

# Core Issues Newsletter

## July: National Parks and Recreation Month

Nearly three in 10 U.S. adults do not spend time outside on a daily basis and of those who do, almost half spend less than 30 minutes in the fresh air according to a new survey released by the National Recreation and Park Association (NRPA). This July, the NRPA challenges all of us to get out and visit our parks. This year's theme, "OUT is IN," encourages individuals, families, friends and coworkers to do something outside every day that they would normally do inside. From picnicking in the park instead of sitting inside at a table to even holding a meeting outside, there are small ways you can make going OUT part of your daily routine.

**"Go OUTside and get INspired!!!!!"**

### In This Issue:

- Month Article
- Local Events
- Recipe of the Month
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- Exercise of the Month
- Fun Facts!
- Benefits of Sleep
- World Cup Bracket (Print and predict!)  
Bring them in to compare!

## Local Events/Important Dates:

- FIFA World Cup ALL MONTH!!
- Fourth of July this coming Friday—We will be closed, so plan accordingly.
- Gainesville Chili Pepper Festival— July 19th
- "Free Friday's" Concert series every Friday from 8-10 PM at Bo Diddley Community Plaza
- Art Walk Gainesville— July 25th 7-10 PM.



# Recipe of the Month

## ZUCCHINI LASAGNA

### Ingredients:

- 1 lb 93% lean beef
- 3 cloves garlic
- 1/2 onion
- 1 tsp olive oil
- salt and pepper
- 28 oz can crushed tomatoes
- 2 tbsp chopped fresh basil
- 3 medium zucchini, sliced 1/8" thick
- 15 oz part-skim ricotta
- 16 oz part-skin mozzarella cheese, shredded (Sargento)
- 1/4 cup Parmigiano Reggiano
- 1 large egg

### Directions:

In a medium sauce pan, **brown** the meat and season with salt. When cooked, **drain** in colander to remove any fat. **Add** olive oil to the pan and **saute** garlic and onions about 2 minutes. **Return** the meat to the pan, **add** tomatoes, basil, salt and pepper.

**Simmer** on low for at least 30-40minutes, covered. Do not add extra water, the sauce should be thick.

Meanwhile, **slice** zucchini into 1/8" thick slices, **add** lightly salt and **set aside** or 10 minutes. Zucchini has a lot of water when cooked, salting it takes out a lot of moisture. After 10 minutes, **blot** excess moisture with a paper towel. On a gas grill or grill pan, **grill** zucchini on each side, until cooked, about 1-2 minutes per side. Place on paper towels to soak any excess moisture. **Preheat** oven to 350°.

In a medium bowl **mix** ricotta cheese, parmesan cheese and egg. **Stir** well.

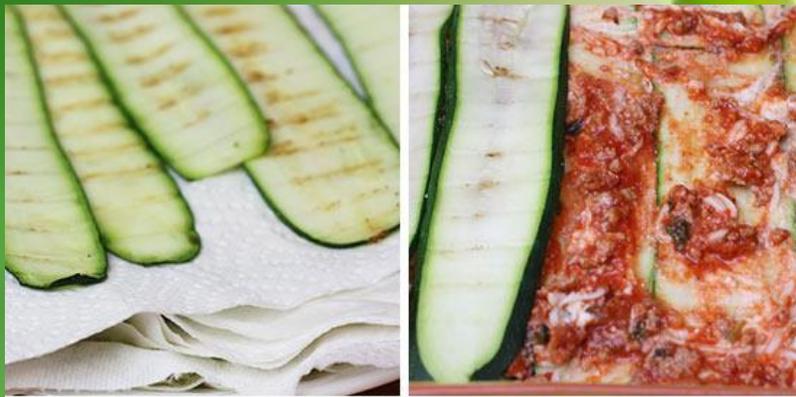
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# Recipe Continued

## Directions:

In a 9x12 casserole spread some sauce on the bottom and layer the zucchini to cover. Then place some of the ricotta cheese mixture, then top with the mozzarella cheese and repeat the process until all your ingredients are used up. Top with sauce and mozzarella and cover with foil.

Bake 45 minutes covered at 375°, then uncovered 15 minutes. Let stand about 5 - 10 minutes before serving.



