

May 2011

Bison Recreation Services Newsletter



Posture: Our Moms Knew What They Were Talking About!

This Mother's Day, thank your mom for always reminding you not to slouch. Good posture can make you look and feel younger, stronger and more confident. It can help improve your breathing, advance your sports performance, and decrease your risk of injury. And, over the course of your life, good posture can prevent painful physical strain on your joints.

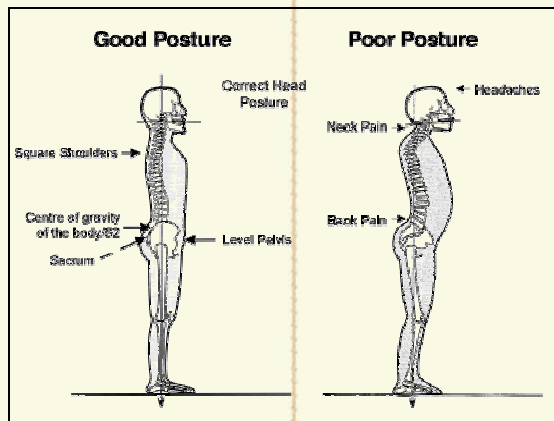
Your Posture Might Need Adjustment If...

- You have collapsed arches in your feet
- You have an elevated hip or shoulder
- One side of your body is rotated forward or backward
- Your pelvis and hips are tilted to the front, side or back
- Your back is rounded
- Your chest and shoulders droop
- Your head juts forward

These signs may occur because of muscle imbalances, compensation for injuries, or ergonomic problems.

Improving Your Posture Through Exercise

- Find your neutral alignment. A personal trainer can help you recognize what this looks and feels like. This is the position in which the spine is best equipped to deal with stress and strain.
- Learn exercises that train the abdominals to hold the pelvis in neutral alignment. Try some work with a stability ball—this will allow you to train more of your core than traditional crunches will.
- Ask a fitness attendant how to correctly perform back extension exercises. Research has shown that these exercises, along with proper stretching, often improve or eliminate back pain.
- Develop your hip muscles. Weakness or inflexibility of the hip muscles that attach to the pelvis may impact the alignment of your pelvis and lower back. The multi-hip machine is great for this.
- Remember to work your upper back muscles. Most people have stronger chest muscles than back muscles. This causes rounding of the shoulders and tight pectorals.



Feel free to ask a fitness attendant for more tips or advice on any of these points...they are here to help you!

A man's health can be judged by which he takes two at a time - pills or stairs.

~Joan Welsh

Quinoa: “The Gold of the Incas”

Most commonly considered a grain, quinoa ('kee-nwa) is actually a relative of leafy green vegetables like spinach and Swiss chard. Quinoa has a fluffy, creamy, slightly crunchy texture and a somewhat nutty flavor when cooked. Not only is quinoa high in protein, but the protein it supplies is *complete protein*, meaning that it includes all nine essential amino acids. This makes quinoa an excellent choice for vegans concerned about adequate protein intake. One cup of cooked quinoa will provide you with 8 grams of protein, 39 grams of carbohydrates, and 4 grams of fat.



Common Uses for Quinoa



Try quinoa instead of pasta or rice as your side dish

Combine cooked and chilled quinoa with pinto beans, pumpkin seeds, scallions and coriander for a south-of-the-border inspired salad.

Add nuts and fruits to cooked quinoa and serve as breakfast porridge.

Add quinoa to your favorite vegetable soups.

Ground quinoa flour can be added to cookie or muffin recipes.

Gym Etiquette:

Because everyone can use a reminder every now and then

We'd like to take a moment to remind you, our members, about some of the rules, written and unwritten, that help make the Gritty Grotto a more enjoyable place to exercise. These are only a few of the rules that are not adhered to well; please take the time to read the signage around the Grotto while you work out for your own sake and the sake of your fellow members. And when all else fails, do unto others as you would have them do unto you.

1. **Stop and look both ways before you cross the track. This will help prevent collisions with runners.**
2. **Please put the equipment you were using back where it is supposed to be. One person putting their dumbbells in the wrong spot can mess it up for everyone else who tries to put their dumbbells in the right spot.**
3. **Please put your weights on the floor between sets and not on the benches. Weights stretch the bench upholstery so it cracks more quickly and becomes uncomfortable to use.**
4. **If you're not using a bench or a machine to work out, or if you're taking a phone call, leave the bench or machine for someone else to use—be conscious of those around you.**
5. **Try to lower your weights to the ground after each set rather dropping them. The bolts that hold our dumbbells together bend and break over time, and the barbells bend more easily than you think.**

Thank you for contributing to a more enjoyable Gritty Grotto