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Are you Exercising in the HEAT?!



Exercising in the great outdoors may be your favorite past time during the summer months. There are many great benefits to exercising outdoors but there are also dangers to exercising in extreme temperatures. Lately we have had very high temperatures that have left us with heat indexes over 100 degrees! The CDC recommends timing your workouts around the extreme temperatures, wearing proper clothing and making sure to hydrate all day long.

[How heat affects your body](#)

LIFT Wellness Center's Culture:

Customer centered and clinically integrated approach to health and wellness services.

A Letter from the Director

It is hard to believe that we are already into August. For most, summer vacations are a distant memory. For some of you, your exercise and nutrition habits are hardwired and you remain consistent no matter the circumstance or season. Some relished in the opportunity to run on the beach or find a gym with a water view and enjoyed having extra time to devote to exercise when on vacation. You took advantage of the opportunities for healthier eating by grilling your proteins and veggies and made trips to the farmer's market for local fresh fruit.

For others, summer vacation provided a respite from the daily grind, including exercise and healthy eating. Maybe those nightly ice cream treats at the beach continued once you returned home. Perhaps the break from your exercise routine turned into an excuse for fewer check-ins at LIFT.

No matter the circumstance, we all lose our "mojo" or motivation at some point. Maybe our excuse is the season, maybe it's family obligations, social obligations, or changes in our work schedule. The important thing is that we recognize our lapse in commitment to our health and make a plan to get back on track and prevent it from happening again.

First, remind yourself of all the benefits of exercise and eating well. There are so many benefits beyond the obvious of better body composition and health metrics numbers. Exercise makes you less likely to get sick. It makes you more creative. (Some of my best ideas happen when I am engaging in cardiovascular

Exercising in hot weather puts extra stress on your body. If you don't take care when exercising in the heat, you risk serious illness. Both the exercise itself and the air temperature increase your core body temperature. To help cool itself, your body sends more blood to circulate through your skin. This leaves less blood for your muscles, which in turn increases your heart rate. If the humidity also is high, your body faces added stress because sweat doesn't readily evaporate from your skin.

That pushes your body temperature even higher.

Heat-related illness

Under normal conditions, your skin, blood vessels and perspiration level adjust to the heat. But these natural cooling systems may fail if you're exposed to high temperatures and humidity for too long, you sweat heavily, and you don't drink enough fluids.

The result may be a heat-related illness. Heat-related illnesses occur along a spectrum, starting out mild but worsening if left untreated.

[Heat illnesses include: Heat cramps, Heat syncope and exercise-associated collapse, Heat exhaustion, & Heatstroke](#)

Make sure to take proper precautions before heading outside!

Quick Links

[Our Website](#)

[Calendar of Events](#)

[Group Fitness Calendar](#)

exercise.) You sleep better. You have more confidence and you actually make healthier nutrition choices. My favorite is the boost that it gives to mood. For me, morning workouts just improve my outlook on life and I feel like I start the day off in productive mode.

Now that you are reminded of the obvious and not so obvious benefits of exercise, let's discuss some tricks used by those whose dedication to exercise never seems to waiver. Is it because they just enjoy exercise more than most? Absolutely not. Do they have a secret gene that motivates them to get out of bed every day and work up a sweat? Not hardly. Do they have an affinity for chicken and broccoli and distaste for donuts? Certainly not. As a regular exerciser for more than 25 years, here are just a few of the tricks that I use to stay consistent with a solid nutrition and exercise plan.

1. Don't keep any "junk" food or "trigger" foods in the house. For me, ice cream, cereal, and peanut butter trigger something in my brain that makes it very difficult to stop eating those foods once I start. Do I avoid them altogether? No, but if I have them, I only buy a single serving. I never keep large containers of those foods in my house. Actually, you will be hard-pressed to find any convenient snack food in my house other than a piece of fruit. I find that if I have to prepare the food, I am less likely to eat mindlessly just because something is readily available.

