

CORE Matters - The CORE's Members-Only Newsletter

EXERCISE AND HAPPINESS: HOW ACTIVITY AFFECTS OUR MENTAL HEALTH

Did you know that when you start to exercise regularly, you not only begin to notice changes to your physique but also significant improvements to your health that extend beyond your physical appearance? Exercise goes a long way to improve your general mood, the quality of your sleep as well as support your immune system.

How Does Exercise Make You Happy?

When it comes to exercise and depression, studies show that maintaining a regular exercise routine can supplement proper counseling or therapy in the treatment of mild to moderate depression and, in some cases, is as effective as antidepressant medication.

Now for the science. So what happens to our brains when we exercise? Working out leads to changes in your brain, such as increased blood flow and the creation of new neural pathways. Hormones such as endorphins, serotonin, dopamine, and testosterone are also released in response to increased physical activity.

Endorphins give you that post-exercise high-as-a-kite feeling. As your body's natural painkillers, they reduce discomfort, enhance pleasure and improve self-esteem.

Serotonin controls your appetite, helps you sleep sounder, and regulates your mood. These factors all go hand-in-hand to make

us feel happier, calmer, and more stable.

Dopamine is that pleasurable habit-forming hormone that keeps you coming back for more. It signals the reward and pleasure centers in our brain's, which help motivate us to take action and work towards things that make us feel good.

Testosterone, crucial for both men and women, is important for your metabolism, muscle growth and libido. Low levels can lead to depression and obesity. Regular exercise, especially endurance/resistance training, raises testosterone levels.

Reference: 8Fit



A Healthy Recipe!

Avocado Brownies

Ingredients for Brownies: 300 g. dark chocolate (chopped or chips), 2 tsp. coconut oil, 2-4 hass avocados (pitted and peeled), 1/2 cup honey or maple syrup, 1 tsp. vanilla extract, 3 eggs (room temperature), 1/2 cup cocoa powder and 1/2 cup less 1 tbsp. coconut flour

Ingredients for Frosting: One medium-sized hass avocado (pitted and peeled), 3 tbsp. unsweetened cocoa powder and 3 tbsp. maple syrup

Instructions for Brownies: Preheat Oven to 400 degrees. Line Base of 9x13 pan with parchment paper leaving some overhang. Process Avocado's in Food Processor until smooth - You will need 1 cup of the avocado puree. Melt chocolate and coconut oil in double boiler or microwave- being careful not to burn. After chocolate mixture has cooled fold avocado puree into chocolate along with honey, and vanilla. Next add eggs one at a time incorporating each one fully. Stir in the coconut flour and cocoa powder until smooth. Pour in pan smoothing on top. Bake for 12-15 minutes or until top is firm to touch and cool completely.

Instructions for Frosting: Place frosting ingredients in a food processor/blender along with cocoa powder and maple syrup. Process/blend scraping side until mixture is very smooth. Add additional cocoa powder/maple syrup to taste if needed. Frost cooled brownies, cut and enjoy!

Lemont Park District
CORE Fitness &
Aquatic Complex

630-257-6787

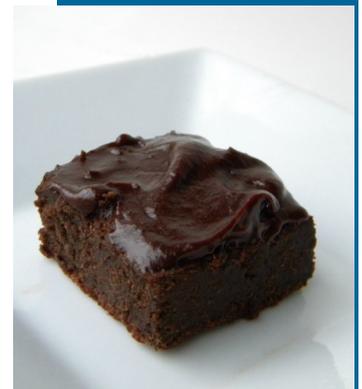
www.lemontparkdistrict.org

- > Exercise and Happiness
- > Avocado Brownies
- > Why Women Should Lift Weights
- > "Focus on Fitness" Feature

**STAY
CONNECTED...
WE'LL TEXT YA!**



The Lemont Park District
CORE
Fitness & Aquatic Complex



Why Women Should Lift Weights

You Will Be Physically Stronger

Increasing your strength will make you far less dependent upon others for assistance in daily living. Chores will be easier, lifting kids, groceries, and laundry will no longer push you to the max. If your maximum strength is increased, daily tasks and routine exercise will be far less fatiguing and much less likely to cause injury. unprocessed.

You Will Lose Body Fat

Studies performed by Wayne Westcott, Ph.D., from the South Shore YMCA in Quincy, Massachusetts, found that the average woman who strength trains two to three times a week for two months will gain nearly two pounds of muscle and will lose 3.5 pounds of fat. As your lean muscle increases, so does your resting metabolism, allowing you to burn more calories throughout the day.

You Will Gain Strength Without Bulk

Women typically don't develop big muscles from strength training, because compared to men, women have 10 to 30 times less of the

hormones that cause muscle hypertrophy. Weight training does not make you bulky; excess body fat does.

You Decrease Your Risk of Osteoporosis

Weight training can increase spinal bone mineral density (and enhance bone modeling). This, coupled with an adequate amount of dietary calcium, can be a woman's best defense against osteoporosis.

You Will Improve Your Athletic Performance

Strength training improves athletic ability. Golfers can significantly increase their driving power. Cyclists are able to continue for longer periods of time with less fatigue. Skiers improve technique and reduce injury.

You Will Reduce Your Risk of Heart Disease

Weight training can improve cardiovascular health in several ways, including lowering LDL ("bad") cholesterol, increasing HDL ("good") cholesterol and lowering blood pressure. When cardiovascular exercise is added, these benefits are maximized.

CORE "Focus on Fitness" Features

CORE-Fit Feature Class

Spin

This class is an invigorating way to blast off calories while listening to fun and motivating music. this class is designed to work leg muscles, strengthen your CORE and is a great workout for all! Spin is currently taking place in The CORE Gym Court 1E.

CORE Spotlight Instructor

Dawn Thompson



My passion for fitness has made me an experienced, accomplished triathlete and marathon runner. I've completed more than ten triathlons, over ten half marathons, and have been a finisher in the Chicago Marathon twice. I enjoy biking, hiking, skiing, resistance training and anything that presents a challenge. My goal as a personal trainer and fitness instructor is to challenge clients and CORE members mentally and physically; encourage them to obtain and maintain a healthy way of life all while having fun!