

Lemont Park District
CORE Fitness &
Aquatic Complex
630-257-6787
www.lemontparkdistrict.org

CORE Matters - The CORE's Members-Only Newsletter

- > Hunger Busters vs. Hunger Igniters
- > Unicorn Bark
- > Switch up your Strength
- > "Focus on Fitness" Feature

HUNGER BUSTERS VS. HUNGER IGNITERS

Trying to find those foods that satisfy you? Try and play favorites with the following:

 **Fiber** - Beans, pears, whole wheat pasta, oats and other fiber rich eats provide bulk and slow digestion which keeps you full longer!

 **Refined Carbs** - White bread, white rice, white pasta's have their whole grain goodness zapped out during processing - All of these metabolize quickly making you hungry quicker!

 **Sugar** - Drives Insulin crash and burn but also promotes leptin resistance - the "I'm Full" hormone.

 **Protein** - Eating about 25g of protein at a meal will help you balance out those hunger stroking carbs.

 **Healthy fats** - Easy way to prevent insulin drop and add some healthy unsaturated fats. Oily fish, nuts and avocados are great!

 **Broth Based Soup** - These soups are high in water, such as fruits and some veggies. They bump up your food volume in your



The Lemont Park District
CORE
Fitness & Aquatic Complex



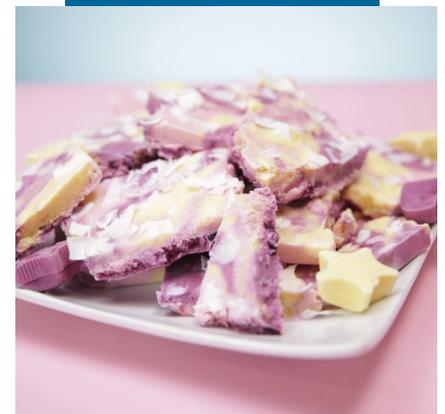
A Healthy Recipe!

Unicorn Bark

Ingredients Needed: 1/2 cup blueberries, 1 mango diced, 3-4 strawberries diced (1/2cup), 3 cups Greek Yogurt, 3 tbsp. honey, 2 tbsp. raw unsweetened coconut

Instructions: Place blueberries, mango, and strawberries in their own microwave safe bowl and microwave for 90 secs each. Remove and mash and remaining chunks until smooth. Add 1 cup Greek yogurt and 1tbsp.honey to each bowl.

Line a baking sheet with parchment paper and using a spatula spread layer of 1/2 blueberry to cover sheet, then drizzle with remaining fruit/yogurt mixtures and marble gently. Sprinkle with coconut and freeze for 2 hours. Remove and break up into pieces. Store in freezer.



Switching up your Strength Routine

Add Drop Sets – Do a strength exercise using moderate or heavy weight until you cannot manage another rep. Then quickly lower the weight and do the same exact exercise to failure. This taxes muscle fibers more than a typical set. Your body has to work harder than usual to repair them.– thus building muscle

Supersets – Performing two exercises back to back with little or no rest in between. The key is to pair different exercises that work different muscles and vary movement patterns so no one group recovers while the other does the reps. As an example, sit up with a ball toss.

Bring more intensity without taking away from the other.



I don't *find* the time to exercise, I *make* the time to exercise.

SMALL DAILY IMPROVEMENTS ARE THE KEY TO STAGGERING LONG-TERM RESULTS

CORE "Focus on Fitness" Features

Need a change of pace from your normal routine? Try a new class or new piece of equipment in The CORE's Fitness Center! Each month we showcase one of our Fitness Classes and a piece of equipment we encourage members to try.

CORE-Fit Feature Class

BodyFlow – Yoga-Inspired Workout

Ideal for anyone and everyone, BODYFLOW® is the yoga-based class that will improve your mind, your body and your life. Breathing control is a part of all the exercises, and instructors will always provide options for those just getting started. You'll strengthen your entire body and leave the class feeling calm and centered and happy.

CORE Feature Equipment

Plyo Boxes

Each rep forces your body to recruit more muscles to either catch air or sink lower into exercises like squats. Use a step or a park bench to get the same effect.



It is recommended... If you are under doctor supervision that you discuss your exercise capabilities and limitations with your physician.