2. Prepare your breakfast, lunch, and two snacks for each weekday on the weekends (otherwise known as "food prep"). I try to make it super easy. A Crockpot of steel cut oats is portioned out into 5 servings and paired with a scoop of protein powder. Slice, season, and broil a large pan of sweet potatoes, roast some frozen cauliflower and season with parmesan, and grill five 4 ounce chicken breasts. Make five lunches and store them in the refrigerator. Season and cook five ground turkey patties and pair with some of the sliced sweet potatoes for a snack. Throw in some protein bars for a second snack. Four of your five mini-meals are prepared and you don't even have the chance to make a poor nutrition decision because you have everything you need for the day at work. Prepare a healthy dinner when you get home, or throw some lean protein and veggies in the Crockpot before leaving for work. With all of the recipes available on the internet, there is really no excuse for not knowing how to prepare a healthy dinner.

3. Make a plan. Pack your workout bag the night before and lay out your work clothes for the day. All you have to do is get up and



RIFA SNACK BACKPACK PROGRAM



How can a child focus on solving a math problem or memorizing a new word in school when they are trying to ignore the persistent pangs of hunger? Teachers and counselors have found that in some instances, Monday morning comes and they are forced to compete against hunger for the attention of their students. Unfortunately, many school children in our community, who participate in the National School Lunch Program, go home to little or no food on the weekends. The RIFA Snack Backpack ministry works to fill this gap by providing kid-friendly, easy-to-prepare, nutritious food items for children who are at risk of going hungry on Saturdays and Sundays.

Help us contribute to our children this month!

New enrollments: \$100 will go to the program

Existing member: We are asking that you donate food or give financially to the cause.

go. If at all possible, work out first thing in the morning. Rarely is there a meeting called at 5am. Keep in mind; you have to get in bed at a decent hour. If you absolutely cannot go in the morning, then put your exercise time on your schedule just like any other meeting. It is meeting with your best self and you can't skip it. Be sure to schedule the time of the workout and the length of the workout.

4. Commit to 10. If you feel too tired, discouraged, or just down in the dumps to exercise, commit to at least 10 minutes. Don't focus on how you will feel in those first 10 minutes (the muscle burn, the uncomfortable heavy breathing). Think about how good you will feel when it is over...your sense of accomplishment and the endorphin rush that comes with exercise. Give yourself permission to stop if you don't feel better after 10 minutes of moving. Chances are, you will have gotten over your slump and you will finish your planned workout and you will be glad that you did!

5. Make it a game when trying to meet your goals. Whether it is paper and pencil journaling, tracking on your MyZone app or having a friendly commitment competition with a friend, find a way to challenge yourself and reward yourself when you have met your exercise goals. I commit myself to 6 days of exercise a week with a minimum 500 calorie burn per session. I allow myself to be lazy on Sunday. I also allow myself to have dessert on Saturday night after a big calorie burn that morning.

6. Don't underestimate the power of music. Whether it's Mozart, Justin Timberlake, Rhianna, or the Ramones, find the jam that motivates you and get moving!

Prioritize a healthy lifestyle, Plan your workouts. Put in the exercise time and effort. Prepare your food ahead of time.

What works for you? We would love to feature tips from LIFT members and share your success stories. No success is too small! You can fill out a success story form located on the side of the comment box under the digital signs or email your success story or motivational tips to Liftcenter@wth.org.

In Good Health,

Miki Martin, PT
Director LIFT Wellness Center

[Click here to see the foods needed](#)

Spelt Pancakes!



The sweet flavor of spelt shines through in these simple pancakes. You can dress up these pancakes with fresh fruit, spices, or nuts, but we find the flavor of the grain is good enough to stand on its own.

INGREDIENTS

2 cups (7 ounces) whole spelt flour
2 tablespoons (7/8 ounce) sugar
1 tablespoon baking powder
3/4 teaspoon salt
1 3/4 cups (14 ounces) milk
2 tablespoons (1 ounce) unsalted butter, melted
2 teaspoons vanilla (optional)

INSTRUCTIONS

1. In a medium bowl, whisk together the spelt flour, sugar, baking powder and salt.
2. Combine the milk and melted butter, and the vanilla if you're using it.
3. Form a well in the center of



August Harvest Time!

