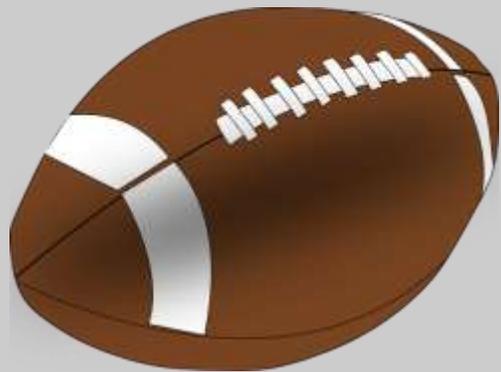


# September Newsletter

September is national honey month! Honey is a healthy and all-natural alternative to sugar and high **fructose corn syrup**. This month's newsletter will include a few delicious recipes that use honey as a key component. This month also marked the start of the 2015 football season. GO GATORS!!



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# HONEY HEALTH 101

**How its made:** Honey is stored by honey bees in beeswax honeycombs. The honey is usually harvested in the late summer when honey is in abundance. When the honeycombs are filled to capacity the bees will place wax within the combs to store the honey. To extract the honey from the combs a hot knife is used to remove the extra bits of wax called cappings. The wax from the capping's are used to produce other byproducts such as candles. Once the cappings are removed, the frames containing the honey-filled honeycombs are placed into a honey extractor, and by utilizing centrifugal force the honey is separated from the honey comb. After this process, the honey is strained of any impurities using a filter. The honey is then bottled and distributed to retailers for consumption.

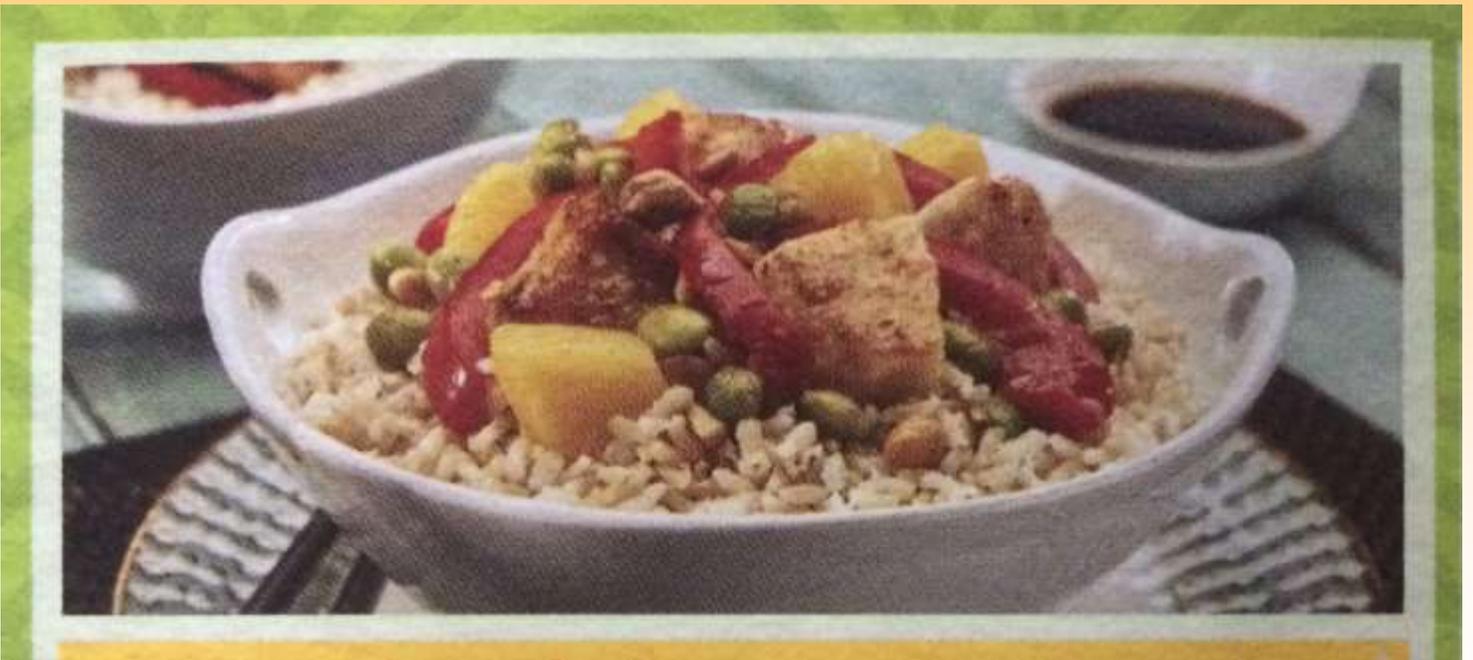
## **Why it's good for you:**

- Cough suppressant due to anti-inflammatory effects
- Theory that claims honey is a natural vaccine due to its pollen contents
- All-natural sweetener alternative that can be used to sweeten tea or coffee
- Natural anti-biotic that can act both internally and externally
  - can disinfect wounds, sores, and abrasions as well as burns

**Caloric Contents:** 64 calories per tablespoon., fat free, cholesterol free, sodium free



# HONEY CASHEW CHICKEN



Ingredients: (makes 4 servings)

1 can of Pineapple Chunks, drained

2 cups brown rice, uncooked

2 (6 oz. each) skinless, boneless chicken breast halves cut into 1-inch cubes

2 tbs. cornstarch

1/2 tsp. salt

1/4 tsp. ground black pepper

1/4 cup honey

2 tbs. soy sauce

1 tbs. Rice vinegar

1 to 2 tsp. hot chili sauce

2 tbs. vegetable oil

2 large garlic cloves, minced

1 red bell pepper, sliced

1 cup frozen shelled edamame or peas, thawed

1/2 cup dry roasted cashews, chopped



Drain pineapple chunks, reserve juice. Combine juice with water to equal 1-3/4 cups. Prepare rice according to package directions using juice mixture. Combine chicken, cornstarch, salt and pepper in a bowl; toss to coat. Whisk together honey, soy sauce, vinegar and hot chili sauce in a small bowl and set aside. Heat oil in a large skillet over medium-high heat. Add chicken mixture and cook for 4 minutes. Increase heat to high, add garlic, red peppers, pineapple chunks, and edamame. Cook for 5 minutes, stirring frequently. Stir in cashews. Add honey sauce mixture to chicken mixture, toss to coat. Serve over rice.

