

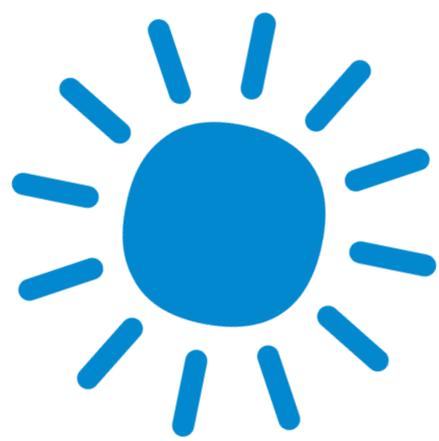


WELLNESS CONNECTION



A Health & Wellness Newsletter for the Oshkosh Community YMCA

THE SUNSHINE VITAMIN



By Kate Harrell, MS, RD, CCSSD, LD

Summer is here and it's a perfect time to talk about vitamin D, also known as the sunshine vitamin.

Vitamin D is a unique vitamin that our body produces when our skin is exposed to UVB radiation. It is also unique in that food sources of vitamin D are fairly limited. Vitamin D has gained more attention in recent years as we discover more about the wide reaching benefits of it for the body.

Why is vitamin D so important?

It plays a role in many critical functions in our body. One well-known and primary function of vitamin D is bone health. It is necessary for optimal calcium absorption in addition to balancing calcium and phosphorus, minerals necessary for bone mineralization.

Vitamin D also plays a role in the following:

- Muscle function – vitamin D may influence power, strength & balance. Correlations have been made between vitamin D status and the risk of falls in older adults.

Continues on next page



OSHKOSH COMMUNITY YMCA
SUMMER 2018

20TH AVE
3303 W. 20th Ave
(920) 230-8439

DOWNTOWN
324 Washington Ave
(920) 236-3380

EVENTS

Now until Labor Day
15% Off Personal Training Gold Packages

July 9th
2018 Golf Outing
Oshkosh Country Club

July 20th
Fitness Frenzy Event & Livestrong Fundraiser

August 9th
Waterfest YMCA night

- Help to regulate blood pressure – vitamin D status has an inverse relationship with blood pressure.
- Boost mood and reduce depression and other mood disorders.

Other areas of study with regards to vitamin D include cancer prevention, reduced risk of Alzheimer’s, weight loss & more. The current Recommended Dietary Allowance is set at 600IU for adult males and females from 19-70 years. Over the age of 70, it is recommended for adults to take in 800IU per day.

Here are some examples of Vitamin D rich foods:

3oz Pink Salmon	465IU
1 cup Fortified Cereals	50IU (Approximately)
8oz Fortified Orange Juice	100IU
8oz Fortified Milk	100IU
Egg Yolk	37IU



THE PERFECT SUMMER RECIPE

Blackened Chicken Avocado Salad

The Rub: ½ tsp paprika, 1/8 tsp salt, ¼ tsp cayenne pepper, ¼ tsp ground cumin, ¼ tsp dried thyme, 1/8 tsp ground white pepper, 1/8 tsp onion powder

1. Mix the rub together and apply to both sides of 2 lightly oiled skinless, boneless chicken breasts.
2. Preheat oven at 350 degrees. While the oven is preheating, heat a cast iron skillet for 5 minutes on high heat.
3. Place chicken in cast iron skillet, cooking for 1 minute on each side.
4. Place seared chicken on a lightly greased baking sheet and bake in oven until the chicken is fully cooked (estimated 5

minutes). Slice the cooked chicken into strips to be placed on top of the salad.



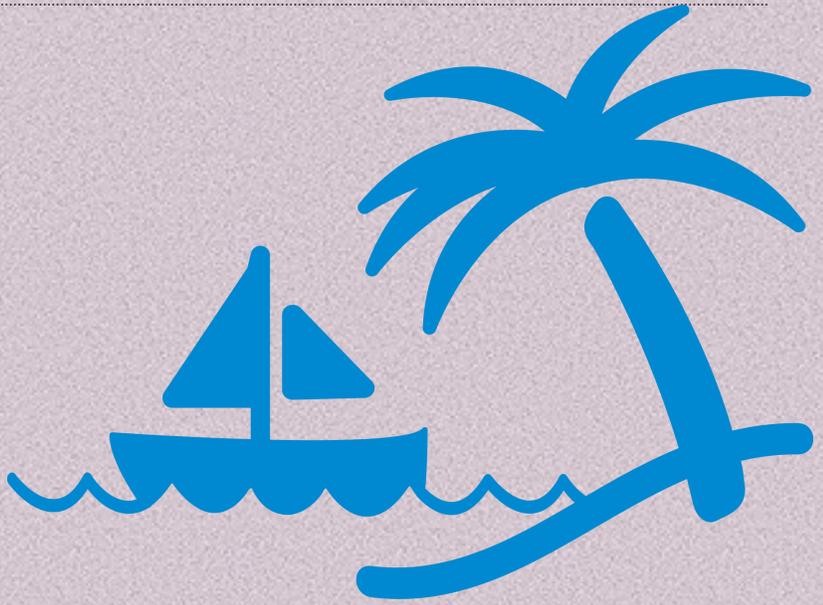
Salad: Spring mix lettuce, chopped red and yellow peppers, black beans, red onions, and an avocado. (The portions are up to you depending on what you like!)

