NEW!! TRX Suspension Training

Want a no hassle, fun, challenging, and results-producing program for all fitness levels? Use your own body weight and gravity to develop strength, endurance, balance, and core stability with individualized workouts designed by UNI personal trainers.

When: Starts May 14th – July 6th

Sessions are set up with your trainer and based around your availability.

Sessions: You can either set up individual training or in groups of 2-3 people.

Who: Available to students, faculty, staff, and spouses.

Costs: Sessions can be paid by cash, check, payroll deduction, or ubill.
- $20 per session
- 8 sessions (1 month): $125
- 16 sessions (2 months): $210

Specials:
- Try a session during the first week for only $5.00!! (must sign up in advance)
- If you sign up to train in a group of 2-3, receive 20% off
- Current clients of trainers also receive 20% of purchase price.

To sign up or for more information, contact Erin Nielsen at enielsen@uni.edu or call 273-7167.

Upcoming Fitness and Health Workshops

May Workshop: Back Care
- Take charge of your health and learn common reasons for back pain and injury, strengthening and flexibility exercises, and other tips.
- Takes place on Tuesday, May 22nd from 4:45-5:45 and costs $15.00

June Workshop:
Topic will either be walking for health or portion control. Date and time available soon. Suggestions for topics are always welcome.

Workshops are available to students, faculty, staff, and spouses. To sign up, contact Erin Nielsen at enielsen@uni.edu.

Inside this issue:

- National Women’s Health Week
- National Men’s Health Week
- Food of the Month: Asparagus
- Q&A: My Plate
- Meet UNI Trainer: Alan Huynh
- Muscle of the Month: Triceps
- Meet the Team

Special Points of Interest
- Have back pain? Attend the workshop in May for tips.
- Challenge your body to the core with TRX training at the WRC.
- Need nutrition tips, visit choosemyplate.gov.
- Get to know WRC personal trainer Alan Huynh.
National Women’s Health Week: May 13th–19th

“It’s your time” is the theme for this year’s campaign. National Women’s Health Week is set to encourage women to improve their physical and mental health.

**Tips to take charge:**

- Get regular doctor check-ups to prevent disease and illness.
- Stay active and aim for 30 minutes of physical activity daily.
- Focus on sleep for mental clarity: Aim for 8 hours of sleep a night.
- Reduce stress: Find an activity you enjoy and take time for yourself frequently.

To further focus on your health, schedule a fitness assessment during the week of May 13th–19th and receive the discounted price of $15.00.

Fitness assessments include: blood pressure, heart rate, measurements, body composition, cardiovascular, strength, and flexibility testing.

~Schedule an appointment today. Contact Erin at enielsen@uni.edu

Food of the Month: Asparagus

Asparagus is one of the nutrition loaded vegetables and it is in season during May and June.

Health facts include:

- One of the leading suppliers of Folic Acid, which is necessary for blood cell formation and prevention of birth defects.
- Approximately 4 calories per spear.
- Good source of potassium, fiber, rutin (strengthens capillary walls), and other vitamins and minerals.
- Zero fat or cholesterol.

Cooking instructions:

Place asparagus in small amount boiling water until tender. Usually takes 5-8 minutes.

Simple way for a healthy side dish.

For more recipes and information, visit www.asparagus.org.

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Personal Fitness Newsletter
**Q & A: What is the new “My Plate”?**

My Plate is part of the initiative for 2010 Dietary Guidelines. My plate is set up to remind Americans to eat healthy and using a familiar meal time place setting for guidance. My Plate illustrates five food groups that are the building blocks for healthy nutrition. A few suggestions made are:

- Fill half of your plate with fruits and vegetables.
- Approximately 1/4 of your plate should be grains with half of the grains being whole grains such as oatmeal and brown rice.
- Protein should be the other 1/4 of the plate. This can be achieved by eating lean meats such as chicken, fish, pork, ground turkey, and also nuts and seeds such as almonds and pecans.
- For dairy products switch to low-fat or 1% milk.

For more healthy eating tips, visit www.choosemyplate.gov.

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**Meet a UNI Personal Trainer: Alan Huynh**

Alan is a senior majoring in exercise science and business communications. Alan’s favorite types of exercise are “anything except running”. Alan has a wide array of hobbies including: Martial arts (Capoeira, Kung Fu, Ju Jitsu), Rock climbing, Gymnastics, and Hiking.

Alan’s personal training philosophy is “If it’s not fun, don’t do it. Exercise can be more than lifting weights and hopping on treadmill. I believe in making every client comfortable and having fun as we work towards your health and fitness goals.” Check out our website for more information: http://www.uni.edu/wellrec/personal_training/index.html

If you’d like to work with Alan or any of our personal trainers, contact Erin Nielsen at eniel-sen@uni.edu to get started today!!

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**WRS Personal Trainer: Alan Huynh**

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**Muscle of the Month: Triceps**

The triceps brachii muscle is located on the back of the upper arms. It’s the muscle primarily associated with straightening the arm at the elbow. Triceps consist of three muscles, hence the name tri.

A great exercise to work the triceps are: overhead dumbbell triceps extension. Steps to completing the exercise:

- Stand with feet shoulder width apart, hold one end of the dumbbell.
- Squeeze elbows close to ears (most important step).
- Inhale, bend the elbows, and lower weight behind head, exhale and extend elbows returning to starting position.
- Complete 8-12 reps.
Wellness and Recreation Services has a history rooted in long standing traditional recreation programs and health services. As the wellness philosophy was born and has evolved, so has the breadth and depth of these services. We strive to build upon our strong history as we continue to adapt to meet the needs and interests of the ever changing campus community.

Meet the Team. They know fitness. Let them prove it.