

CORE Matters - The CORE's Members-Only Newsletter

FIVE STRATEGIES FOR KEEPING UP YOUR FITNESS RESOLUTIONS

It's an all too familiar story:... We eat too much over the festive period and then commit to becoming fitter and healthier in January. A couple of months later, those ambitions are most lost and it's likely that we feel guilty for not sticking to our new healthy .

- 1. **Do exercise you enjoy.** There is something for everyone when it comes to fitness, so the key thing is to do things that you enjoy. If you don't know what you enjoy, then try everything! Dip your toes in the water- there are plenty of options!
- 2. **Don't over do it.** This one is key - people frequently start off an exercise routine by doing as much as they can as frequently as possible. The bottom line is this just isn't unsustainable in the long run, and can lead to people giving up. Be careful to take regular rest days.

- 3. **Be Nice to yourself - it's okay to miss a day!** Set goals for how much you want to train, and then don't beat yourself up if you miss one. Studies have shown that missing planned session is completely fine. Not only will this affect you from an over all healthy fitness point of view, it all doesn't affect whether or not your are to build a habit.

- 4. **It takes time to build a habit -lots of time.** Studies have shown that it can take anything from 18-254 days to build a habit, depending on the individual. That you see someone who can get into the flow. Someone getting into the low of things and keep doing it after weeks, you may be one of those people who it takes longer to build a habit.

- 5. **Celebrate successes.** In this busy world, we don't celebrate our successes enough. Celebrating success in fitness is crucial to building a habit, as it provides positive re-enforcement of a good habit. Successes can be same or large!

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

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A Healthy Recipe!

Easy Pea & Spinach Carbonara

Ingredients Needed: 1 1/2 tbsp. extra virgin olive oil, 1/2 cup panko breadcrumbs preferably whole-wheat, 1 small minced garlic clove, 8 tbsp. grated Parmesan cheese, 3 tbsp. chopped finely parsley, 3 large egg yolks, 1 large egg, 1/2 tsp. ground pepper, 1/4 tsp .salt, 1-9ozpackage fresh linguine, 8 cups baby spinach, 1 cup peas.

Put 10 cups of water in a large pot and bring to a boil over high heat. Meanwhile, heat oil in a large skillet over medium-high heat. Add breadcrumbs and garlic; cook, stirring frequently, until toasted, about 2 minutes. Transfer to a small bowl and stir in 2 tbsp. Parmesan and parsley. Set aside. Whisk the remaining 6 tbsp. Parmesan, egg yolks, egg, pepper and salt in a medium bowl. Cook pasta in the boiling water, stirring occasionally, for 1 minute. Add spinach and peas and cook until the pasta is tender, about 1 minute more. Reserve 1/4 cup of the cooking water. Drain and place in a large bowl. Slowly whisk the reserved cooking water into the egg mixture. Gradually add the mixture to the pasta, tossing with tongs to combine. Serve topped with the reserved breadcrumb mixture.

Serving size: 1 cup Per serving: 430 calories; 15 g fat(4 g sat); 8 g fiber; 54 g carbohydrates; 20 g protein; 53 mcg folate; 223 mg cholesterol; 2 g sugars; 0 g added sugars; 8,198 IU vitamin A; 50 mg vitamin C; 246 mg calcium; 6 mg iron; 586 mg sodium; 160 mg potassium



5 Changes People are Making in Their Diets for 2019

1. **Ditching Meat and Vegging Out** Around 6-8% of people around the world are vegetarian, but many more of us say we're "flexitarian" trying to eat less meat and more vegetables. International food trend expert Julian Mellentin says plant-based foods are in big demand. "good new product development is making it easier for us to choose more plant-based meals and snacks, such as mini beets, cauliflower rice.
2. **Feeding Your Gut** Once upon a time, discussion about what goes in our bowels was private. Now, looking after them is a major trend. The fermented tea, kombucha, is the latest category to become super popular in the service of our intestinal health. We can expect to see more gut-friendly goodies such as kimchi and sauerkraut on our plates this year The next guy star will be kefir, a fermented probiotic beverage made from milk or water.
3. **Carb Consciousness** We're familiar with "low-carb" claims on many packaged foods. Low-carb eating is a global trend; even the rice-loving Japanese are in the middle of what they call a "lo-ca-bo" craze. But despite the hype about low-carb diets. Most of us are never going to ditch carbohydrate foods altogether. What's more likely is we'll move towards a more discerning approach to choosing our carbohydrate foods. This year we're likely to try new and interesting grains- think quinoa, teff, and farro-along with lower-carb varieties of foods such as wraps, cereals and crackers.
4. **Sugar Spotting** Sugar and eating less of it is still on our minds and influencing our behavior. In the next year we're likely to become even more savvy about sugar. That means we'll be drinking less sugary fizz, and we'll be less likely to choose foods that have been previously seen as healthy, such as juice, sweet cereal and flavored yogurts and milks. Monk fruit is the latest natural sweetener on the scene.
5. **Convenience Eating** Even though we want our food to be natural and whole, we also want it to be convenient. Snackfication means we're looking for smaller mini-meals protein bars, roasted seaweed, chickpeas snacks, bliss balls and vegetable chips all packaged up into small snackable options.



SAVE THE DATE

Quarryman Challenge

May 11, 2019

Register Today at

www.quarrymanchallenge.com

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 Strong by Zumba

Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more.



CORE Instructor Spotlight Sharon Camp

Sharon has been a certified group fitness instructor through NETA for 18 years. She also received her certification in Kettle Bell through NETA. Her favorite things to do in her downtime are spending time with her two sons, boating and enjoying the outdoors. She works full-time as the Office Manager at the Palos Heights Recreation Center. Teaching fitness classes gives her the pleasure of helping others reach their fitness goals, whether that be for a special event or just to feel better about yourself. She also enjoys all the new friendships she is able to make through teaching.

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