

CORE Matters - The CORE's Members-Only Newsletter

SRPING BREAK IN SHAPE!



March is here and that means spring break is just around the

corner! When on a time crunch for exercise, full body workouts are the way to go. These exercises include upper body, lower body, and core. Doing these exercises will not only increase your heart rate and help you burn more calories, they are more efficient and time conscious.

Exercises to try:

- Push Ups—this simple exercise works your total body, especially your arms and core.

- Squat to Jump – An easy way to incorporate some cardio into your fitness routine is to do a squat followed by an explosive jump.
- Plank – Remember to keep your back in a neutral position.

It's important to have some variation of a fitness routine even while on vacation. Follow these simple tips to make sure you stay on your fitness track:

- Carry Bands – Exercise bands are a perfect addition to your suitcase. They are lightweight, easy

to pack and inexpensive.

- Talk to your hotel – Many hotels have state-of-the-art gyms or can give you guest passes to gyms in the area.
- Always walk – as often as you can, walk to your various activities or destinations while on vacation.
- Rest – Make sure you are getting enough rest during your vacation. Staying up too late each night can throw off your fitness routine when you get home.

With these suggestions in mind, you are sure to have a successful Spring Break! Enjoy!

www.healthpartners.com

Lemont Park District
CORE Fitness &
Aquatic Complex
630-257-6787
www.lemontparkdistrict.org

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The Lemont Park District
CORE
Fitness & Aquatic Complex



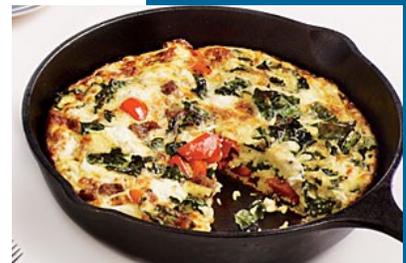
Like Omelets? Then give a Frittata a try!

Sausage and Kale Frittata (serves 4)

Ingredients: 2 Large Egg Whites, 6 Large Eggs, 1/4 tsp. Salt, 1/4 tsp. Black Pepper, 1/3 cup 1% Milk, 3 cups Finely Chopped Kale, 1 1/2 tsp Olive Oil, 4 oz. Italian Turkey Sausage (cooked and crumbled), 1/2 cup Chopped Bell Pepper, 1 oz. Crumbled feta.

Instructions: Preheat broiler to high. Combine eggs, salt, pepper, and milk. Stir and whisk. Heat a 9 inch cast iron skillet over medium heat. Sauté kale in olive oil until tender. Layer in sausage and bell pepper. Sprinkle with feta cheese. Pour egg mixture over cheese. Cook over medium heat 5-6 minutes until eggs are partially set, then broil 5 inches from heat for 2 to 3 minutes until brown and almost set.

Nutrition: 224 Calories, 13.5 g Fat, 19 g Protein, 519 mg Sodium. www.cookinglight.com





March is National Nutrition Month!

Making food choices for a healthy

lifestyle can be as simple as using these 10 tips:

1. Balance Calories— Find out how many calories YOU need for a day as a first step in managing your weight.
2. Enjoy your food but eat less. Take time to fully enjoy your food as you eat it.
3. Avoid oversized portions.
4. Eat more veggies, fruits, whole grains and 1% milk dairy products.
5. Make half your plate fruits and veggies
6. Switch to fat free or low fat milk.
7. Make half your grains whole grains.
8. Cut back on foods high in saturated fats, added sugars, and salt... such as cakes, cookies, ice cream, candy, sweetened drinks and fatty meats.
9. Compare sodium in foods and choose lower sodium versions.
10. Drink water instead of sugary drinks.

Want more information? Visit www.choosemyplate.gov

Tips for Healthy Eating on the Run

- Think ahead and plan where you will eat. Consider what meal options are available.
- Review nutrition information and compare calories when making selections.
- It's ok to make special requests, such as asking for a side salad instead of French fries; sauces on the side.
- Split your order. Share a large sandwich or main course with a friend or take half home for another meal.
- Boost the nutrition of all types of sandwiches by adding tomato, lettuce, pepper or other veggies.
- Enjoy ethnic foods such a Chinese stir-fry, vegetable stuffed pita or fajitas— just go easy on the guacamole and sour cream.
- Try a smoothie made with 100% juice, fruit & yogurt.

“Every day is a chance to get better.”

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“Inside me, there’s a skinny person screaming to get out. No wait, she’s yelling at me to order a pizza!”

Tips from the Academy of Nutrition and Dietetics staff registered dietitian nutritionists.

CORE “Focus on Fitness” Features

Need a change of pace from your normal routine? Try a new class or new piece of equipment in The CORE’s Fitness Center! Each month we will showcase one of our Fitness Classes and a piece of equipment we encourage members to try.

CORE-Fit Feature Class

Aqua Zumba!

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Aqua Zumba now included in CORE-Fit Memberships!

Check the Pool Schedule or the Aqua Class Schedule for dates & times!!!

CORE Feature Equipment

Life Fitness Powermill

Powermill machines have been helping people get the most out of their workout by providing a superior combination of cardio and strength training in one machine on the cardio floor.



It is recommended...If you are under doctor supervision that you discuss your exercise capabilities and limitations with your physician.