



UNIVERSITY OF MANITOBA

**BISON**

*Recreation Services*

ACTIVE LIVING  
FOR LIFE!

JANUARY  
2010

Here are some **Active Living Events** happening in January to help you stay motivated!

- ◆ **Enter to Win a FREE Personal Training & Fitness Testing Package valued at \$100!** Every time you attend a FREE Gritty Grotto Exercise Session led by our Certified Fitness Attendants you will be entered to WIN!
- ◆ **Text to win!** Text 223-4774 your Active Living New Year's Resolutions and receive healthy living tips, plus the chance to win a blackberry, 3 personal training sessions, and a bookstore gift card! See customer service desk for details.
- ◆ **Intramurals!** Registration opens January 15th at 9:00 AM for men's basketball, floor hockey, ice hockey, touch football; women's 3 on 3 basketball, and co-ed volleyball, dodge-ball, soccer, and ultimate Frisbee.

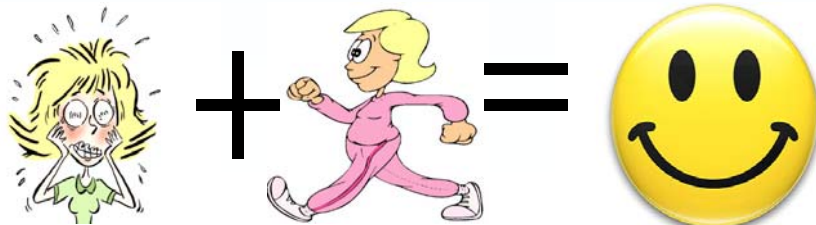
Be cautious about striking carbohydrates from your diet: you may lose more than just a few pounds. The Recommended Dietary Allowance for carbohydrates is 130 grams per day, a number based on the amount of glucose the brain needs to function optimally. What does 130 grams look like? A cup of oatmeal, an apple, two slices of whole-wheat bread and 3/4 cup of cooked pasta. Avoid short-term, "quick fix" diets and opt for a healthy balanced eating plan following the Canadian Food Guide.

## BEATING STRESS

Many studies as far back as the 80's have demonstrated a link between participation in short term and long term physical activity and reduced self-reported stress levels.

So get moving and start receiving some of the following potential benefits leaving you with a sense of control over your body and life!

- Increased endorphins
- Improved mood
- Improved self confidence and esteem
- Reduced depression and anxiety
- More Restful sleep
- Increased concentration
- Increased ability to deal with stressors throughout the rest of your day.



### Stress Management Tip of the Month:

Spend 20 minutes per day doing something that is relaxing and enjoyable to you that is not work related. Try taking a walk, stretching, reading or listening to music. These can help to keep your energy levels up and keep you feeling better longer than eating a candy bar, soda or bag of chips will.

# How Can I Keep My New Year's Resolution?



- 1) Focus on positive self talk and congratulate yourself every time you take a step towards your goal.
- 2) Avoid beating yourself up if you "fall off the wagon". Just brush yourself off, identify what went wrong, plan how to overcome it next time and start again!
- 3) Consider your resolution as a promise to yourself rather than a test of willpower.
- 4) Avoid situations that put you in temptations path.
- 5) Keep a sticky note in a prominent place to give you visual reminders throughout the day.
- 6) Remember your guidelines for creating SMART goals...Be realistic but specific
- 7) Take one step at a time

## Balsamic & Parmesan Roasted Cauliflower (from [eatingwell.com](http://eatingwell.com))

Who would've thought that lowly cauliflower, so often hidden under a blanket of cheese sauce, could be elevated to "hot veggie" status? Cauliflower is making a comeback on the menus of family-style restaurants and high-brow eateries alike as an alternative to the higher-carb potato. Boasting a mere 29 calories per cup, and a rich source of vitamin C, vitamin K, folate and fiber, cauliflower deserves its newfound status as a go-to vegetable for side dishes, salads and as part of flavorful stews and main dishes.

### Ingredients:

- 8 cups 1-inch-thick slices cauliflower florets, (about 1 large head)
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese



Preheat oven to 450°F.

Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet and roast until starting to soften and brown on the bottom, 15 to 20 minutes. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Per serving (about 1 cup): 149 calories; 10 g fat (3 g sat, 6 g mono); 7 mg cholesterol; 10 g carbohydrates; 7 g protein; 4 g fiber; 364 mg sodium; 490 mg potassium. Nutrition Bonus: Vitamin C (120% daily value), Folate (22% dv), Fiber (16% dv), Calcium (15% dv)

**There's no one giant step that does it. It's a lot of little steps!**

*Peter A. Cohen*

## Q&A

**Q:** What is the best machine for losing abdominal fat?

**A:** As we've discussed in previous newsletters, you cannot "spot reduce" or burn fat from a specific part of the body. A calorie deficit through balanced nutrition and physical activity will slowly lead to general fat loss. As far as which cardio machines will lead to the greatest results, it will be the machine that you feel most comfortable with and can push yourself to meet your goals.

Resistance training is also an excellent way to burn additional calories, and develop lean muscles. It is important to remember that you can engage in resistance training without "bulking up".

Remember, take it one step at a time...if you are new to exercising start off slow and progress a little each week. Ask a fitness attendant for help getting started, or attend one of our Free Grotto Exercise Sessions!