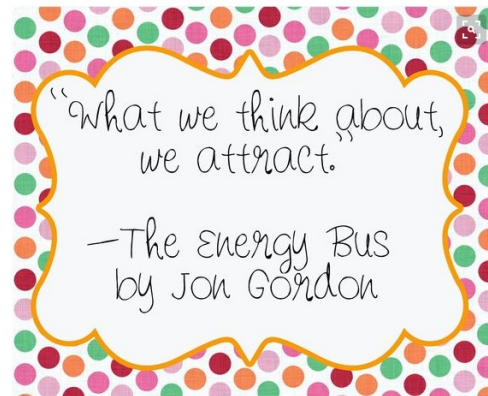




Wellness ... Get on the Bus!

Visualize Exercise to Get More from a Workout

Practice might make perfect, but not all practice needs to be physically exhausting... or even physical at all. **Research suggests that just imagining achieving an exercise goal— like powering through a run or performing that last rep— can help set the stage for success .**



Visualization, often called motor imagery or motor rehearsal, is the process of picturing a successful physical outcome, like a lifter hoisting the bar or a gymnast sticking the landing . Research has linked mentally rehearsing athletic movements to enhanced strength, stamina, and precision when actually performing the tasks . **Imagining an exercise or skill, researchers suggest, can help prime the muscles for more efficient movements and even boost an athlete's confidence in their ability to complete a goal .**

Visualization strategies are popular at all levels of coaching— for pee-wee athletes all the way through the professional ranks— suggesting the practice is beneficial to both learning new skills and refining old ones . Exercise imagery has also been shown to benefit patients in clinical rehabilitation by helping the body more quickly relearn basic movement patterns .

The carryover from mental rehearsal to physical activity will likely vary from individual to individual, and it's difficult to gauge exactly how much it can benefit a specific person in a specific situation. That said, the confidence boost and motivation gained from visualization could be its biggest benefit . **So whether it's squeezing out an additional pull-up or going a little further on the treadmill, visualizing a goal might create the extra motivation needed to push beyond normal barriers.** And though there's no guarantee visualizing winning the lotto will work, it probably can't hurt one's chances.

"Visualization is key for those of us who embark on new athletic endeavors (or return to them after a hiatus). When you are visualizing yourself in an activity, think about past positive experiences (in that same activity or a similar one) and recall how you felt as you completed it successfully. Recall the sensations your body experienced as well as how you felt mentally during the activity. You can even use visualization during a workout! Whether you are training for an event or rehabbing from an injury, as you perform your exercise, take a moment and close your eyes, envisioning what it will feel like on race day or when you are fully healed. Think about how your body will feel but also how confident you will feel about your abilities."

Football Workout

Every time one of the following happens during a football game, complete the corresponding exercise.



- Kickoff**- 25 jumping jacks
- Touchdown**- 3 push-ups for each point scored
- Field goal**- 20 tricep dips
- 1st down**- 30 second plank
- 2 point conversion**- 1 minute wall sit
- Interception**- 25 squats
- Fumble**- 25 lunges
- Flag on the play**- 20 crunches
- Punt**- 10 burpees

Fall is by far the best time of the year. The weather is perfect, the holidays are just around the corner, and there are endless ways to celebrate the season without breaking the bank. Save some cash and bask in the beauty of Autumn with these activities:

1. Go to a pumpkin patch.
2. Make a list of things you're thankful for.
3. Pick apples.
4. Make s'mores.
5. Visit a vineyard.
6. Make Fall-themed drinks.
7. Carve pumpkins.
8. Go to a free Fall festival.
9. Collect canned goods for your local food bank.
10. Take your family holiday card photo.
11. Do a corn maze.
12. Rake leaves.
13. Take a hayride.
14. Play in the leaves.
15. Take photos of the changing seasons.
16. Clean out your closet to make room for sweaters.
17. Paint your nails in Fall colors.
18. Have a picnic in a park.
19. Make a warm soup with Winter squash.
20. Go for a drive to see the Fall foliage.
21. Light pumpkin-scented candles.
22. Make leaf rubbings.
23. Go to a football game.
24. Pick pinecones and decorate your home with them.
25. Volunteer at a soup kitchen.
26. Throw a potluck Fall harvest dinner party.
27. Go camping.
28. Make a scarecrow.
29. Bake a pumpkin pie.
30. Make apple cider.
31. Write "thankful" cards for your Thanksgiving dinner table.
32. Tell ghost stories.
33. Go for a scenic hike.
34. Put on rain boots and jump in puddles.
35. Eat candy corn.
36. Have a Fall-themed scavenger hunt with friends.
37. Roast pumpkin seeds.
38. Make apple butter.
39. Watch the harvest moon.
40. Create a Fall playlist.
41. Curl up by the fire with a good book.