# Dessert of the Month

## Avocado Zucchini Bread



### Ingredients:

1/4 cup, plus 2 tablespoons olive oil	2 cups all-purpose flour
1/2 cup granulated sugar	1/2 teaspoon baking powder
1 tablespoon vanilla extract	1/2 teaspoon baking soda
2/3 cup very ripe, puréed avocado	1/2 teaspoon salt
2 eggs	1-1/4 teaspoons cinnamon
2 cups grated zucchini, drained	3/4 teaspoon all spice

### Directions:

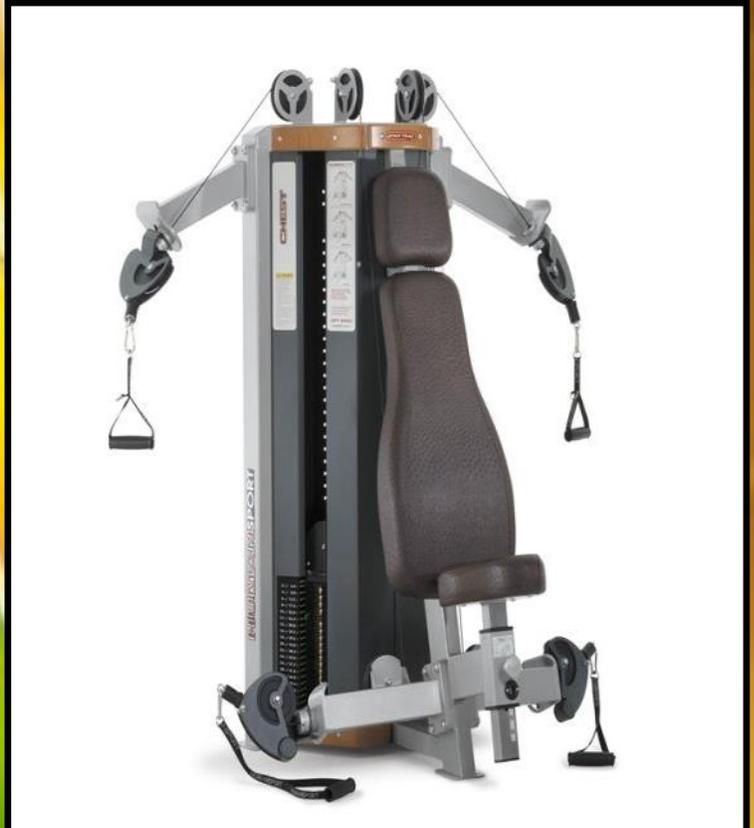
1. Preheat the oven to 350 F, and prepare 2 (approximately 7-inch) loaf pans by brushing them with a thin coat of olive oil. Set them aside.
2. In a medium-sized mixing bowl, combine the olive oil, sugar, vanilla, and puréed avocado. Use a whisk or a fork to mix it until it's very smooth.
3. Add the eggs and mix until they are fully incorporated.
4. Fold in the grated zucchini and combine.
5. Now sift in the flour, baking powder, baking soda, salt and spices, and stir just until everything is evenly blended. (Do not over mix!)
6. Divide the batter evenly between the two pans and bake in the preheated oven until the top is golden brown, and beginning to crack, about 30 minutes.
7. Let the bread cool in the pans for about 5 minutes. Use a dull knife to go around the edges of the bread to ensure it's loose, and then cool the bread for at least another 20 minutes on a cooling rack.

# Exercise Machines of the Month

## Human Sport Machines



- Numerous high pulley motions including pulling and press downs, core rotation, assisted squatting and lunging
- Numerous lower body movements including squats, lunges, dead lifts and calf raises
- Numerous upper body motions including biceps curls, shrugs, rows and presses
- Low pulling and rotational movements can be combined with stepping and lunging to incorporate total body 3-Dimensional motions
- Unilateral or bilateral use
- Exercises can be performed on or off the platform



- Multiple chest pressing motions including horizontal press, incline and decline press, chest fly and rotational press
- Multiple shoulder pressing motions including frontal plane press, sagittal plane press and rotational press
- Seated stable, seated unstable and standing positions can be utilized
- Primary or secondary D-ring selection setting for more or less pre-stretch
- Unilateral or bilateral use
- Seat adjustment accommodates users of different heights

# Fun Facts

Every time you lick a stamp, you're consuming 1/10 of a calorie.

