Recipe of the Month

Combining different styles and cultures in meals is a great way to bring creativity to your diet. This is a fusion dish where Mediterranean-inspired hummus meets Latin quesadillas for a flavorful taste explosion your guests are sure to love.

Chicken and Veggie Hummus Quesadillas

Ingredients

Red-pepper hummus 1/4 cup

Chicken breast 10 oz. (raw)

Portobello mushroom cap, chopped 1 large

Small, 100-calorie multigrain tortillas 4

Goat cheese 4 tbsp

Red onion, chopped 1/2 cup

Garlic, minced 2 tbsp

Fresh cilantro garnish

Pico de gallo garnish

Coconut oil spray



Directions

1. Spray a nonstick skillet with coconut oil spray, and set on medium-high heat.
2. Sear 1 tablespoon minced garlic in the skillet, then toss in chopped mushrooms. Sear and cook for about 3 minutes, stirring quickly with a spatula so that the mushroom does not completely wilt. Set aside in a separate bowl.
3. Sear 1 tablespoon minced garlic in the skillet, then toss in chicken breast. Cook the chicken for about 12-15 minutes or until the meat is white when cut and the juices run clear. Set aside in a separate bowl.
4. Thinly slice red onions, chop up fresh cilantro, and remove the pit from the avocado and cut into thin slices.
5. Spread about 2 tablespoons (1/8 cup) of red-pepper hummus on each wheat tortilla.
6. On one side of each tortilla, add half of the chopped chicken breast, a few red onion slices, 1 tablespoon goat cheese, 1/4 of an avocado, and fresh cilantro

Staff Highlight

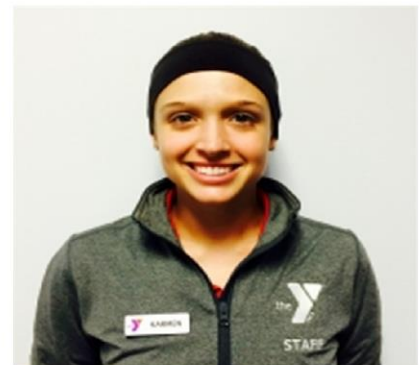
Karmen Towne, BS, NASM-CPT

Karmen found her passion for personal training 7 years ago. In that time she has supervised and ran group exercise programs, managed a personal training department, and worked 1 on 1 with individuals helping all to find a passion for a healthier and happier lifestyle.

She holds a Bachelor of Science Degree in Human Biology with an emphasis on Exercise Science from the University of Wisconsin-Green Bay and is a certified personal trainer through the National Academy of Sports Medicine. She has helps individuals work on flexibility, functionality, aerobic and strength conditioning, gait-analysis, and weight management.

Things you may not know

- Karmen taught dance classes at a De Pere Dance Studio
- She was on the UWGB basketball team
- She is left handed





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Trainer's Corner

Making it a Healthy Summer

For many of us, packing a picnic basket and heading off to the beach, soccer field, or park is a wonderful rite of summer. But traditional picnic foods like fried chicken and potato salad can wreak havoc on your diet. The good news is that with a little tweaking, you can enjoy a picnic without compromising your waistline. Here are some healthy picnic food ideas sure to delight everyone.

- Hummus and Pita Chips

Whether you make your own, like a roasted tomato version, or buy it at the store, hummus served with pita chips is a sensible and hearty alternative to Lays and ranch dip.

- A Seasonal Salad

A refreshing salad made from seasonal veggies, such as a cucumber avocado caprese salad, will fill you up and deliver a healthy dose of veggies.

- Fruit Kebabs

Bite-size fruit is a great addition to any picnic. Skewer it on kebabs for a snack that travels well and is fun and easy to eat on the go.

- Salsa and Blue Corn Chips

Purchase store-bought salsa or whip up a recipe like a mango and red pepper version. Serve it with blue corn tortilla chips, which are more nutritious than white corn.

- Homemade Snack Mix

Mixing up your own combo of nuts, pretzels, and other salty tidbits lets you avoid the additives in store-bought snack mix.