Dressing: For a zesty twist, mix ranch dressing with a small amount of chili powder, cumin and onion powder.

CLINICIAN'S CORNER

SUMMER SAFETY TIPS

Living in the Midwest, we are often excited to spend time in the sun when we get the chance. However, many people only think of sun protection when they spend the whole day at the pool or beach. Even brief exposures to UV rays over time increase cancer risk and cause premature skin aging. More Americans are diagnosed with skin cancer each year than all of the other cancers combined. Take precautions now to limit future risks!



Limit your sun exposure during peak UV hours.

It can be difficult to avoid the sun in the summer, but limiting your exposure between the hours of 10:00am and 4:00pm is recommended.

Wear protective clothing. Long-sleeved shirts, pants, or long skirts are the most protective and cover the most skin. Dark colors typically provide more protection than light colors. A rule of thumb is if you can see light through the fabric, UV rays can get through too. Some clothing is advertised as having a UV protection factor (UVP), and higher numbers mean more protection.

Wear sunscreen regularly, especially on your face.

Think of sunscreen as a filter – it does not block all UV rays. Consider wearing sunscreen as just one part of your skin protection plan, especially if limiting sun exposure and protective clothing are not available as your first options. You are exposed to UV rays all the time, whether it is through an office window, car window, or on the walk to your car. This exposure to the sun's rays is cumulative, meaning that even short bouts of exposure can speed up skin aging and increase cancer risk. Be sure to use a broad-spectrum sunscreen, which will help protect against both UVA and UVB rays. The sun protection factor (SPF) can help you determine the amount of protection your skin is getting. SPF 15 sunscreens filter out approximately 93% of UVB rays, while SPF 30 sunscreens filter out about 97%, SPF 50 about 98%, and SPF 100 about 99%. It should be reapplied at least every 2 hours, and more often if in water, after toweling off, and if actively sweating. Don't forget your lips either! Lip balm with sunscreen in it is available in most stores and should be reapplied often.

MEMBER HIGHLIGHT

JIM MONTEE



Jim Montee has been a member of the Oshkosh YMCA for 4 years and has biked his way through many workouts after work. His love of outdoor biking is what keeps him coming almost every night to take a spin on his favorite Matrix spin bike.

Members and staff talk with him during his long rides which usually last about 15 miles. Living in

Wisconsin doesn't stop him from doing what he loves, so during the summer months of the year he rides outdoors with a group of friends who meet at the 20th Ave location.

To wrap things up, we want to congratulate Jim on soon becoming a grandfather! He has four children, some of which join him for his workouts. He has been married to his wife, Claudia, for 49 years. Join Jim for a spin and you will get him know him even better!

"Life is like riding a bicycle. To keep your balance, you must keep moving."

-Albert Einstein

OSHKOSH COMMUNITY YMCA
www.oshkoshymca.org
Downtown, 230-3380 324
Washington Avenue
20th Avenue 230-8439
3303 W. 20th Avenue

SAVE ON PERSONAL TRAINING!
15% OFF ON ALL GOLD PACKAGES
24 half-hours of training - Now only \$425
12 half-hours of training - Now only \$212.⁰⁰
Offer valid May 28-September 3

SAVE BIG!

Have you ever wanted to try personal training?

The Oshkosh Y has an amazing team of nationally accredited and certified personal trainers waiting to help you.

Sign up and save today!

For more information, please contact Rich Roehrick at richroehrick@oshkoshymca.org

GIVE FOR A BETTER US

Every dollar donated to the Oshkosh Community YMCA has a lasting impact on the people of our community.

\$5,000 \$1,500 \$1,000 \$500 \$250 \$100 \$50 Other \$ _____

Name _____ Address _____

City _____ State/ZIP _____

Home Phone _____ Work Phone _____

Email _____

Formal name(s) for recognition _____

Check enclosed (payable to Oshkosh Community YMCA) Bill at once Remind me during the month of _____

Visa Mastercard Discover

Card number _____ Exp date _____ Security code _____

My employer has a matching-gift program. Employer Name: _____