The average person falls asleep in seven minutes.

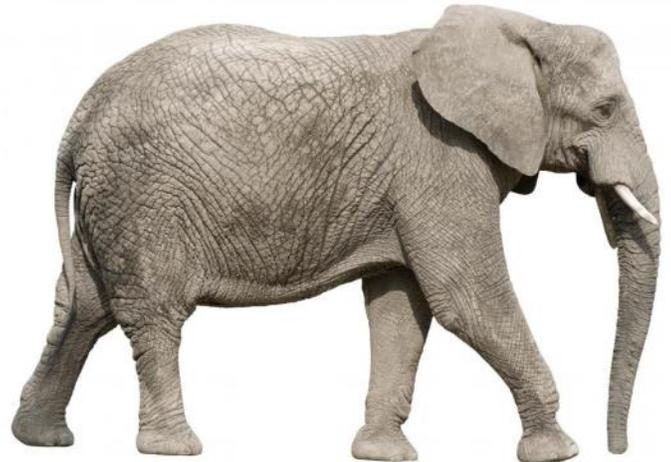
Elephants are the only mammals that can't jump.

No word in the English language rhymes with month, orange, silver,

A 'jiffy' is an actual unit of time: 1/100th of a second.

Months that begin on a Sunday will always have a "Friday the 13th."

A Hummingbird weighs less than a penny.



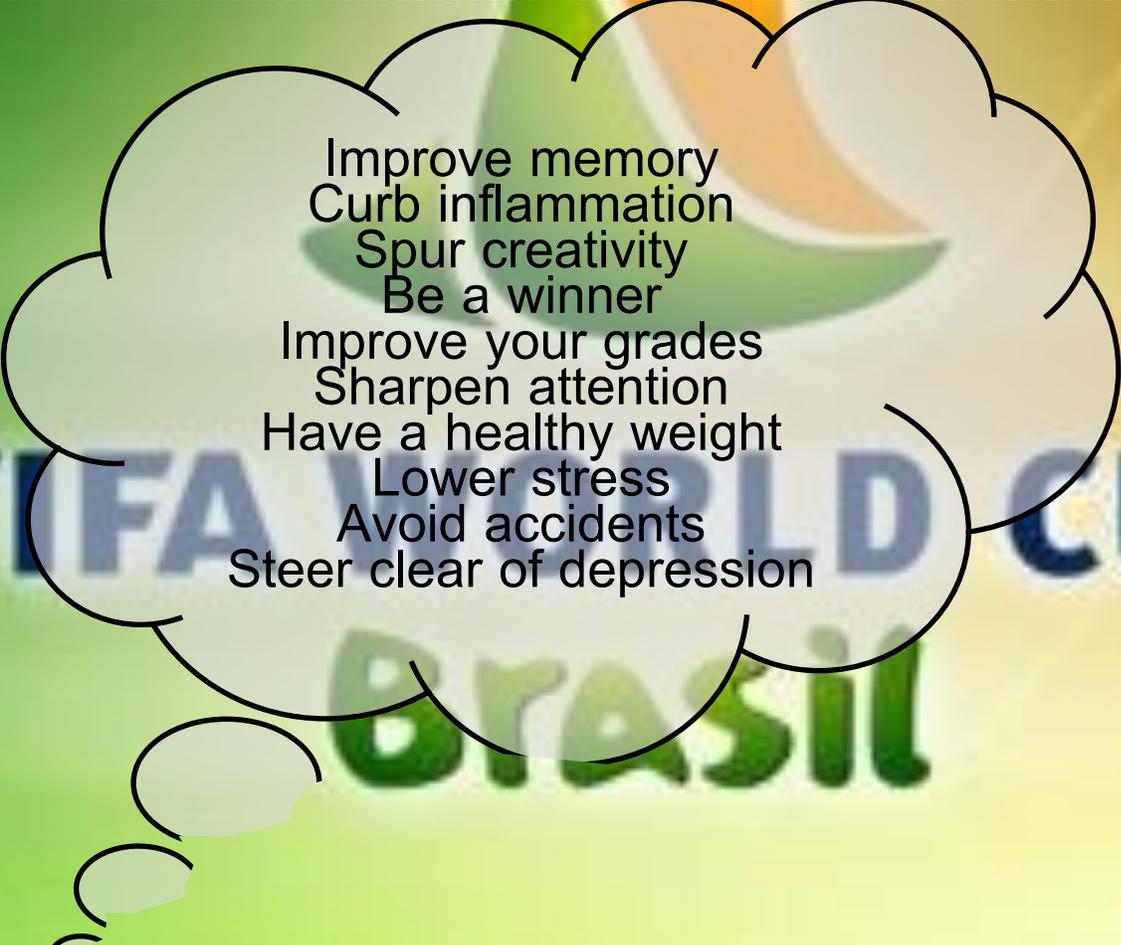
**A hummingbird weighs less than a penny.**

