

## A Health & Wellness Newsletter

Edited by Megan Zimmermann

### Special Points of Interest:

- *Get to know your muscles*
- *Considering a good relationship? Start with yourself.*
- *Fun Colorado events*

## MUSCLE: DEFINED

When it comes to your body knowledge is power, literally. The better you understand your muscles and what they're capable of, the more you can do with them. But when there are about 650 muscles and millions of individual fibers to get intimate with its more than a little daunting. So we're going to keep it simple. Here is the least you need to know to get the most from your muscles.

### What's Your Beef?

Lets start with the 101. You have three types of muscles; the cardiac muscle found in your ticker, the smooth muscle that lines your stomach and esophagus, and skeletal muscle, which at-

tache to your bones (via tendons).

### Meat And Greet

Skeletal muscles are the



ones you use to suck in your stomach at the beach or load a new plasma TV in your car. In other words the ones you are most aware of as you go

about your day. They make up 30 to 40 percent of your body mass and are largely voluntary, meaning you make them move-minus the involuntary blip when someone scares the crap out of you!

### Muscles Marinara

Grab a handful of dry spaghetti. This is what skeletal muscle looks like: Each strand of spaghetti represents a muscle fiber. These fibers are bundled together—larger muscles, such as your quads, can pack up to 150 in one bunch-and-huddle with other muscles to make up the entire muscle.

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## IS YOUR MATE GREAT?

If you have had unhealthy relationships you might not recognize a good one. To help you see your love life more clearly, Stephen Cope, author of *Yoga and the Quest for the True Self*, suggests you ask yourself these questions.

### Does your partner encourage you to be yourself?

Your partner should accept you as you are. But that doesn't mean promoting stagnation. "They should be really interested in your development and self-expression," Cope says. That might mean supporting you in finding a job you love or giving you time and space to meditate.

### Does your partner see you clearly?

Your partner should see your best qualities but not put you on to high of a pedestal. If they seem to think you ate perfect, they might have a false image of you. Cope says, "They should be someone who is a clear mirror and who is willing and able to tell you the truth as they see it." A good partner offers criticism, when necessary, as well as

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*Your input is always welcomed.*

*Contact Megan at [zimme857@regis.edu](mailto:zimme857@regis.edu) to send an idea or question for the newsletter.*

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**NEW DIRECTIONS**

**Trick-or-Treat!**



You see the costumes on the shelves and the bags of candy lining the grocery store and you know Halloween is just around the corner. There is so much candy around that two isles are often exclusively filled with Halloween candy!



This is time a year even those of us who do not eat candy, want to eat candy. As for the rest of you that eat candy already, enjoy! This is the best time year, the candy is nice and fresh!

So thinking you are going to have a "Fun Size" bar or two? Pick well and pick wisely as even the little bars can pack in the calories. Just remember, like always, take this year's Halloween treats with some moderation. Here is a break down on some of the more popular FUN SIZE candy choices:

- Nestle's Crunch/serving size: 3 bars/ 210 calories/ 10g fat
- Peanut M&M's/ serving size: 2 bags/ 180 calories/ 9g fat
- M&M's/ serving size: 2 bags/

180 calories/ 8g of fat

Snickers/ serving size: 2 bars/ 160 calories/ 8g of fat

Milky Way /serving size: 2 bars/ 150 calories/ 6g of fat

Kit Kat /serving size: 2 bars/ 100 calories/ 5g of fat

Reese's Cup/ serving size: 1 cup/ 80 calories/ 4.5g of fat

Source: J.J. Kunkle

*IS YOUR MATE GREAT? CONTINUED FROM PAGE 1*

compliments.

**Does your love feel grasping or giving?**

In a healthy relationship you do not obsess over how much the other person loves you. You are interested in loving as much as being loved. "A relationship is an opportunity to learn, to increase your capacity for compassion, joy, and generosity," says Cope. "It is a laboratory in which you get to practice that stuff all the time.

