

CORE Matters - The CORE's Members-Only Newsletter

4 Ways to Unlock a Winning Mindset

Unlocking your winning mindset isn't about training harder or logging more hours. It's about opening up your mind in such a way that you welcome new opportunities to learn. It's about finding the things that give you joy and productivity; it's about finding a work-life balance that makes you more successful both inside and outside the office

Get inspired. There's a reason why successful entrepreneurs and athletes are quick to identify their mentors and role models. Inspiration is essential to creating a winning mindset, as it provides the blueprint you need to start building your own successes. Your role model doesn't have to be someone in your particular industry or line of business, as long as that person is someone who has the kind of drive, passion and dedication you aspire to have for yourself.

Stay physically fit. Fitness pros know this all too well, yet many fall short of their own recommendations. Your mind and your body are in tune with one another in such a way that staying physically fit can keep you mentally sharp. Commit to a fitness regimen that doesn't feel like it competes with your professional and personal lives. Spend some time running outside, take a few classes with a friend or just go for more walks with your family after dinner. Staying fit keeps your mind alert while keeping your body ready to handle the stress and pressure that often come with a successful professional life.

Be enthusiastic! Passion and enthusiasm are tied together; one cannot exist without the other. Sure, there may be days when the last thing you want to do is go to the office; but when work consistently feels like a chore, you've lost the passion that's essential to a winning mindset. Let your unbridled enthusiasm shine through at the office.

Relish a challenge, tackle a problem with gusto or just revel in a victory with colleagues. Entrepreneurs with winning mindsets know that life isn't meant to be lived in neutral mode

Celebrate with gratitude. People who have winning mindsets know to focus on the good things that have happened throughout the day. They're not afraid to give themselves permission to celebrate successes; in fact, they're grateful for those moments. People with a winning mindset take a moment to pause and acknowledge how far they've come and how far they have to go. They're not daunted by that upcoming growth, and they're always excited for the challenge!

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A Healthy Recipe!

Creamy Chicken & Mushrooms

Ingredients Needed: 4 - 4-5oz chicken cutlets, 4 cups mixed mushrooms (about 8ozs), 1/2 cup dry white wine, 1/2 cup heavy cream, 2 tbsp. chopped fresh parsley

Directions: Sprinkle chicken with 1/4 teaspoon each kosher salt and pepper. Heat 1 tablespoon canola oil in a large skillet over medium heat. Cook the chicken, turning once, until browned and just cooked through, 7 to 10 minutes total. Transfer to a plate.

Add 1 tablespoon oil and mushrooms to the pan; cook, stirring occasionally until the liquid has evaporated, about 4 minutes. Increase heat to high, add wine and cook until it has mostly evaporated, about 4 minutes. Reduce heat to medium; stir in cream, any accumulated juice from the chicken and 1/4 teaspoon each salt and pepper. Return the chicken to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and sprinkled with parsley.



Complete vs. Incomplete Proteins

Eating sufficient protein on a daily basis is important for keeping our bodies functioning efficiently. Without it, everything from our immune systems to our hair can take a hit. But when it comes down to it, the type of protein you eat matters, too. Protein can be divided into two categories, complete and incomplete, based on its chemical structure. Knowing the difference between complete and incomplete proteins will help you figure out how to get the right mix of this essential macronutrient.

Protein is made up of amino acids, some of which the human body can make on its own, and others we need to get from food. Amino acids are organic compounds that combine to form protein. They're usually referred to as the "building blocks" of protein. "There are 20 different amino acids in the body — 11 are nonessential, or those our body can make, and nine are essential, or those we cannot make and need to get from food. Just so you know, here's that list of nine amino acids we can only get from the protein we eat: histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan, and valine. Every amino acid plays an important role in building protein structures in the body. Examples of protein structures in the body include: enzymes to help digest food, antibodies to keep the immune system strong, muscles and hair and red blood cells.

Complete proteins are those that have all nine essential amino acids that our bodies cannot naturally make, whereas incomplete protein sources may have a few of the nine, but not all of them. For the most part, animal protein is complete and plant protein is incomplete, though there are some exceptions. "The general rule is that animal foods — beef, chicken, fish, turkey, pork, and dairy — are complete, while plant foods — nuts, seeds, rice, beans, and grains — are incomplete. Meat, dairy, fish, and eggs are the most obvious sources of complete proteins. But even for those who don't eat animal products, simply eating a combination of different proteins can give you all the essential amino acids — and that doesn't mean just overloading on tofu and other soy products. Experts used to think that you had to combine two complementary protein sources in one meal for this to work, but that's been found to be untrue. "The new research says it doesn't necessarily have to be all in the same meal, just over 24 hours, to combine to make a protein complete.

Best sources of complete protein: chicken, turkey, steak, pork, eggs, milk, cheese, yogurt, fish, tofu, quinoa, buckwheat, rice and beans.



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

BodyCombat

Step into a BODYCOMBAT workout and you'll punch and kick your way to fitness, burning up to 740 calories* along the way. This high-energy martial-arts inspired workout is totally non-contact and there are no complex moves to master.

A LES MILLS™ instructor will challenge you to up the intensity and motivate you to make the most of every round. You'll release stress, have a blast and feel like a champ.

Bosu Ball

The Bosu trainer looks like half an exercise ball mounted on a rigid plastic base. You can use the Bosu ball with the dome side facing up, so it sits flat on the plastic base, or as a wobble board with the dome side facing down. Bosu trainers are versatile enough to use as stretching aids, balance-training equipment, rehabilitation equipment and even strength-training and plyometric training tools.



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