



THE **Healthy** LIFE

LIVING YOUR VERY BEST AT GLENEAGLES

ISSUE 18 • MARCH 2019



Posture/Balance Workshop

March 8 at 3:00 pm
Multipurpose Room

Healthy Lifestyle Lecture Nutrigenomics

March 12 at 4:00 pm
Multipurpose Room

Nutrition Education Manage Diabetes Through Nutrition

March 14 at 3:00 pm
Multipurpose Room

Moonlight Fitness

March 18 at 6:45 pm
Main Pool

Call 561-495-2806 or email
fitness@gleneagles.cc
to register!

Movement Patterns



KAREN MIKUS
Healthy Lifestyle Director

Squat, lunge, push, pull, hinge, and walk. Six movements your body depends on to pull a box off the shelf, bend down to pick something up, or walk around all day, sometimes while carrying groceries. If you want to retain your ability to move well, easily and without pain, why not include movement based training in your overall exercise routine.

Training your body for how it is designed to move is your best bet for finding balance, strength and mobility that will translate into your everyday activities. Those very same movements will also help your golf and tennis game. Take the lunge exercise for example. Lunges help prepare your body for common activities such as vacuuming or yardwork. They will also improve mobility in your hips which can result in a more powerful golf swing. Lunges will build lower body strength, as well

as balance and coordination for your tennis game.

In this issue of *The Healthy Life* we will explain each movement pattern and give you a sample of exercises to get you started. You will also find an article on movements to add for your golf and tennis game.

Our dietician, Dr. Lillian Craggs-Dino has included an article on planning your meals based on the level of exercise you will be getting for the day. And Chef Cooper has provided a nutritious recipe for a hearty Vegetable Minestrone soup.

The next issue of *The Healthy Life* will be out in May and our theme will be Rituals. See page 5 for information about how you can contribute to this issue. We welcome your suggestions and feedback.

Be Healthy,

Karen

SIX Simple Movements

by Victor Noriega, Personal Trainer

The human body is designed to be in constant motion with all joints and muscles working together to move in an upright position. The movements that you practice in the gym should help you improve efficiency and prevent injuries in your everyday life. There are six types of movement we will explain in this article. We suggest you add a few of these exercises each time you work out.

Following a movement-based exercise program based on these patterns means you are using all of your muscles at the same time, which can be very effective for burning calories while also training the body for how it is designed to move.

Please let us know if you need help with any of the exercises shown here.



1 WALK/CARRY

The ability to walk is such a fundamental part of daily life that it should be a priority in any training program. This simple exercise will enhance your grip strength. It also requires the upper back, abdominal and leg muscles to work at the same time. The focus should first be on walking with weights appropriate for your fitness level. In real life, the Farmers Walk (also known as a Carry) will help you carry groceries, luggage and boxes.

4 PULL

We see pulling movements in everyday activities like closing a door, reaching for a bag on the floor, or rowing a canoe. Weakness in the pulling muscles can lead to bad posture and chronic aches and pains.



2 LUNGE

Lunges are a compound exercise that work multiple muscle groups at once. The movement works the muscles in the hips, glutes and legs to make them stronger, more balanced and more flexible. When things fall down, do you pick them up by bending from your back? It is much better to spare your back by lunging to tie your shoes or pick something up.



3 PUSH

One of the most fundamental things you do in life is push things. Pushing a door open, pushing a piece of furniture into place. A pushing exercise requires pushing external weight away from your body, like a push up.



5 HINGE

A hinge movement strengthens the muscles in the back of your body, including the large muscles in your back, the glutes, and hamstrings. Deadlifts are a great example of the hip hinge, but it takes time to master. If you have lower back pain, you might want to go with glute bridges before going to deadlifts (inset photos).



6 SQUAT

A squat is a movement pattern where you plant both feet on the ground, then bend your legs to lower your body down while keeping your chest up and lower back straight. We squat whenever we get in and out of a chair.



SHADOW TENNIS

Functional Training to Improve Your Tennis Game



MIKE PUC
Director
of Tennis

If you attended the last Tennis Lecture of Footwork Movement for Tennis and Pickleball by world expert Dave Bailey, you would recall his emphasis on “Shadow Training,” moving your body and swinging your racket without a ball to obtain proper movement and recovery. Besides improving your muscle memory for movement, Shadow Tennis is a functional training component that can be translated to everyday life.

