

STAFF WELLNESS CONNECTION



A Health & Wellness Newsletter
for Oshkosh YMCA Staff & Members



STAY FIT THIS FALL

School is back in session, football season starts, holidays are just around the corner and the days are getting shorter. Fall becomes the busiest time of year for many, but don't lose sight of your health and fitness goals.

Try these tips to maximize your time in the daylight to stay fit and healthy:

Train for a themed race

Festival Foods Turkey Trot- November 22nd

Race for the Light- December 1st

Bike to the local farmers market

Oshkosh: Saturdays 8am-12:30pm through Oct.

Omro: Thursdays 4pm-7pm through October 4th

Attend a fall festival to keep yourself walking

Warren's Cranberry Fest: September 28th-30th

Octoberfest in Appleton: September 28th & 29th

Door County Fall Fest: October 12th-14th

Find a new hiking trail to enjoy the fall colors

Terrell's Island

Wiouwash Trail

High Cliff State Park

Lion's Den Gorge Nature Preserve



**OSHKOSH
COMMUNITY YMCA**
FALL 2018

20TH AVE

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

DOWNTOWN

324 Washington Ave
(920) 236-3380

TENNIS CENTER

640 E. County Road Y
(920) 236-3400

EVENTS

NOW AVAILABLE!

General sports
massage therapy

NEW THIS FALL

Rock Steady Boxing

NOVEMBER 9

Dueling Pianos

NOVEMBER 22

Turkey Trot

TRAINER TIP

Try Interval Training By Max Miller, BS, ACSM-CPT

Finding your target heart rate can help you maximize your workouts and improve your cardiovascular fitness. You can find your target heart rate zone by using a simple equation called the **Karvonen formula**. In order to use this formula, you will need your max heart rate, which can be calculated by taking **220- your age**. Your resting heart rate can be determined by counting your pulse for 60 seconds. You will also need to determine the exercise intensity desired, which should be between **60%-85%** of your max heart rate. Then add the resting heart rate back into the equation.

For example: At 22 years old, my estimated max heart rate is 198. If my **resting heart rate (RHR)** is **65** my target heart rate zone would be between 145 and 178 beats per minute.

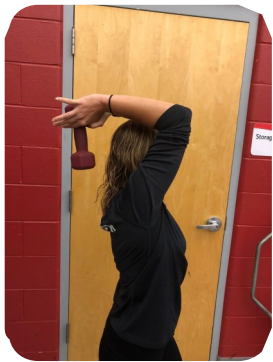
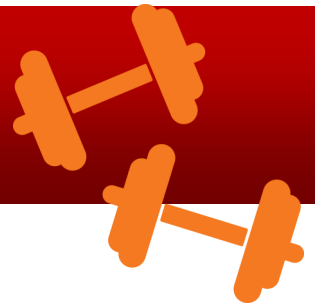
Varying interval training can add variety to your workouts and help you maximize the time you are working out. For example, for every 2 minutes of exercise we perform at 65% intensity you can do 30 seconds at 85% exercise intensity. Using the heart rate monitors on the equipment can help us properly keep track of our intensity. Give this a try and don't hesitate to reach out to an Oshkosh Y Health & Wellness representative should you have any questions.

KARVONEN FORMULA:

Target heart rate = (heart rate max-RHR) x % intensity + RHR

FEATURED EXERCISE

OVERHEAD TRICEPS EXTENSION



INSTRUCTIONS:

- Position your feet hip width apart or in a forward lunge stance. Engage your core for more stability.
- Using a dumbbell, lower it behind head until arms are bent at a 90 degree angle. Keep your elbows close to your head.
- Palms should be faced up, wrist bent at 90 degrees with the end of dumbbell resting in your hands.
- Slowly lift dumbbell up and exhale. Do not lock elbows.
- Slowly lower the dumbbell back down until elbows are back to a 90 degree angle.

Repeat exercise 2 sets of 10.

FUN FACTS:

Triceps Brachii is a group of 3 muscles located on the posterior (back) side of the arms. These muscles work to extend the elbow as well as assist the back muscles (Latissimus Dorsi) with shoulder extension.

Strong triceps muscles will help with many daily functions as well as athletic activities and overall shoulder stability.



