

Infogram

Winter 2016

THERAPY & FITNESS
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Inside this
issue:

What's New? 1

New Year's
Resolutions That
Really Work 2

Muscle of the
Month:
Quadriceps 3

Fitness Center
Information 4

Recipe 4

What's New at the Fitness Center?

It's a New Year—are you working toward a “New You?” We've added a variety of new offerings to the Aspirus Fitness Center:

1. We've done some **remodeling!** More showers have been added in the Women's locker room and an additional exercise classroom is now available.

2. A new **TRUE Traverse Elliptical machine** has been added. It has a unique side-to-side motion allowing members a work-out like no other. You have the ability to sculpt your core and lower body better than any other. It also provides smooth motion and a high intensity training feature for a better workout in less time. If you haven't had the chance to try it—jump on it and see for yourself!

3. **Fitness On Demand™** is a virtual group fitness solution that provides over 100 fitness classes on-demand, allowing users group fitness access anytime!

4. **New Beginner Kettlebell class.** 2–6 week classes held in the new exercise classroom. Limited space—sign up required.

5. **Punch cards now offer 2 FREE days** of gym and fitness class access!

6. **New classes** starting in January. Check the new schedule to try Kettlebell AMPD and Strike Kickboxing.

Personal health, wellness and fitness offerings to help you meet your goals:

HEALTH & WELLNESS COACHING is available to help achieve ANY wellness goal you'd like to accomplish. Contact the front desk to learn more and to schedule an appointment!

PERSONAL TRAINING for one-on-one development and progression toward your fitness goals.

STEP UP is free to new members. Baseline fitness assessment conducted and exercise program suggested based on your goals and interest.



Meet Trisha

Trisha Berry is our newest fitness instructor. You'll find her teaching PiYo on Mondays, Wednesdays, and Fridays starting at the end of January.

Trisha enjoys fitness and PiYo for her health and well-being. In her free time she enjoys gardening, running, water sports and spending time with her family, including her three active children.



New Year's Resolutions That Really Work.

Source: Dr. Ann Kulze

Here are 10 easy, delicious and totally-doable New Year's resolutions that come with a science-backed guarantee to guard and improve your health and vitality.

1. Enjoy a handful (about 1 ounce) of any variety of nuts (raw or roasted) each day.
2. Incorporate some form of dark leafy greens (raw or cooked) into your diet each day. Salads are perfect for this.
3. Substitute 100% whole grain or 100% whole wheat bread products for their white, refined counterparts.
4. Consume a serving of any variety of beans (canned fine) at least 4 times a week.
5. Within each hour that you have to sit, incorporate at least 2 minutes of light activity like standing up to walk to the restroom.
6. Enjoy a prudent portion of dark chocolate (up to 1 ounce) as your dessert or treat of choice.
7. Include at least 3 servings of oily fish like salmon (wild best) in your diet each week. Canned salmon and frozen salmon burgers make this a cinch.
8. Plate every morsel of food you intend to eat (including snacks) and look at it before you let it cross your lips.
9. Adopt the attitude that sleep is sacred in your life and strive to adhere to a stable sleep and wake schedule
10. Seek the inspiration, motivation, and perseverance to stick to your New Year's resolutions or any healthy living changes you may otherwise make from the very best source-the things that give your life meaning and purpose.



Do more of what makes you happy.



ASPIRUS[™]

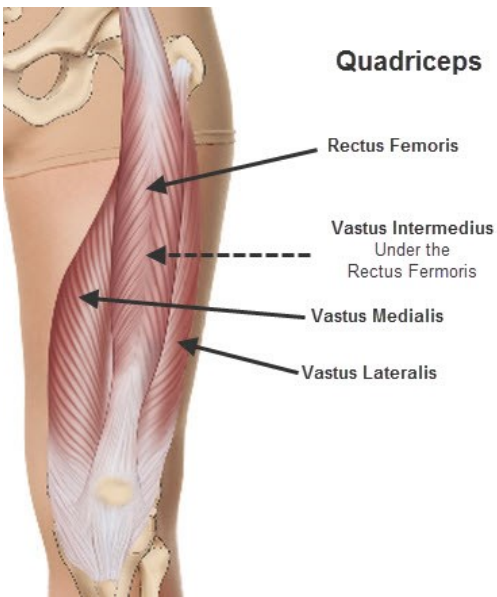
Passion for excellence. Compassion for people.