Loaded Sweet Potato Rounds



Appetizers are a huge part of fall football parties and often pack calories without many nutrients. Your friends will thank you for bringing this one! Feel free to get creative with toppings like bacon or dates or peppers! Also, keep the skin on to get the full nutrients of the sweet potato!

Serves 10

Ingredients:

5 sweet potatoes
1 ½ tablespoons olive oil
1 teaspoon garlic powder
1 teaspoon chili powder
1 teaspoon salt
1 cup monterrey jack and cheddar shredded cheese (Mexican blend)
3 green onions
1 container plain greek yogurt (16 oz)

Directions:

1. Preheat the oven to 450°F
2. Cut the sweet potatoes into 1/4-inch slices. Place on a greased baking sheet; cover with olive oil, garlic powder, chili powder, and salt
3. Bake 10 minutes on each side
4. While the potatoes bake, thinly slice the green onions
5. When the potatoes are done, top each round with shredded cheese and wait a few minutes for the cheese to melt

To serve, place the rounds on a platter. Add a dollop of greek yogurt on each round, and garnish with sliced green onions

Nutritional information for 5 Rounds:

Calories: 121
Total Fat: 5.9 grams
Cholesterol: 0 milligrams
Protein: 5.1 grams
Total Carbohydrates: 12.4 grams
Dietary Fiber: 2 grams
Sugars: 4 grams
Sodium: 40 milligrams

Recipe created by:

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How Yoga Prevents Cancer

Photo courtesy of B4BC Team Rider

Not only does it help improve your posture and flexibility, lower your blood pressure, and bring you some inner peace, yoga is also a great way to prevent cancer. Doesn't get much better than that! Check out a few of the ways that yoga helps to keep you cancer-free:

YOGA STRENGTHENS THE IMMUNE SYSTEM

The goal of strengthening the immune system is to keep all of the body's systems working together. It takes a village: Failure of any one system threatens the health of the whole community. Cancer therapies that seek to strengthen the immune system are increasingly proving to be helpful in fighting a wide variety of cancers. Research shows that yoga boosts immunity. A 2013 study in Norway found that regular practice of gentle yoga and meditation had a rapid effect at the genetic level in circulating cancer-fighting immune cells. Mindfulness meditation also appears to change the brain and immune function in positive ways.

YOGA DETOXIFIES THE BODY

Detoxification is the vital metabolic process by which dead cells and toxins (the flu virus, a rogue cancer cell, or another pathogen) are excreted from the body. Similar to how the heart muscle circulates blood, yoga increases lymphatic flow with specific breathing and movement practices. Inversions, a fundamental part of a strong yoga practice, utilize movement and body positioning to reverse the effects of gravity on our body, enhancing the process of cardiovascular and lymphatic drainage. Yoga detoxifies the mind as well. We can detoxify the mind by using the movement of the breath, by relaxing into gravity in a restorative pose, and by quietly watching our thoughts in meditation.

YOGA BUILDS BONES

How are strong bones linked to cancer prevention? Our bones house bone marrow, where new red and white blood cells are constantly being produced. White blood cells are needed to form leukocytes, our natural cancer-fighting immune cells. If our bones are compromised, so too is the production of a nourishing blood supply and immune protection. A recent pilot study by Loren Fishman, MD, applied yoga practice to sufferers of osteoporosis (decrease in bone mass) and osteopenia (reduction in bone volume). The results showed that 85 percent of the yoga practitioners gained bone in both the spine and hip, while nearly every member of the control group maintained or lost bone mass.

YOGA REDUCES STRESS

Unfortunately, we all suffer from stress in one way or another. Lucky for us, yoga is known to reduce stress and enhance positivity. The results of a 2009 study on the effects of yoga on emotions found an increase in positive emotions such as calmness and a sense of purpose in more than 50 percent of subjects. Women participating in a 10-week program of restorative yoga classes gained positive differences in aspects of mental health such as depression, positive emotions, and spirituality (feeling calm and peaceful), as compared to the control group.

YOGA IS WEIGHT MANAGEMENT

Obesity is a key, if not the largest, indicator of both cancer incidence and recurrence. In the United States, excess body weight is thought to contribute to as many as one out of five cancer-related deaths, and being overweight or obese is clearly linked with an increased risk of several types of cancer.