CLINICIAN'S CORNER

Healthy Back to School Lunches

By Kate Harrell, MS, RD, CCSRD, LD



As the summer months come to an end, another school year fast approaches.

Do you struggle with what is *best* to put in your child's lunch? Perhaps battling what your kiddos want with what would be healthy for them?

HERE ARE SOME SIMPLE IDEAS FOR YOU WHEN YOU ARE PACKING LUNCH THIS FALL:

LET YOUR CHILD HELP

Varying your foods will enhance the nutrients your child consumes but also keep lunches exciting for them. Allowing your child to help pick options for their lunch and prepare the foods can help them learn healthy habits and may make their lunches more enjoyable.

COVER THE COLORS

Include a variety of colors of fruits and vegetables. Each color offers a different mix of vitamins, minerals and phytonutrients which play in an important role in the development of kids. This also makes the lunches colorfully exciting! Fall is a perfect time to visit a local orchard. Let your child help pick fruit for their lunches.

CHOOSE HEALTHY FATS

Include healthy fats like nuts, seeds, nut butters, avocado (great spread for sandwiches). Fat is healthy for a developing child (critical for brain development) and often fat-free choices may actually include more sugars and other unhealthy additives/preservatives.

CHOOSE WHOLE VS. PROCESSED FOODS

Instead of processed meats, try using a fresh meat like chicken breast or opt for another protein like eggs or even a nut butter on a sandwich. Find ways to replace processed snack foods, opting for their whole alternatives.

For example:

- trail mix vs. potato chips
- homemade granola bar or protein bites vs.

packaged granola bars

- fresh or dried fruit vs. fruit roll-up or fruit snacks

BE A ROLE MODEL

Remember children often mimic the behaviors they see. So be sure to follow your own rules and create a healthy lifestyle for your entire family. Now what to pack? Here are a couple of quick ideas for you and your family:

1. Salad

Instead of the same old sandwich, throw a salad together. A great way to include a variety of vegetables. Throw chicken or a hard-boiled egg on top for protein. Whole grains can also be a fun option to add. Let your child help put together what goes into the salad.

2. Skewered Fruits and Veggies

Make the fruits and veggies appealing to the kids. Maybe a simple shish kabob of skewered fruits and veggies will interest your child at the school lunch table. Or try cutting them into new & fun shapes.

3. Plate of Awesome

This one is inspired by my 6-year old nephew. He gets to select 4-5 different foods he wants to put on his plate of awesome. Some days it's cheese, apple slices, dried cranberries, pea pods, other days he might venture into grilled chicken pieces, cherry tomatoes, granola clusters or other fun options. This would be easy to throw together into a compartmentalized container to travel to school.

MEMBER HIGHLIGHT-DICK KREAGER



About a year and a half ago I was told I had Parkinson's, and I had no idea what to do. Among other things, it was affecting my walking and balance. I was attending the YMCA two to three times a week and thought I would have to cut back on exercising.

One day, I ran into Rich Roehrick, Health and Wellness Director at the 20th Ave Y. He set me up with a certified personal trainer, Lindsey McMullin, who specializes in working with clients with Parkinson's. She informed me that instead of cutting back, I should increase my level of activity and said that the most important thing I could do is continue to be active and exercise.

Lindsey started me on a rigorous workout routine. I worked on balance to avoid falling and increasing the muscles in my legs. She showed me the correct way to exercise and helped me improve my form, which led to better results. At first it was scary, because I was afraid of falling, but she never left my side. I felt comfortable that she would catch me. It wasn't long before I lost my fear of working out and looked forward to working with her. I began to realize that, with the proper training and the help of the Y, I could improve my quality of life. After working with Lindsey, I heard that the Y was going to offer an extended series of exercise and training for Parkinson's disease in a group atmosphere. I signed up for the Persevering with Parkinson's Disease class.

The therapy won't cure me of Parkinson's, but it has shown me that I can still be active. Not long ago, I envisioned myself sitting in a wheelchair. Now thanks to Rich, Lindsey and the trainers at the Oshkosh Community YMCA, I can maintain a certain level of independence.

I commend the YMCA for offering those of us with Parkinson's an opportunity to participate in a program staffed by qualified trainers. **Thanks Lindsey, Rich and the entire staff for all that you do.**



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: _____