And don't forget, along with these great food ideas, if you are at the beach, go for a long walk. If you are at the park, get on a swing and pump those arms and legs, or find a football or frisbee to toss around. Don't forget about the importance of exercise this summer, because along with the food, they go hand in hand in maintaining that healthy lifestyle.

By: Karmen Towne



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Sleep and Weight Gain

By: Rich Roehrick

ACSM EP-C

Sleep, stress & immunity

- When dealing with weight gain, sleep, stress, and immunity are 3 key areas that often go unnoticed. Loss of sleep, elevated stress levels, and decrease immunity can all be contributing key factors in obesity.
- Sleep- Prioritize your sleep (7-8 hours/night)
 - Lack of sleep depresses the hormone called Leptin (the hormone responsible for the empty stomach feeling)
 - Lack of sleep has shown to increase the hormone Ghrelin (the hormone responsible for stimulating hunger)

Tips for Better Sleep:

1. Stay on a regular schedule, including weekends. Get a full night's sleep every night.
2. Try to get outside in natural light for 30 minutes each day. Sunlight helps regulate your sleep patterns.
3. Limit naps to 15-20 minutes, once a day. Do not take naps after 3PM.
4. Avoid activities that will arouse you like paying bills, competitive games, or family disputes.
5. Start a relaxing routine prior to bedtime. For example, take a bath, read a book, or listen to soothing music
6. Do not go to bed unless you are sleepy.
7. Create a dark environment with no distractions. (turn off the television, turn off all lights)
8. Plan to reduce stress in your life and deal with worries that might keep you awake. Write down tasks or stressors on a notebook so you can complete or finish them the following day.
9. Do not go to bed hungry. Try to finish eating 2-3 hours prior to bedtime.
10. Do not drink caffeine prior to bed.
11. Try to exercise 5 days a week for approximately 30 minutes a day.

If the following tips do not work, you should refer to your primary health provider to conduct a sleep study. Some individuals may deal with sleep apnea and insomnia



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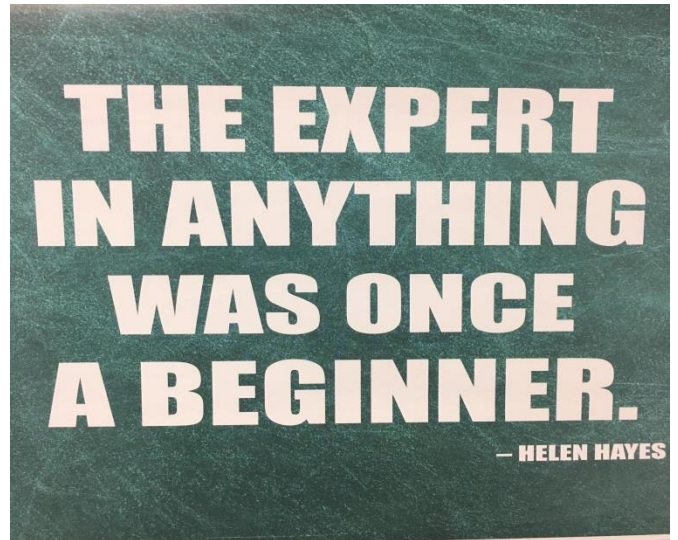
Continuing Education

Did you know that each of the training staff holds national certifications? With those certifications, continuing education credits are required. Charlotte Stich and Lindsey McMullin recently attended the ACSM (American College of Sports Medicine) Health and Fitness Summit in San Diego, CA. They were able to attend seminars with the nation's leading experts on health and fitness and also take their workshops. Topics ranged from proper nutrition for athletes to trigger point release therapy to the scientific benefits of HIIT (high intensity interval training).

The trainers also meet weekly for further education and proper exercise prescription. The YMCA training staff is committed to being the best educated to help you achieve your personal best.



Just Remember...



It is never too late to make healthy changes in your life. Personal training is a great way to jump start those changes. Contact Richroehrick@oshkoshymca.org for program information.