# CINNAMON HONEY BUTTER

Honey butter is easy to make and a delicious way to add some sweetness to your toast or biscuits. It takes about 10 minutes to make and only requires 4 ingredients.

## Ingredients:

- ¼ cup soft butter
- ¼ tsp cinnamon powder
- ½ cup creamed honey
- 1 tablespoon cream cheese (optional)



## Honey + Cinnamon



= Sweet Medicine

## Directions:

- Blend ingredients together in a bowl and beat until the mixture is smooth and creamy
- Enjoy

This delicious recipe is that simple, makes enough for 10 people, and will become an instant family favorite. For added flavor add in 1 tbsp. of dried fruits or finely chopped nuts.

# GET THE MOST OUT OF YOUR: **STARTRAC TREADMILL**



## **5K Loop Program:**

1. Press the 5K Loop key on the home screen, and enter your weight when prompted
2. Adjust the incline of the treadmill during the program:
  - you can adjust the treadmill incline from 0 to 20% in 0.5% increments
3. Adjust the speed within the range of 0.5– 15mph (remember pace yourself!)
4. When you reach the 5K distance, the treadmill will automatically enter the Cooldown Cycle. Press the stop key twice to exit this program

## **Military Test Programs:**

1. Press training tools key
2. Press 2 for Fitness Test programs
3. Select from: 1-Army 2 mile run, 2-USMC 3 Mile Run, 3– USAF 1.5 mile run, 4– Navy 1.5 mile run
4. Window will say “This is a (#distance) run to be completed as quickly as possible” press okay to continue
5. Enter your weight, gender, and age.
6. Enter the desired initial running speed.

# MEMBER SPOTLIGHT:

## LINDSEY JOHNSON

This month's member spotlight is focused on Lindsey Johnson. Lindsey grew up in Gainesville and attended Oak Hall. After finishing high school, she moved to Nashville, TN to attend Vanderbilt University for her undergraduate studies. After earning her bachelor's degree there, she came back home to Gainesville to complete her master's in Health Education.

Lindsey joined the fitness center to stay active and increase her fitness level.

She especially enjoys the Turbo Fitness Program that we offer, stating that it appeals to her due to its fast-paced nature and the variety of exercises that come with it. She also appreciates that it includes

exercises that she wouldn't think to do if she was just working out on her own. In her spare time Lindsey enjoys spending time with her two daughters, going to Gator football games, and going on hikes around Devil's Millhopper. We very much enjoy having Lindsey as a member here and look forward to serving her in the future!



## 25 Essential Fitness Tips to Get You Going this Fall

Set Short Simple Goals: This makes achieving them realistic.

Make a Motivation Board: Place this somewhere prominent so that you will see it regularly.

Adopt the 3 C's: Commitment, Convenience and Consistency.

Make it Fun: Mix up your workouts so as to avoid boredom.

Plan Ahead: Plan when you will be able to work out and also plan your meals. This helps keep you consistent as well as keeps you on track with healthy eating.

Stock Up on Healthy Food: Keep your kitchen well stocked with unprocessed whole foods that are quick and easy to munch on.

Schedule your workouts: Schedule your workout sessions into your calendar like you would an important meeting, and don't miss them.

Grab a Friend: Having a workout partner helps to boost motivation and accountability along with making it more fun.

Get Outdoors: Do this before the weather becomes too inclement to get a good workout outdoors.

Change it up: Don't always do the same type of exercise routine on the same days each week. Your body and mind will thank you.

Moderation is the Key: It's Ok to indulge on your diet every once in a while. Try the 80:20 rule (eating right 80 percent of the time and being lenient for the other 20)

No Gym? No problem: Many of the best exercises can be done anywhere just using your bodyweight in lieu of equipment, ie. Jumping jacks, push ups, squats, crunches, etc.

Gear Up: Look at buying some new workout clothes. Looking good makes you feel good and will motivate you to exercise more.

Snack Right: Keep healthy snacks around and focus on what you should be eating instead of what you shouldn't.

Try Fruit for Dessert: If you are in the mood for something sweet, a piece of whole fruit provides vitamins, minerals and antioxidants without an overload of sugar.

Stay hydrated: Pure water is essential for healthy metabolism and detoxification.

Get Proper Sleep: Lack of sleep is strongly linked to weight gain, low energy and fatigue.

Workout to music: Music can be a motivator and listening to music while exercising can increase your endurance by 15 percent according to some studies.

Track Your Progress: Keeping up with what you have done can act as a motivator.

Ditch Your Scale: Pay attention to how your clothes fit and how your body feels rather than the number on the scale.

Take time for recovery: Give yourself adequate recovery time between workouts and be sure to alternate muscle groups or body parts in your exercise routines.

Grab a Little R&R: If you've fallen into a rut, take a few days to recharge and regroup.

Reward Yourself: When you reach a fitness goal, reward yourself, ie. Massage, new piece of clothing, etc.

Don't Give Up: The greatest goals are achieved one step at a time.

It's All Up to You: You have to make the decision to get fit. When you commit to it, you're making a contract with yourself. Be the change you want to see in your life!