

HEALTH & WELLNESS



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OSHKOSH YMCA

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ON STAFF DIETITIAN

KATE HARRELL

Kate Harrell, MS, RD, CSSD, LD is our new on-staff dietitian and is ready to help you achieve your health & wellness goals.

Kate relocated back to the Fox Valley two years ago after owning and operating a fitness and nutrition business in Portland, OR. Kate is a Registered Dietitian, Certified Specialist in Sports Dietetics and holds a master's degree in Exercise Physiology from Oregon State University. Kate originally graduated in Dietetics from the UW-Stevens Point before departing for the Northwest and a dietetic internship at Oregon Health & Science University in Portland.

In her spare time, Kate LOVES to run long distances and has successfully completed over 20 marathons including 4 Boston Marathons, multiple 50k ultras and a 50-mile ultra on the Pacific Crest Trail. She loves the unique challenge that each race provides and enjoys applying the science of her profession to the sport she enjoys most.

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"MAINTAIN DON'T GAIN" SALE

**FOR A LIMITED TIME,
SAVE 25% OFF THE
WEIGHT LOSS PACKAGE
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- 8 HALF HOUR TRAINING SESSIONS
- 3 HALF HOUR SESSIONS WITH REGISTERED DIETITIAN
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Savings of \$75!

Sale goes from November 20th until January 8th! Don't miss it!

Kate loves to integrate all aspects of wellness in her nutrition coaching. She enjoys helping people get more out of their exercise and wellness programs by improving their nutrition. Having grown up spending much time on her grandpa's farm, Kate is also a strong proponent for whole and local foods as a means for bettering health and supporting community.

She wants to reassure you she is NOT the food police. She will help you set goals that make sense for you, move at your own pace towards those goals, AND find creative ways to achieve them. No matter your goal, Kate is here to help YOU!

Contact her at kateharrellrd@gmail.com to schedule a meeting.

MEMBER HIGHLIGHT– SMITH FAMILY

"My family and I have lived in Oshkosh for the past 16 years. The Oshkosh YMCA has had a large impact for all our lives. From a young age, I remember always being at the Y. My sister Emelia and I would hang out in the day care at the 20th Ave Y and were involved with swimming lessons in the summer.

About four years ago, Emelia and I were reintroduced to the Y through the OSHY Swim Team. We started on the team when I was 13 and Emelia was 11. Even though we had not been on the team for as long as many of the other swimmers, we were welcomed into the OSHY family with open arms.

By being members of the swim team, my family has gotten very involved with the Y and many of their fitness programs. My parents and I are especially involved in the personal training, offered by highly trained YMCA staff who create workouts specifically tailored to our individual needs. This is a great way for our family to work out and we are so thankful for the wonderful personal trainers.

We are so grateful for the many opportunities the Oshkosh YMCA has provided us with. As a family, we look forward to seeing how the Y will continue to positively impact the Oshkosh community."

Madeline Smith



DO YOU KNOW?

How much exercise should I be getting a week? What kind of exercise should I be doing? These are common questions people ask themselves every day when trying to start an exercise regimen. Most people don't realize what the average recommendations are when trying to maintain a healthy, active lifestyle. Listed below are the main credentials needed in order to achieve and maintain that lifestyle in each category.

Cardiorespiratory Exercise

Adults should get at least 150 minutes of moderate-intensity exercise per week.

Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).

Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

Resistance Exercise

Adults should train each major muscle group two or three days each week using a variety of exercises and equipment.

Very light or light intensity is best for older persons or previously sedentary adults starting exercise.

Two to four sets of each exercise will help adults improve strength and power.

For each exercise, 8-12 repetitions improve strength and power, 10-15 repetitions improve strength in middle-age and older persons starting exercise, and 15-20 repetitions improve muscular endurance. Wait 48 hours between resistance training sessions to allow muscles to rebuild and repair.

ANCIENT GRAINS

There is no official definition of ancient grains. "Ancient grains" is not a scientific, botanical, or even nutritional term; it is simply used to describe a group of grains that have one thing in common: a long history of cultivation and use.

Essentially, all whole grains are "ancient". What is a whole grain? Whole grains contain all the essential parts and naturally occurring nutrients of the entire grain seed in their original proportions. Whole grains take longer to digest, helps us feel fuller longer, reduces spikes in blood sugar, and reduces our risk of cardiovascular disease and diabetes.

Amaranth & Farro

Amaranth

Amaranth is considered a pseudo grain because botanically it is a relative of Swiss chard, spinach, and beets rather than a true grain, and therefore is gluten free. Because it has grain-like properties, it is considered a whole grain. Amaranth is a good source of protein, magnesium, iron, phosphorus, and provides some amounts of calcium and potassium. It is commonly used in cereals, breads, muffins, crackers, and pancakes. One serving of amaranth, or about ¼ cup dry, is about 185 calories, 32 grams of carbohydrates, and 3 grams of fiber.

Farro/Emmer

Farro is an ancient strain of wheat, and because it contains wheat, it also contains gluten. Farro has been proven to have a higher antioxidant content than other wheat varieties. It is an excellent source of fiber and protein and a good source of iron, niacin (vitamin B3), zinc, and magnesium. Farro can be used as a pilaf like quinoa, in salads, or in soups; it has more recently been considered a gourmet specialty in high end restaurants (i.e. farro risotto). One serving of farro, or about ¼ cup dry, is about 160 calories, 33 grams of carbohydrates, and 3 grams of fiber.

Grocery store tip: How to be sure you are getting whole farro? Avoid labels that say "pearled farro" when you are looking for whole grain farro, and look for the words "whole farro". Pearled means all the bran has been removed.



HEALTHY EATING OUT

If you are like me, you enjoy eating out. Eating out can be healthy in moderation. Please be advised on portion sizes. It is good habit to ask for a to-go-box right away and put half of it in the box prior to eating. You also can choose lighter meals with less fat, salt, and sugar. You need to be aware of what you can order and how much. That means avoiding fried, sautéed, and breaded foods, cream and butter sauces, salty soups and meats, and sweet, creamy desserts. Below I have listed healthier options from which to choose:

Italian

Minestrone Soup without Cheese

Pasta with a tomato sauce

Ravioli with a tomato sauce

Veggie Pizza

Mexican

Chicken Enchilada

Burrito with black beans and chicken

Soft tacos

Salsa with corn tortillas (Not chips)

Asian

Miso Soup

Steamed Veggies

Chicken

Fish

Sushi

Steamed Rice

Thai Seafood Stew

Family Style

Broiled hamburger

Grilled Chicken Breast

Turkey

Lean Ham

Salad with Fresh Veggies

Baked potato with no sour cream or butter

BY: RICH ROHRICK, HEALTH & WELLNESS DIRECTOR

LIVESTRONG®
AT THE YMCA



As a cancer survivor, you know the tremendous toll the disease and its treatment can take on your spirit, mind and body. You want to begin to heal and reclaim your health. But where do you start? LIVESTRONG at the YMCA can help. Contact karmentowne@oshkoshymca.org for more info.

GIVE THE PERFECT GIFT

Give the gift of personal training this holiday season. Contact lindseymcmullin@oshkoshymca.org for more information