There is no official definition of 'ancient grains.' All whole grains in the larger sense are "ancient" -- they all can trace their roots back to the beginnings of time. However, it is generally defined as grains that are largely unchanged over the last several hundred years. This means that modern wheat (constantly bred and changed) is not an ancient grain, while einkorn, emmer/farro, Kamut®, and spelt would be considered ancient grains in the wheat family.

[Are ancient grains healthier than modern grains?](#)



Learn more about Ancient Grains by joining us August 25th @ 5:30pm for our Ancient Grains Cooking Demo.

the dry ingredients, and pour the wet ingredients into the dry. Stir the batter just until the dry ingredients are thoroughly moistened: it will seem very wet, but will thicken as it sits. Let the batter sit for 15 minutes before you use it.

4. Heat a non-stick griddle if you have one, or a heavy skillet, preferably cast iron. If your surface is not non-stick, brush it lightly with vegetable oil.

5. When the surface of your pan is hot enough that a drop of water sputters across the surface, give the pan a quick swipe with a paper towel to eliminate excess oil, and spoon the batter onto the hot surface, 1/4-cupful at a time.
6. Let the pancakes cook on the first side until bubbles begin to form around the edges of the cakes, about 2 to 3 minutes. You may need to adjust your heat up or down to get the pancakes to cook through without scorching the surface, or being too pale.

7. When the cakes are just beginning to set, flip them and let them finish cooking on the second side, about 1 minute more, until they're golden brown on both sides.

Nutrition information:

Calories - 137, Whole Grains - 27g, Fat - 4g, Protein - 5g, Total Carbohydrates - 20g, Sugar - 4g, Dietary Fiber - 4g, Cholesterol - 11mg, Sodium - 376mg, Potassium - 189m



ANCIENT GRAINS ✂
FREE
Cooking Demo
August 25th • 5:30 p.m.
Call 427-7048 to reserve your seat.
Lif+ WELLNESS CENTER



Shots Shots Shots!

School's back in session and it's time to have your children's immunizations up-to-date. Immunizations are important for your child to stay healthy and fight off virusis, while at school. [Click here for more information.](#)



LIFT Health offers physicals for your child. Call 731.425.6990 to schedule your appointment today



For more information about our Exercise is Medicine program, please contact [Hilary Keen](#), Clinical Integration Coordinator, on how you can get yourself or a loved one started on the way to a healthier lifestyle. [Click here to download the brochure](#)

makes: 16 4-inch pancakes
 serving size: 2 pancakes, 89g



Back to Basics

It's time to get back to you and your goals!
 Now until September we are offering a way for you to reach those goals!

Buy 3 personal training sessions and get the 4th session FREE!!!

Our Price: \$127

List Price: \$170

Savings of \$43

August-Heat up the Harvest- Don't forget RIFA Backpack Drive

For information- click on the event below or [click here](#) to view all events

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Woodstock Fit Opens! 	2 Kick the Habit- Tobacco Cessation Class @ 5:30pm 	3	4	5 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	6
7 Family gym/swim 1-4pm	8	9 Kick the Habit- Tobacco Cessation Class @ 5:30 PM	10	11	12 Family gym/swim 4:30-7:30pm Kids Klimb 4pm-6pm	13



[Manage
Stress &
Improve
Your Health
Class @ 6PM](#)

14
Family
gym/swim
1-4pm

15

16
**Kick the
Habit-
Tobacco
Cessation
Class @
5:30 PM**

17

18

19
[Employer Forum@
7:30 AM](#)

Family gym/swim
4:30-7:30pm

Kids Klimb
4pm-6pm

20

21
Family
gym/swim
1-4pm

22

23
**Kick the
Habit-
Tobacco
Cessation
Class @
5:30 PM**

24

25
[Ancient
Grains Food
Demo @ 5:30
PM](#)



26
Family gym/swim
4:30-7:30pm

Kids Klimb
4pm-6pm

27

28
Family
gym/swim
1-4pm

29

30
[Vitamins &
Minerals @
6PM](#)



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