**How do you feel when your partner surprises you?**

Unexpected behavior should not cause alarm. "Problems arise is you have rigid views about how things should be," Cope says. Experiment with giving up your attachment to an unchanging idea of how your sweetheart should act—and give your partner room to surprise you.

**Sometimes you have find yourself first.**

Your best move over all may be to take a break from searching for the "right one". Instead try this idea: commit yourself to your practice. It is possible to set the foundation for a great relationship—even when there is no prospective partner on the horizon—by examining your own beliefs and habits. Spend some time with yourself and seek the truth about what will make you feel complete and whole in yourself.

Source: Yoga Journal August 2007



<b>Nutrition Facts</b>	
Serving Size 154g	
Amount Per Serving	
<b>Calories</b> 105	Calories from Fat 4
% Daily Value*	
<b>Total Fat</b> 0g	1%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 26g	9%
Dietary Fiber 1g	4%
Sugars 26g	
<b>Protein</b> 1g	
Vitamin A 3%	Vitamin C 16%
Calcium 0%	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com

**POPULAR POMEGRANATES**

Pomegranates have recently gained a great deal of attention in the fruit world. Recent studies have shown that a pomegranate contains a substantial amount of antioxidants, potassium, vitamin C, and fiber. Most of the United States' crop comes from the San Joaquin Valley in California and was first introduced by Spanish

settlers in 1769.

The seeds of the pomegranate are typically eaten. Most of the fiber is isolated in this part of the



fruit, so this nutritional benefit will only be consumed if the seeds are eaten. In addition, pomegranate juice is used in a variety of recipes tantalize taste buds. When shopping for a pomegranate, look for a skin that is thin, tough, and unbroken. So, to try a tangy new taste, check out the produce section and look for a pomegranate!

Source: <http://www.pomegranates.org/>

# MUSCLE: DEFINED CONTINUED

## Grow What You've Got

How many muscles fibers you have was determined by the time you dumped your middle school boyfriend / girlfriend. "The number may increase early in life, but it becomes set at puberty," says C. David Geier Jr., M.D., director of sports medicine at the Medical University of South Carolina. What you can control: how big the fibers get, which determines how tight and strong you look.

## Hurts So Good

When you cut your finger your body heals, but it often overcompensates by leaving a scab. Something similar happens with your muscles. Hoisting a barbell can cause microscopic tears in the fibers. As a result your muscles send a signal to nearby cells to swoop it in. The cells trigger the formation of proteins at the "injured site" and that increases the size of the muscle. After dedicated to a solid workout you will see results.

## We're Be-Twitched

All muscle fibers are not created equal. Slow-twitch fibers are like your mom's speed walking club: They're perfect for endurance but do not pack a lot of power. Fast-twitch fibers do the opposite: They offer bursts of rapid fire energy, but only for a short time. Your genes control how much of one type or the other you have. If you are looking to jack up your endurance for a marathon, hone your slow twitchers by lifting 2 to 3 sets with lighter weights, eking out 12 to 15 reps, suggests Jason Conviser, Ph.D., an exercise physiologist at the Center for Partnership Medicine at Northwestern Memorial Hospital in Chicago. If you want to improve your 5K kick, try cranking out 2 to 3 sets 6 to 8 reps at heavier weight.

## Your Muscle Has An IQ

When you fire a power-punch in kickboxing class, your brain sends a signal down a nerve cell, telling certain muscle fibers in your arms, back, core, and legs to contract. After a series of microscopic chemical reactions-BAM!-you deliver the KO blow. As you practice your brain and muscles learn to communicate more efficiently and you become more coordinated.

## Best News Ever

In 2007, researchers found that when healthy men and women spent 4 weeks visualizing themselves lifting weights, their actual strength went up 4 percent –without their hoisting a single dumbbell. By comparison, a group that actually strength trained gained 5 percent, and a control group that did nothing lost 0.2 percent. The deal: thinking about exercise may help bolster the pathways between your brain and your brawn-so, while your muscles haven't gotten much stronger, your cranium has perfected how the muscles execute the movement. The happy conclusion is that if you can't "fit" the on your t-do-list today, thinking about exercise is an ok stopgap.