# Benefits of Sleep...Zzz

Sleep makes you feel better, but its importance goes way beyond just boosting your mood or banishing under-eye circles. Adequate sleep is a key part of a healthy lifestyle, and can benefit your heart, weight, mind, and more.

"Sleep used to be kind of ignored, like parking our car in a garage and picking it up in the morning," says David Rapoport, MD, director of the NYU Sleep Disorders Program.

Not anymore. Here are some health benefits researchers have discovered about a good night's sleep.



- Improve memory
- Curb inflammation
- Spur creativity
- Be a winner
- Improve your grades
- Sharpen attention
- Have a healthy weight
- Lower stress
- Avoid accidents
- Steer clear of depression

FIFA WORLD CUP

BRASIL

BLEACHER REPORT PRESENTS

# 2014 WORLD CUP BRACKET



# Message from Traye

Summer is arguably the most difficult time to get a workout in. Many of you are hitting the beach, hanging out with family and enjoying BBQ's in the sun. It is also vacation season! During vacation it is really difficult to stay on track and many cannot. There are ways to stay on track during vacation...it is possible! Here are a few tips that will help you get to the gym when it seems impossible.

**Routine:** If you can, schedule to work out the same time every day. Having a schedule keep you accountable and creates a worry-free workout schedule. If you miss your timing don't worry, get right back on track tomorrow!

**Comfortable workout environment:** Gyms are not for everyone but if you do not mind the gym make sure that you find one that suits you. Find a gym that is clean, has newer equipment, and a friendly environment. It is also essential to go to a gym that is air conditioned! (Believe it or not there are some gyms in Florida that are not.) You want your trips to the gym to be positive and inspiring.

**Find a Workout Partner:** Getting to the gym is much easier if you have a partner, teammate or friend who has similar goals. Simply being there for each other is extra motivation to workout. Having someone to keep you accountable will push you to not miss a day.

**Listen to what makes you feel good/motivated:** Either use up-tempo music, quiet time for yourself, or motivational teachings to push you through your workout. Organize something that you love and it will add a little something extra to look forward to when getting to the gym.

**Go over your goals everyday:** Check your goals every day. Read them out loud to yourself and think about what your goal look like on you. Having your goals on your mind will keep you motivated to not miss a workout. Your goals are an important motivator during a hot summer!

**Take your workout outside:** Think outside of the box. Take your workout to the beach or to a park on nice days to keep things interesting. Shaking up your workout location is a key to keeping this summer's workouts interesting. Just make sure to be safe in the sun by making sure you are well hydrated and wearing water resistant sunscreen!



*Together we discover. Together we teach. Together we care for our patients and our communities . Together we create unstoppable momentum.*

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UF Health Fitness and Wellness Center is one of Gainesville's newest fitness and wellness centers at which medical fitness is also available.

OPEN TO THE GENERAL PUBLIC!

Hours of Operation:  
Monday-Friday 5:30 AM-9:00PM  
Saturday 7AM-1PM  
Sunday: CLOSED

All aspects of our programs are aimed at helping people achieve a healthy and fit lifestyle that can last a lifetime. Whether just improving your fitness level, recovering from an injury or managing diabetes, high blood pressure or high cholesterol, UF Health Fitness and Wellness Center is located in the UF Health Shands Cancer Hospital parking garage on SW 13th Street on the 1st floor.