



# FITNESS NEWS

## FOR LIFE

## Keep Hydrated in the heat of the summer.

*The importance of hydration goes beyond a glass of water.*

From GoodHealth.com

Your body contains roughly 60% water. Too little water and you'll experience problems. Too much and you could also experience problems. Finding the correct intake of water and nutrients while exercising determines how long you'll be able to sustain your activity to a large degree.

When you are working out you will want to drink water and sports drinks so that you can keep not only your liquids up but the magic of sports drinks like Gatorade is that they bring back the electrolytes that you are losing by sweating. Getting dehydrated will drop your energy and in the end will stop your body from functioning normally.

Sweat is one cooling mechanism for the body. As you expel more energy while exercising or when the temperature or humidity has increased to high levels, the body will try to cool itself with an acceleration of sweat. In order for the sweat to work as a cooling mechanism, it must evaporate from the skin. At temperatures above 95 degrees or when the humidity level is high, sweat will accumulate on the skin and not evaporate. When this happens, you are expelling fluids and not getting anything in return. You are running a negative balance in regards to your fluid intake, which will eventually lead to cramps, heat exhaustion or heat stroke.

### Symptoms of Heat Distress

Early symptoms of heat illness include:

- Profuse sweating
- Fatigue
- Thirst
- Muscle cramps

### Later symptoms of heat exhaustion include:

- Headache
- Dizziness and light-headedness
- Weakness
- Nausea and vomiting
- Cool, moist skin
- Dark urine

### Serious symptoms of heatstroke include:

- Fever (temperature above 104F)
- Irrational behavior
- Extreme confusion
- Dry, hot, and red skin
- Rapid, shallow breathing
- Rapid, weak pulse
- Seizures
- Unconsciousness

If you are bound and determined to exercise in the heat, keep hydrated while you exercise. Also, remember to drink water after you exercise and throughout the day.

## EVENTS

July 16, 2010

Zumba & Hip Hop Party

Crêpes aren't just for dessert — they make a quick and savory weeknight dinner.

Here they're filled with ricotta cheese, green beans, zucchini and corn and topped with a chive-cream sauce. Don't skip the step of placing a piece of parchment or wax paper under each crêpe as you fill it—without it, the crêpes are tricky to roll. Serve with: A tossed salad.

*See Recipe (page 2)*

**ICE**  
Athletic Center



## Crêpes

- 1/3 cup reduced-fat sour cream
- 1/2 cup chopped fresh chives (divided)
- 3 tbsp. low-fat milk
- 2 tsp. lemon juice
- 3/4 tsp. salt, divided
- 1 tbsp. extra-virgin olive oil
- 2 cups chopped zucchini
- 1 1/4 cups chopped green beans
- 1 cup fresh corn kernels
- 1 cup part-skim ricotta cheese
- 1/2 cup shredded Monterey Jack cheese
- 1/4 tsp. freshly ground pepper
- 4 9-inch "ready-to-use" crêpes

1. Stir sour cream, 1/4 cup chives, milk, lemon juice and 1/4 teaspoon salt in a small bowl until combined. Set aside.
2. Heat oil in a large nonstick skillet over medium-high heat. Add zucchini, green beans and corn and cook, stirring, until beginning to brown, 6 to 8 minutes. Reduce heat to low; stir in ricotta, Monterey Jack, the remaining 1/4 cup chives, the remaining 1/2 teaspoon salt and pepper. Cook, stirring gently, until the cheese is melted, 1 to 2 minutes. Remove from the heat.
3. To roll crêpes, place one on a piece of parchment or wax paper (or leave it on the piece of plastic separating the crêpes in the package). Spoon one-fourth of the vegetable-cheese mixture (about 3/4 cup) down the center of the crêpe. Use the paper (or plastic) to help you gently roll the crêpe around the filling. Place the crêpe seam-side down on a dinner plate. Repeat with the remaining crêpes and filling. Serve each crêpe topped with 2 tablespoons of the reserved sauce and more chives, if desired.

**Nutrition Per serving:** 302 calories; 17 g fat (8 g sat, 6 g mono); 46 mg cholesterol; 25 g carbohydrates; 15 g protein; 3 g fiber; 687 mg sodium; 485 mg potassium. Nutrition Bonus: Calcium & Vitamin C (35% daily value), Vitamin A (20% dv).

FOOD FOR THOUGHT

## UPCOMING EVENTS

### Zumba & Hip Hop Party

July 16

5:45pm every Fri night ends August 20th Sign-up or drop in. Drop in rates \$5.00 for members/\$8.00 for non- members or pre pay \$25.00 members/ \$40.00 non members for all 6 weeks. Space is limited so hurry & reserve your spot.

## Congratulations to all the participants in the Endurance-A-Thon

Congratulations to all the participants in the Endurance A Thon that was held here on Saturday June 26th. We had 26 men and women compete. Female winner was Lyndsay Fizer, and Male was Nick Fonseca. Results are posted across from the trainer's office. Get ready because the next challenge is coming later this summer. .... "ICE CRUSHER Competition"

## Body Pump Launch #74 was a great success!

Thanks to all for coming out and participating.

## Attention ALL MEMBERS

### The men's locker room is getting renovated!

Tentatively planning for the first week is August. I will post the exact dates in the locker rooms and at the front desk to let you know. We are planning on being able to use the showers and lockers during this time. Proper notification will be given if temporary water shut off will be necessary. We will do our best to make it functioning as possible. Thanks for your patience in this matter.

## BUY ONE ICE SHIRT GET ONE FREE

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Expires August 1,2010



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