Try arriving to a match 10 minutes early and performing footwork exercises to prepare for the match. Practice running to the ball and recovering with side to side basketball sidesteps or “sashays” to imitate the move you will need under pressure. Run to the ball, preparing your lower body first and then your racket as you move, and swing the perfect swing when you arrive at the imaginary hitting zone. Place your outside foot square to the net and recover. Play an imaginary point that involves forward, backward and lateral moves and include serves, groundstrokes, volleys and overhands. Plan a 20-minute workout of Shadow Tennis with sprints, and long and short strides. Studies have shown players who practice with shadows and mental imagery improve quicker than those who actually practice hitting balls. A great proponent of shadow movement and swings was Arthur Ashe, who would mimic the proper swing after each miss. A good mental ritual.

Shadow Tennis is a much overlooked component of training your game that with a little attention will pay dividends. After all, you must move to every ball to hit it!



Strength Training for Golfers



JOE DeMINO,
Director of Golf

In a typical 18-hole round of golf, the average player will swing 75 to 100 times from one side of the body, which can cause muscle imbalances and overuse injuries. It does help the muscles to swing the club the opposite way to counter-balance stretching side to side.

The golf club can swing at a very fast speed, and we need to make sure we are properly stretched to make this happen. Always make sure you are loose and not tense to create this swing speed and make the distance better with less effort.

Using a medicine ball parallel throw will improve your ability to store and release energy and improve your swing speed. Using the treadmill or the bike will not only boost your endurance but will also help you gain strength in your legs. Often overlooked by golfers, the legs make a big difference in your yardage. Leg strength helps to control your balance through the swing as you shift weight from the back swing all the way to the follow through, while minimizing tension.

Spotlight on...

Leroy Whyte, Fitness Attendant

Leroy Whyte is the evening Healthy Lifestyle Center attendant. Born in Jamaica, Leroy aspires to be a personal fitness trainer where his mission is to assist in the development of a healthier America and eliminating obesity.

While recovering from a football injury, Leroy discovered his passion for food and physical wellness. He saw and experienced how a person's physical and mental well-being is paramount to that individual's success.

Leroy believes that the knowledge and skills learned in working out daily and eating good foods can be efficiently employed in the fight against obesity. Leroy's passion is to help others feel better and enjoy their life more through the adoption of a healthy lifestyle, and that is recognized by the many members who are greeted by Leroy's big smile and warm greeting at the Healthy Lifestyle Center in the evenings.

If you have not met Leroy, that is because you are not visiting the Healthy Lifestyle Center in the evenings. Change up your workout - working out at different times of the days will not only ensure you remain active, but also give you the opportunity to see when your body responds best to exercise.



Looking Ahead...

In the May issue of *The Healthy Life*, we will explore the Importance of Rituals. Rituals remind us of what is important and provide a sense of stability and continuity in our lives. A time to recharge. This could be enjoying a cup of coffee early in the morning while you watch the sun rise. A daily meditation practice or dinner by candlelight with your loved one. It can also be the things you do to wind down before going to bed. It is any activity that you enjoy, that you are 'in the moment' while doing.

What rituals do you have that support your health? We might like to include them in our next newsletter. Please share them by emailing kmikus@gleneagles.cc.



DR. LILLIAN CRAGGS-DINO
Dietician DHA,
RDN, LDN, CLT

Everyday Healthful Eating

With so much nutrition information available to us, it can be confusing to know how to eat healthfully for each day. Healthful eating for that day's activity should center around some basic rules:

Firstly, emphasize vegetables, fruits, lean proteins, low-fat dairy (or dairy alternative) and whole grains. Your meal's plate should be approximately 30% whole grains, 40% vegetables, 10% fruits and 20% protein, accompanied by a smaller portion of dairy (or alternative), such as a glass of low-fat milk (or soymilk) or yogurt.

Secondly, limit your saturated fat, trans fat, and added sugars. The American Heart Association recommends sugar intake for

men of no more than 9 teaspoons per day and women 6 teaspoons. That would mean you also have to portion your fruit, juice, natural sugars, and desserts!

Thirdly, limit your sodium intake to no more than 2000 mg per day, or 1500 mg if you take medications for high blood pressure. Use non-sodium alternative such as fresh herbs and exotic spices to flavor meals.

Lastly, meal planning is a very important characteristic of a healthful diet. Eat breakfast. Start the day with providing adequate calories to get your body and mind active. Choose a breakfast that is high in fiber. Including a lean protein also helps to keep you satiated and attentive until the next

meal. Adding low fat dairy or dairy alternative such as soymilk can give an adequate serving of protein for breakfast. Or consider an egg white veggie omelet with a side of whole grain toast as another alternative.

Lunch should include veggies and lean protein. If you have been active on the tennis court or golf course, always include a serving of whole grain carbohydrate to replenish those energy stores and help to keep body fat away.

Dinner should be the most mindful of all meals. Avoid over-eating or eating too closely to bedtime. Avoid greasy, fat-laden meals and large portions. If you add snacks, limit the calories of snacks to no more than 150 calories.