Muscle of the Month: Quadriceps

Source: fitnut.co.uk

Quadriceps Femoris, commonly referred to as the quads, are located on the front of the thigh.

As the name suggests, quad refers to four muscles: rectus femoris, vastus lateralis, vastus medialis, and vastus intermedius.



Together these make up the anterior top section of each leg. They originate at the Ilium (hipbone) and femur (thighbone) and come together at the patella (knee cap) attaching to the tibia (shinbone). The quads extend the knee and are also involved in flexion of the hip. These muscles are important for standing, walking and almost all activities involving the leg.

Quad Exercises:

Squats are a great exercise for the quad muscle group. After the correct technique is mastered squats can provide a great base exercise to progress into harder more advanced moves. For beginners a basic squat with a stability ball behind the back is best.

Lunges are also a great quad exercise. Take a large step forward and bend at the knees until you are almost down on one knee whilst keeping the core locked in. Keep the spine straight and look forward. From here you can power back up to standing with your feet together or pulse on the spot, straightening and bending the knees.

Progression can easily be made by adding weights, alternating sides, lunging back or diagonally. The squat and lunge do also raise the heart rate and provide great toning to the quads, hamstrings and also the glutes.

Quad Stretch: Starting with one foot on the ground raise your foot to your bottom. Keep the knees together and stretch out through the quad. If a further stretch is needed push from the hips and this deepens the stretch.



Meet Our Fitness Instructors

Laura

Sherry

Jill

Paula

Marney

Anne

Krista

Candice



Phone: 715-748-8112

Open 7 days a week; except holidays.

Mon-Thurs.....5am-10pm

Friday.....5am-9pm

Saturday.....7am-5pm

Sunday.....8am-5pm

Visit our website: www.aspirus.org/FitnessMedford

Find us on Facebook: www.facebook.com/AspirusHealth

Roasted Brussels Sprouts & Butternut Squash Recipe

Ingredients

Roasted Brussels Sprouts:

3 cups Brussels sprouts,
ends trimmed, yellow leaves
removed

3 tablespoons olive oil

Salt, to taste

Roasted Butternut Squash:

1 and ½ pound butternut
squash, peeled, seeded,
and cubed into 1-inch cubes
(Yields about 4 cups of
uncooked cubed butternut
squash)

2 tablespoons olive oil

3 tablespoons maple syrup

½ teaspoon ground
cinnamon

Other Ingredients:

2 cups pecan halves

1 cup dried cranberries

Instructions

Roasted Brussels sprouts:

Preheat oven to 400 F. Lightly grease a foil-lined baking sheet with 1 Tbls olive oil.

Slice all Brussels sprouts in half. In a medium bowl, combine halved Brussels sprouts, 2 Tbls olive oil, salt (to taste), and toss to combine. Place onto foil-lined baking sheet, cut side down, and roast in the oven at 400 F for about 20-25 min. During the last 5-10 min of roasting, turn them over for even browning, the cut sides should be partially charred but not blackened.

Roasted butternut squash:

Preheat oven to 400 F. Lightly grease a foil-lined baking sheet with 1 Tbls olive oil.

In a medium bowl, combine cubed butternut squash (peeled and seeded), 1 Tbls olive oil, maple syrup, and cinnamon, and toss to mix.

Place butternut squash in a single layer on the baking sheet. Bake for 20-25 min, turning once half-way through baking, until softened.

Note: You can roast both Brussels sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

Assembly:

In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

