



A Health & Wellness Newsletter
for the Oshkosh Community YMCA

SPRING CLEAN YOUR EATING!



Kate Harrell, MS, RD, CCSSD, LD

Spring is a perfect time for spring cleaning, and that includes for your eating. There are some very simple changes you can make that can help you put cleaner fuel into your body this Spring and beyond. Just like your car, the cleaner the fuel the better your body will run. Benefits include better energy, more balanced energy across the day, less illness, better protection against disease, improved results from your workouts and so much more!

What Should I Include?

One of the best shifts you can make to clean up your diet is to include more whole, plant-based food. This includes fresh fruits and vegetables, whole grains, plant-based proteins like beans and lentils as well as nuts and seeds.

Whole, plant-based food provides us with:

1. **Fiber:** fiber helps us to feel full, serves as fuel for gut bacteria, can reduce cholesterol and bind carcinogens & more!
2. **Phytonutrients:** phytonutrients refer to the nutrients in plant-based foods that help protect us against disease. Vitamin E and vitamin C are two examples of phytonutrients. They work in tandem to protect our cells from damage. Consider a snack of almonds and a couple mandarin oranges to boost your intake of the dynamic duo!

How do I include these in my diet?

Increase your phytonutrient intake by choosing a **wide variety** of plant-based foods especially different colors of fruits and vegetables like dark green leafies and deeply colored fruit like berries (frozen is just fine in the cooler months). Consider diversifying your whole grain intake, trying new options like barley, quinoa or farro.

Swap in plant-based proteins for meat in some of your favorite recipes. Beans can easily work for soups, chilis, sauces & more. Baked tofu can be used in sandwiches and wraps. Some of the grain alternatives like quinoa and farro are actually rich in protein as well.



**OSHKOSH
COMMUNITY YMCA
SPRING 2019**

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

**APRIL 6
Rock Steady
Boxing Fundraiser**

**EVERY FRIDAY
Freedom Friday
workout @ 20th
Ave, 10:30 am**

**June 2nd
Kids Mud Run**

SPRING CLEAN YOUR EATING! (Continued from Page 1)



To increase more whole foods in your diet, try to stick to the outskirts of the grocery store starting with the produce section. Add plant-based healthy fats like avocado, nuts and seeds, and oils to round out a meal and provide longer lasting energy.

What to Reduce?

One big shift to spring clean your eating is to reduce your intake of processed foods, especially those with added sugars, high amounts of sodium and lengthy ingredients list. Ultra-processed foods and their ingredients may contribute to risk of overweight and obesity as well as cancer, heart disease and diabetes.

By decreasing your intake of processed food, you will automatically reduce added sugars as well as sodium. Sugars can be quite addictive so reducing their intake can be helpful for weight loss, cravings and overall health.

It's also important to be mindful of our beverage choices. Try to reduce alcohol intake and intake of sugar sweetened beverages and instead opt for water, tea or other options that don't carry the extra calories or ingredients.

For more information, reach out to our Registered Dietitian, Kate Harrell, at kateharrell@oshkoshymca.org for more information

FEATURED EXERCISE: THE BIRD DOG

Amanda Melland, BS, ACSM-CPT

This exercise starts in the quadruped position, on your hands and knees. Ensure that you keep your spine neutral, meaning that your back is flat and you are bracing your core. Be mindful that your head is in line with your spine and you are flat like a table.

Simultaneously extend your arm and the opposite leg off of the floor, making a straight line from your fingertip to your toes. Squeeze your glutes at the top and keep your arm in line with your ear lobe. Keep a neutral spine and brace in your core. Again, your head is always in line with your spine.

Alternate sides for 10-12 repetitions.



6 WAYS TO FRESHEN UP YOUR WORKOUT THIS SPRING!

Lindsey McMullin, BS, ACSM-CPT

You may like your regular workout, but if you've been following the same patterns for too long, it's likely the benefits you're receiving from all of your efforts have significantly decreased.