Plan your eating around your day's activities. If you are exercising, include meals that add extra protein or complex carbohydrates, depending on the type of exercise you perform. For days that are less active, be mindful of calories and eat less. We do not have to eat the same number of calories each day, but you want to avoid over-indulging "just because you exercised" on that day. Plan, choose, be flexible, and self-monitor. Your activity may change each day. Therefore, make mindful and realistic changes to your diet too.

Sample Meal Plan

BREAKFAST

- Steel cut oatmeal with skim or non-dairy milk
- Egg white omelet with sautéed vegetables
- Blueberries
- Coffee or Tea

SNACK

- Trail mix with mixed nuts and fruit
- Water or sugar free beverage

LUNCH

- Green salad with lean chicken breast, quinoa, and low-fat cheese
- Low sodium vegetable soup
- Water or sugar free beverage

SNACK

- Whole grain crackers and low-fat cheese
- Water or sugar free beverage

DINNER

- Grilled wild salmon
- Whole grain farro
- Serving of green leafy vegetable such as spinach, kale, or swiss chard
- Water or sugar free beverage

DESSERT

- Serving of low-fat, no sugar-added frozen yogurt with fresh strawberries



What's In Season

HYDRATING FRUITS

The weather is warming up, so be sure to stay hydrated. **Strawberries** are not only 91% water, but also an excellent source of vitamin C and manganese, and also contain folate (B9) and potassium. Strawberries are very rich in antioxidants and plant compounds, and may have benefits for heart health and blood sugar control.

Few foods are as cool as a **cucumber**. Naturally low in calories, carbohydrates, sodium, fat and cholesterol, cucumbers contain 95% water and hydrating nutrients such as magnesium and potassium. Anti-inflammatory compounds help remove waste from the body. Cucumbers also contain compounds associated with anti-cancer benefits: lignans and cucurbitacins. The peel and seeds are the most nutrient-dense parts of the cucumber and contain both fiber and beta-carotene.



Vegetable Minestrone



SCOTT COOPER
Executive Chef

A big bowl of this veggie-packed minestrone will leave you satisfied for hours without consuming a lot of calories—plus it's an easy way to boost your vegetable servings for the day.
Bon Appetit!

Chef Cooper



Ingredients *Yields 8 servings*

- 2 T extra-virgin olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 stalks celery, chopped
- 12 oz fresh green beans, cut into ½-inch pieces
- 2 cloves garlic, minced
- 8 cups low-sodium vegetable broth
- 2 15oz cans low-sodium cannellini or other white beans, rinsed
- 4 cups chopped kale
- 2 medium zucchini, chopped
- 4 Roma tomatoes, seeded and chopped
- 2 t red-wine vinegar
- ¾ t salt
- ½ t ground pepper

Directions Heat oil in a large pot over medium-high heat. Add onion, carrot, celery, green beans and garlic. Cook, stirring frequently, until the vegetables begin to soften, about 10 minutes. Add broth and bring to a boil. Reduce heat to a simmer and cook, stirring occasionally, until the vegetables are soft, about 10 minutes more. Add white beans, kale, zucchini, tomatoes, vinegar, salt and pepper. Increase heat to return to a simmer; cook until the zucchini and kale have softened, about 10 minutes.



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Mr. Stryker with his family after completing the Healthy Heart 5K

Member Spotlight: AMIN STRYKER

March marks our 1 year anniversary as Gleneagles Members. My wife and I decided to move here to escape the northeast winters, raise our children and be around family. The Healthy Lifestyle Center and wellness programs were a huge factor for moving into the community. We loved the idea of having all state-of-the-art amenities and first-class golf within our neighborhood.

My fitness goals have changed over the years, from a former National Physique Competition Champion to a new dad of two. When competing, fitness was my job. I now take what I learned competing and scale it to real life, getting maximum results in minimum time. Circuit training has become my time-crunched fitness friend. I still incorporate cardio, strength training and diet into a daily workout routine. Circuit training is customizable to everyone's schedule, whether you have 20 minutes or an hour a day to yourself, you can fit in an effective, total-body

workout. You can set up as many or as few stations as you like and then continue through the circuit until your time runs out. If you are not familiar, or uncomfortable setting up stations on your own, the Healthy Lifestyle Center has a great team of trainers to help set up your circuit training customized to your workout goals.

Lasting improvement in one's fitness and health comes through commitment, persistence, and guidance. You must realistically identify how much time you are willing to devote to health and fitness, and when you do exercises, you must have a solid plan of attack. You and your fitness instructor can discuss your game, set realistic goals, and map out an appropriate fitness route for you to reach those goals.

I look forward to seeing everyone up at the Club throughout the season.

