

# CORE Matters - The CORE's Members-Only Newsletter

## 8 GENIUS WAYS TO BURN EVEN MORE CALORIES OUTSIDE

We're officially giving you permission to skip the gym. But don't hop on the couch just yet—it's time to head outside. The weather is perfect for outdoor workouts right now, and exercising outside can add a ton of versatility to your tired fitness routine. Check out these 9 ways to make the most of your al fresco sweat session.

### ACT LIKE A KID

Way before you were tied to a gym contract, you used to sweat it out on the jungle gym. And guess what—that same park equipment can still help you tone up for free.

### WARM THE BENCH

A park bench is the one of the best pieces of workout equipment, says Mike Wunsch, a National Strength and Conditioning Association-certified personal trainer in California. It can make your usual moves easier or harder with a few simple tweaks. For instance, pushups and planks will be a little simpler when your upper body is elevated. Or if you want a challenge,

you can do a rear-foot elevated split squat by standing in front of the bench and lifting one foot behind you so it's resting on the bench as you squat, says Wunsch.

### MAKE YOUR OWN GYM

If you find yourself missing your normal workout equipment (we know, change is hard), then take a few things with you. Grab a TRX and anchor it around a pole, a tree, or park equipment. You can also bring resistance bands for an added challenge.

### BE A TRACK STAR

If you can find a track at a nearby school or park, it's the perfect place for uninterrupted interval training.

### FIND SOME SAND

Your muscles work even harder on sand since it's an unstable surface. And even if you're not near a beach, you can probably find a patch of it in a park or jungle gym.

### GET THE RIGHT GEAR

If you exercise strictly indoors you may need to upgrade your footwear before hitting the trails. "The main difference between a running shoe and a trail shoe is the lateral stability," says Wunsch. Look for cross-trainers or trail shoes with a little more side-to-side support.

### PICK UP STICKS

Seriously. You can do a whole workout with branches and logs that you find lying around outside

### CLEAR YOUR HEAD

The best thing about sweating outdoors: "You're getting cognitive benefits instead of just staring at a treadmill," says Wunsch. When you're thinking about your surroundings and your steps rather than running on autopilot, you get even more from your workout. "It changes your perspective, and you get the feel-good benefits of being outside," says Wunsch. That beats a crowded gym any day.

Lemont Park District  
CORE Fitness &  
Aquatic Complex  
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- > Burning Calories Outside
- > Peach & Celery Salad
- > Salad Tips!
- > "Focus on Fitness" Feature



The Lemont Park District  
**CORE**  
Fitness & Aquatic Complex



## A Healthy Recipe!

### Peach & Celery Salad

**Ingredients Needed** 3 cups thinly diagonally sliced celery, 3 cups sliced ripe peaches, 3 cups baby arugula, 1/4 cup thinly sliced fresh basil, 2 tbsp. extra virgin olive oil, 1 tbsp. fresh lemon juice, 3/8 tsp. kosher salt, 1/4 tsp. black pepper, 1/4 cupped chopped pistachios

Place celery, peaches, baby arugula, fresh basil, oil, lemon juice, salt, and black pepper in a large bowl. Toss gently to coat. Sprinkle chopped pistachios over salad.

4 servings, Serving Size: 1/2 cup

**Amount Per Serving:** Calories 171, Fat 11g, Sat Fat 1g, Unsaturated Fat, 9g, Protein 4g, Sugars 12g, Carbohydrates 17g



## Three Ways To Make that Salad Delicious and Healthy

If you're a fan of food on Instagram (and who isn't) you will be familiar with the trend of bowl food: gorgeously arranged, colorful meals – usually including avocado, often including kale – promoted as the latest in health-giving goodness.

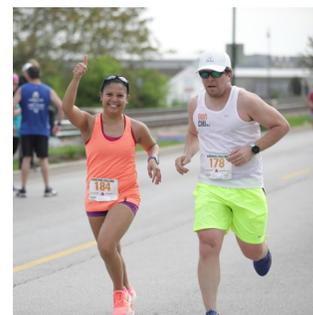
Poké places, raw food cafes and salad bars let you happily create a beautiful bowl, brimming with healthy-looking goodies. Or you can throw together your own abundance-style salad bowl – they're a great way to make leftover bits and pieces feel special, and they're also excellent for getting a good range of vegetables into a lunch meal. Build it right, and a salad bowl meal can be a hearty, healthful and nutritious option.

But there are some traps when it comes to salads and bowls; traps that could mean we're tricking ourselves thinking we're eating a super-healthy option, when actually we're not.

**Just Leaves** Man (and woman) cannot live on leaves alone. While we might think of a salad as being a big pile of green, this is not going to give us much in the way of satiety – that satisfying feeling of being just full enough. If your salad lunch is mainly leaves with a few other veggies and a bit of chicken tossed through, you're likely to be reaching for snacks to calm the hangry within a couple of hours. So when it comes to a salad bowl, make sure you balance it as you would any meal: include some healthy carbohydrate, a good amount of protein and half a plate of colorful vegetables, along with a little healthy fat (likely in the form of dressing). The ideal salad will have texture as well as flavor: so think about a few nuts and seeds for satisfying crunch, and some firmer veggies like beans or broccoli.

**Carb overload** Poké bowls are based on a grain – usually rice. Bonus points if you can get brown rice – this adds a bit of extra fiber – but keep an eye on the serving size. Some of the poké bowls I've tried have featured close to a cup of rice; a serving that would be fine for a big guy in a physical job, but far too much for a woman who spends most of her day sitting down. (A cup of cooked brown rice has 256 calories; over half what I'd want to eat for lunch. It also has 53g carbs). Some carbohydrate is important in a meal, but look to keep rice servings around half a cup or so. A good option with poké is to ask for half salad, half rice. With other grains, think whole grains such as quinoa, bulgur, buckwheat or teff, the same rule applies.

**Too much topping** A salad or bowl meal can be brimming with healthful ingredients, but it can be a health blowout if we don't take care with what we put on top. Oil-based dressings are fine, but keep in mind they're energy-dense; in other words, they pack a lot of calories into a small serving. A tablespoon of a standard vinaigrette has about 100 calories; that's the same as a large banana (which you probably wouldn't put on your salad). Poké bowls often feature creamy, mayo-based dressings. Again there's nothing really inherently unhealthy about these (although some might be overly salty) but they pack a punch energy-wise. So can some of the toppings on offer; a few nuts are good but watch out for the deep-fried shallots, corn chips and other crispy bits that are sometimes on offer. You don't have to avoid dressing and toppings altogether. Some healthy fats are good, and important, in your bowl. I'd steer clear of coconut chips and flakes though, which are high in energy and saturated fat.



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## CORE "Focus on Fitness" Features

### CORE-Fit Feature Class

#### BodyFlow

BodyFlow is the Yoga, Tai Chi, Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the **body** into a state of harmony and balance.



**Malise Gallardo** - I started my fitness journey 10 years taking my 1st Body Pump class and FELL IN LOVE. After being asked to become certified, I found out that I had new found love. I received the most comprehensive training available with Les Mills which then led me to further certifications. My current certifications include Body Pump, Body Flow ( my favorite), Spin, Water In Motion, Personal Trainer, Yoga, Kettlebell, Strong by Zumba. Seeing my members grow and change and be encouraged through their own hard works makes me love my job even more!

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