

MARCH 2008

Fitness Matters

Health Promotion for Faculty and Staff

Appalachian State University

**UREC Pool
Closed**
March
6 & 7

**NO WATER
CLASSES**

**HP Spring
Break Hours:**

March 10–14
10 am–2 pm

**NO
EXERCISE
CLASSES**

**HP Closed
for University
Holiday**
March
24 & 25

HP Open
March
26 & 27
7 am–6 pm

March 28
7 am–3 pm

3rd Annual Tom Moore 5K for Huntington's Disease

**Saturday, April 19
9:00 am
Greenway Trail**

For more information call Sherri at ext. 6314

Lunch and Learn *Humor, Laughter and Your Health*

Friday, April 4
Hubbard Center, Old Belk Library
12–1 pm
To register call ext. 6314



Health Promotion's Participant of the Month!

Health Promotion would like to recognize Tammy Wahpeconiah for her dedication to the Health Promotion program, as well as her personal health and fitness!!

Tammy has been at ASU since 2004. She teaches Ethnic American and Native American literature in the English department. She grew up in the tropical climate of Miami and spent some time in the frigid cold of Michigan doing her graduate work...it seems she may have found a happy medium in Boone. She has one son who is 23 and enjoys spending her spare time horseback riding.

Tammy also enjoys spending her time at Health Promotion. She has been using our program since 2007 and really enjoys the Pilates class. Her exercise routine consists of attending Pilates class 3 times a week, cardio 4 times a week, and weight training at least twice a week. (She has a very well rounded exercise program if I do say so myself!) Tammy says she is in the best shape of her life, "Sure, I've lost weight and my clothes fit better, but more importantly, I feel better. I have more energy and I sleep better at night."

Congrats Tammy! Keep an eye out for next month's
PARTICIPANT OF THE MONTH!

March is National Nutrition Month

Are You Getting Enough Fiber in Your Diet?

According to Metamucil, the National Fiber Council, and the American Dietetic Association, dietary fiber is an important link in the fight against heart disease.

The recommended daily allowance:
Men 30-38 grams
Women 21-25 grams

Ways to increase fiber intake:

Consume two cups of fruit and two and a half cups of vegetables per day.

Incorporate high fiber foods, (ie. berries, citrus fruit, oatmeal and beans).

Order pizza with veggie toppings.

Choose snacks such as air-popped popcorn, roasted nuts and seeds.

Keep frozen bags of veggies in your freezer.

Top your steak, chicken or fish with grilled zucchini, sautéed spinach, or sliced onions.

Check with a registered dietitian concerning the appropriate use of fiber supplements.

Cin City...or Not?

Cinnamon buns, cinnamon sugar, cinnamon swirl raisin bread... although all of these foods sound appetizing to our mouths, they are not appetizing to the rest of our body. Cinnamon is the common denominator in all of these mouth-watering treats, but there is also a common denominator of health benefits that cinnamon can offer.

Research has linked the spice with reduced blood sugar, cholesterol and triglyceride levels in people with type 2 diabetes. According to a new report, adding a little more than a teaspoon to rice pudding may help regulate blood sugar in people without diabetes. But wait, that's not all... cinnamon also contains polyphenols and antioxidants that create healthier arteries and reduce the risk of cardiovascular disease. Increased alertness has also been linked to cinnamon due to its energizing scent.

There is not one form of the spice that is better for you than the other. Whether it is in the form of a stick or ground up, both offer the same benefits (there is one advantage however with the sticks, they have a longer shelf life). There are a number of different foods that taste great with cinnamon added to them, for instance try it sprinkled on hot oatmeal, cold cereal or even a tablespoon in pancake batter. For more sweet, satisfying and tasty ideas, go to www.womenshealthmag.com



Hats Off To...

John Abbott

Bill Hutchins

John Whitehead

Ellen Cowan

Claire Mamola

...for their ongoing dedication and leadership to Abs and Back group exercise class!

Happy St. Patrick's Day