## More Halle Less Hulk

For the last time, women, weight lifting will not turn you into a raging green superhero. Its just not in your blood. "Testosterone helps men gain bulk," says Suzanne Meth, M.S., C.S.C.S. a manager at Equinox Fitness in New York City. When men lift weights, the hormone causes their muscle fibers to grow. Since women have 20 to 30 percent less testosterone than guys we gain strength without the heft. Your chance of getting scary big? Nearly zilch. Even if you have more testosterone than average, to hulk up you'd have to quit your job, spend 24/7 eating and working in every specific way, and slather on buckets of baby oil!

Source—Women's Health Oct 2007

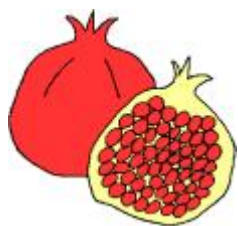
"Life is not living  
but living in  
health"  
-Unknown

*Aerobics: a series of  
strenuous exercises which  
help convert fats, sugars,  
and starches into aches,  
pains, and cramps.*

*~ unknown*

## Pomegranate Yogurt Dip

- 1 large pomegranate
- 2 cups chilled plain yogurt
- 2 scallions, finely chopped
- 1/4 cup pomegranate juice
- 1/4 cup fresh cilantro, finely chopped
- 1/4 tsp. salt
- Fresh mint sprigs



Separate seeds from pomegranate. In medium mixing bowl combine yogurt, pomegranate juice, scallions, cilantro, and salt. Gently fold in all but 2 tablespoons of pomegranate seeds. Place in serving bowl and garnish with mint and seeds. Chill for 30 minutes.

## Girls Scouts Walk / Run

What: 5K & 1K

Where: Washington Park

When: Sunday, October 28, 2007

Cost: Adults \$22.00 & \$27.00 on race day

Contact: Girls Scouts Program Center at 303.778.8774

Walk In Registrations:

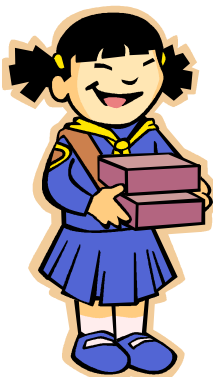
Runners Roost @ 303.759.8455

Boulder Running Company @

303.759.9255

Online Registration Info:

Contact [www.active.com](http://www.active.com). Registrations will be accepted through noon on Saturday, October 27. The site charges a small surcharge for the registration.



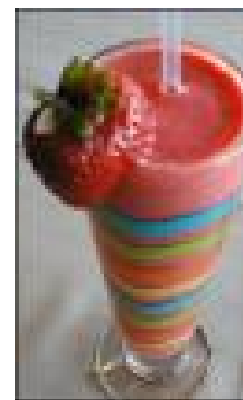
## The Energizer Smoothie

- 1 cup orange segments, seeded and chilled
- 1/2 cup grapefruit segments, seeded and chilled
- 3/4 cup strong-brewed Earl Grey tea, chilled
- 3/4 cup orange sherbet
- 2 iced cubes, crushed

Combine the orange segments, grapefruit segments, and tea in blender. Add the sherbet and ice. Blend until smooth.

Serves 2

Per serving: 160 calories (15 from fat); 1.5 g total fat (0.5 saturated); 3.5 mg cholesterol; 37 g carbohydrates; 2.5 g fiber; 2 g protein.



## Colorado Events

### Starz Denver International Film Festival

Filmmakers introduce slate of movies at the Temple Buell Theater and the Starz Film Center. Call (303) 595-456 for more information. ([denverfilm.org](http://denverfilm.org))

### Haunted Hunt

Clever clues lead participants to downtown hotspots and haunted corners, where adults and kids encounter a cast of ghostly characters revealing Denver's haunted history. Call (303) 875-7603 for more information.

### MileHiCon

During the last week of October, the Hyatt Regency - Tech Center hosts the largest science fiction convention of writers, publishers, vendors, panel speakers and fans in the Rocky Mountain region. Call (303) 376-4800 for information.