



# Lifestyle Letter

## Wellness News

### Great Outdoor Exercise Workouts Looking for a fitness routine that's easy and doesn't require a gym? See how working out can be fun and effective.

The great outdoors offers many ways to have fun and exercise. Consider the following:

**Running:** Take advantage of the warm weather and choose a trail, park or other path that is safe. Make sure you wear sturdy running shoes.

**Biking:** Bicycling is a fun, low-impact exercise that works the heart and lower body. Always wear a helmet.

**Swimming:** Swimming is a low-impact exercise that works the whole body and is good for just about everyone.

### The importance of Interval Training by Dr. Cherine VanWagner

If you want to get the most out of your workouts and increase your results in less time, interval training is the best way to go. Research shows that you can improve your endurance and recovery from intense bouts of exercise with just two-one hour sessions per week of interval training. Interval training is a method of training where you increase and decrease the intensity of your workout between aerobic and anaerobic training. The protocol for interval training is to push your body past the aerobic threshold for a few moments and then return to your aerobic conditioning level with the objective of improving your performance (speed, strength and endurance). The aerobic threshold is the intensity where your body switches from burning a greater percentage of fat to a greater percentage of carbohydrate and is generally 85% of your maximum heart rate. Using this philosophy in your workouts will maximize your calorie burn, fat burn, decrease plateaus, give you faster recovery and keep your workouts fun and challenging!

Dr. Cherine VanWagner, a Creating Wellness Center in Richmond, VA and her partner Paul Caminiti have worked together for the past two years to bring Team Adrenaline into their community.



### Success Story to inspire- by Shereth T., Glen Allen, VA

I started the Creating Wellness Team Adrenaline program in November 2010. It has been the exact catalyst I've needed. I wanted

to weigh 140 by the time my vacation came in March, 2011. I dedicated myself to the program, started to lift weights and added another day of cardio. By the time we left for our vacation to Brazil, I not only met my weight goal but had surpassed it by 4.5 pounds.

Planning healthy meals was never a huge problem, but I've gotten new recipes and have been able to really look at my intake and make smarter choices. This program has given me a new confidence that I've not had in the past. I'm learning that I can push through things that would have stopped me a year ago.

Team Adrenaline is a program held exclusively outdoors in a private group setting, utilizing no equipment, machines or devices, just the "machine" called the human body.

- Paul Caminiti  
Team Adrenaline



## Be Fit.

### Ways to Work in Effective Workouts

Everyone needs to get a certain level of physical activity just to stay healthy. Each week you should be engaging in at least 150 minutes of moderate aerobic exercise or 75 minutes of vigorous aerobic exercise.

If you are unsure of how to fit exercise into a full and hectic schedule, here are some ideas on how to work out and burn calories even on your busiest days.

**Schedule 10-minute workout sessions.** If blocking out a 30-minute workout seems impossible, start by exercising 10 minutes three times a day. Walk around the block or up and down a flight of stairs.

**Find a workout buddy.** Having a friend to exercise with can help motivate you to schedule a regular workout and stick with it because you won't let down your buddy.

**Make your chores part of your fitness routine.**

You can burn calories by doing everyday chores. Mowing the lawn, washing the car, dusting around the house or running a vacuum cleaner can count as moderate exercise.

**Use social gatherings as a means to exercise.**

Set-up lunchtime walking groups at work. Organize after worship services bike rides with other members of your congregation. It's easier to get moving when you're already out of the house and enlisting others will keep you motivated.

## Think Well.

### Helping Others is good for your Health

Mahatma Gandhi once said that "The best way to find yourself is to lose yourself in the service of others."

The therapeutic benefits of helping others has long been recognized by everyday people. People who regularly volunteered reported that they felt physically healthier, had improved sense of well-being and generally reported lower stress levels. Studies have shown that when we help others, our brain is active and the mesolimbic pathway lights up. This is the area of the brain associated with joy and the release of feel good chemicals like dopamine.

The reward mechanism is deeply evolved and is probably related to the fact that helping others was so important in the survival of early groups. As Darwin pointed out, sympathy is evolutionarily advantageous because it is the basis of the altruism and prosocial helping that allows any tribe or group to flourish and survive.

What can you do?

- Be part of a community of volunteers in your neighborhood or place of worship. Find a cause close to your heart, and volunteer some of your time to helping others in need. You will find that you have enriched not only someone in need but yourself as well.

## Eat Right.

### Grilled Chicken Ratatouille Recipe

#### Ingredients

3 tablespoon oil, olive, extra virgin  
3 tablespoon basil, fresh, chopped  
1 tablespoon marjoram, fresh, chopped  
1 medium pepper, red, bell, halved lengthwise, stemmed and seeded  
1 small eggplant, cut into 1/2-inch-thick rounds  
1 medium zucchini, halved lengthwise  
4 medium tomatoes, plum, halved lengthwise  
1 medium onion, red, cut into 1/2-inch-thick rounds  
4 piece(s) chicken, breast, boneless, skinless, trimmed and tenders removed, (about 1 1/4 pounds)  
1/4 teaspoon pepper, black ground  
1 tablespoon vinegar, red wine

#### Preparation

1. Preheat grill to medium-high.
2. Combine oil, basil and marjoram in a small bowl and reserve 1 tablespoon of the mixture in another small bowl; set aside.
3. Coat both sides of bell pepper, eggplant, zucchini, tomato and onion pieces with light coating of oil. Grill the vegetables, turning once, until soft, and browned in spots, about 5 minutes per side for the pepper, 4 minutes per side for the eggplant and zucchini and 3 minutes per side for the tomatoes and onion. As the vegetables finish cooking, place them in a large bowl. Cover the bowl.
4. Rub the tablespoon of reserved herb mixture on both sides of chicken and sprinkle with pepper. Grill the chicken until cooked through and no longer pink in the center, 4 to 5 minutes per side.
5. Meanwhile, transfer the grilled vegetables to a cutting board and chop into 1-inch pieces. Return to the bowl and toss with vinegar and the remaining herb mixture. Serve the grilled chicken with the ratatouille.

Makes 4 servings.

Per Serving: Cal. 324., Sat Fat. 2g, Fiber 7g, Carbs. 16g, Protein 36g., Total Fat 13g.

Be sure to visit "My CreatingWellnessSpace" for more recipe ideas!