Not only has your body adjusted to the routine, but it's likely you've also checked out mentally as well, meaning you're not giving that workout as much "oomph" as you used to. That's why spring cleaning isn't just for your closets -- it's a great idea for your fitness routine, too. By throwing out the old and embracing the new, you'll kick-start your metabolism and renew your fitness zest. Here are six strategies for doing just that!

1. When it's nice, get outside

Spring and summer are seasons dominated by unique fitness events, many of which happen in the great outdoors. For example, now's the perfect time if you've been wanting to participate in a color run. And if you'd like to substitute a day at the gym with a workout outside.

2. Add some new strength training into the mix

Many people fall into one of two camps: those who love to lift weights and those who prefer spending time just on the cardio machines. Whichever camp you fall into, now might be the time to dip your toes into the other arena. If you're new to weight training, start simply with squats, planks, and dumbbell rows before graduating to heavier weights and more complex routines. If you're more of a lifter, start with 15 minutes on the elliptical and gradually increase your duration until you're really working hard. By trading time in one discipline for time in the other, you'll not only shake things up but you'll also complete a more rounded routine.

3. Change your intervals

While spring cleaning your workout routine can mean trying out entirely new activities, you don't have to throw everything you love out the door. Instead, give a few new intervals a try. Switch more rapidly between cardio equipment, or simply choose a new course on your machine-- perhaps the "Endurance" option rather than the "Hills," or vice versa.

4. Switch up the duration

Likewise, it can also be effective to play around with how often and for how long you're working out. One week, go for two to three long workouts. The next, opt for short, intense sessions. The next, do something in-between. Experimenting in this way will keep your workouts from getting too predictable, and will constantly challenge your body in new ways.

5. Try a different time

Always exercise in the afternoon? Get up with the early birds a few times and be amazed at all that you can get done before your first cup of coffee.

Alternatively, for morning workout aficionados, see for yourself how effective a post-work session at the gym can be for releasing all of that stress that's built up over the day. Getting creative with your schedule will keep your workout out of the humdrum zone.

6. Commit to a friend or personal trainer

If you've always been a lone wolf, spring is the perfect time to become a more social animal. A personal trainer or workout buddy is a quick way to inject enthusiasm and accountability into your daily routine, while a group training class will keep that heart pumping via new and interesting means.

MEMBER HIGHLIGHT: RANDY LOCKE



I was in the Army and was a healthy man. Then five years ago, I suffered a stroke and it was terrible for me. I had to start from scratch, relearn how to walk, talk and adapt to my new life. The VA helped me to learn these things, but I knew I could do better. I started to go to the YMCA to walk laps and stretch in the endless pool. I would use the hot tub to relax my muscles. But I knew I could do better.

Next I wanted to try doing yoga. I had tried it at a Wounded Warrior Camp and the stretching helped my body feel better and I found my balance seemed to improve too. I asked if they would attach a bar to a wall to help me get up and down to the floor for group and they did and it was great. So that started my journey with the

yoga program. The instructors were very helpful and would offer me ideas for adaptations so I could work with the class. I was grateful and it felt good, but I knew I could do more. I started to use the recumbent bike and then added some of the strength machines, but I knew I could do better and would benefit from getting some instruction.

The YMCA teamed up with the Wounded Warrior Project to get me a trainer who was knowledgeable about training and about my stroke. The trainer and I worked together to set up goals for areas in which I wanted to improve. My trainer would guide me and give me instructions while we working out. They supplemented these instructions with home workouts to continue working towards my goals

Now I have started to attend the Beyond Limits Veterans group. The camaraderie is good for me. It feels great to be part of the team and the community. It is also helpful because even though there are days I feel sick, and don't want to exercise, I come to the Y so I don't let my buddies down. Thanks to the YMCA I am not a stroke victim I am a stroke survivor and an active member & participant who attends classes and making healthy living a life-long habit.

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 \$ _____

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Formal name(s) for recognition _____

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Card number _____ Exp date _____ Security code _____

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