

April

NEWSLETTER

Cleveland Spring Activities

The Cleveland Guardians – The reigning MLB AL Central League Champions return to Progressive Field on April 7th for the 2023 season home opener. The Guardians are a great family-friendly way to spend some time outdoors and support the city's pro baseball team! Their seasons runs until October.

Holden Arboretum – Established in 1931, this botanical garden in Kirtland, Ohio is one of the largest in the US with more than 3600 acres. Stop by in spring for some cherry blossoms, butterflies, and even a CanopyWalk!

Cuyahoga Valley National Park – Visit the only national park in the state of Ohio with a rich history and over 32,000 acres. Located between Cleveland and Akron, visit the park for some hiking, biking, kayaking, fishing, picnicking, bird-watching, night sky-viewing, and more!

Exercise Testing

Sign up for your Fitness for Life Testing! Please email one of the Graduate Assistants to schedule your testing - you can find their emails at the end of this Newsletter. Testing in the Spring includes both new and returning members. We hope to see you soon!



Spring is here! Although the cold still lingers, warmer weather and more sunshine are on the way. After a long winter, the daylight hours are becoming more abundant, birds are singing, other fauna and flora are starting to emerge, and new and fresh seasonal produce is on the rise in markets and grocery stores across the city. With more daylight to work with there are lots of new opportunities to be outside, and Spring is the perfect time to take on some new health initiatives. In this newsletter, we highlight a few great activities unique to the Cleveland area to check out this Spring. We also discuss the benefits of sunshine. You can also read the CDC's [8 Strategies for a Healthy Spring](#) for some quick tips on exercise, diet, hydration, sleep and other ideas for living your healthiest life this Spring.

Fresh & Healthy Spring Recipe

Start your month off right with this nutritious and delicious vegetable-rich stir fry recipe!

Ingredients:

- 3-4 cups sliced hardy vegetables (such as broccoli, carrots, and bell peppers)
- 3-4 cups sliced tender vegetables (such as snap peas, zucchini, mushrooms, spinach, and bok choy) and
- 1 lb of your favorite protein (chicken, beef, shrimp, tofu, etc.) thinly sliced
- Garlic, ginger, green onion
- Stir fry sauce (1/4 cup low-sodium broth, 2 tbsp soy sauce, 2 tbsp OJ, 1 tbsp honey, 2 tsp sesame oil, 2 tsp sriracha, 1 tsp rice vinegar, 1 tbsp corn starch, 1 grated garlic clove, 1 tsp grated ginger)

Instructions:

Partially cook the protein (in 1 tbsp oil) and transfer to a plate when close to fully cooked. Add the hardy vegetables (and 1 tbsp oil) and cook for 3-4 minutes, followed by the ginger, garlic, and the tender vegetables and cook another 3 minutes. Add in the protein and stir fry sauce and bring to a boil. Cook until sauce thickens and coats everything nicely. Serve over steamed brown or white rice and enjoy!

Macros per serving (4 servings): 420 calories, 12g Fat, 41g Carbs, 37g Protein

We want to hear from you!

If there are any specific topics that you'd like to see in the monthly newsletter, or if you have any exercise equipment requests, please let Dr. Emily Kullman know! e.kullman@csuohio.edu

Personal Training Available

Interested in getting help with your workouts? Every Monday through Thursday, graduate students can help you optimize your fitness routine. To take advantage of this feature, just email Dr. Kullman or one of the graduate assistants. All of our graduate assistants are experienced in personal training and coaching and are available to help you. Training can take place in PE SB17 or Woodling Gym. Feel free to ask about training plans, too!

The Benefits of Sunshine

Following a long and cold winter, spending time in the sun is a great way to welcome spring and get rid of those winter blues. Direct sunlight is shown to help boost one's Vitamin D supply, a vitamin that is necessary for bone strength and health, immune function, and even muscular function. By contrast, Vitamin D deficiency is shown to be associated with increased depressive symptoms - one reason why spending time indoors during the winter often leads to seasonal depression. Spending time outside enables the body to absorb UV rays from the sun which, in turn, convert the rays into usable Vitamin D by the body. But the benefits of sunlight don't stop there. Natural sunlight is shown to help with the regulation of sleep cycles and more restful sleep. Natural light is shown to increase serotonin, a neurotransmitter that helps with satisfaction and happiness. Another chemical that is boosted from sunlight and works in tandem with serotonin is melatonin, a compound that is commonly known to help one drift off into a deep restful slumber. Lastly, direct sunlight is shown to cause the body to release a compound called nitric oxide. Nitric oxide helps with many important bodily functions including cell regeneration, lower blood pressure, and improved heart health. The great news is that it only takes about 15 minutes per day to get these benefits. So, the next time you feel down, if you can't sleep well, if you're injured, or if you're feeling sick, spend some time outdoors and let the sun help you feel and heal better!

If you need to schedule your initial fasted blood test and Fitness for Life Testing or have other questions about testing, scheduling, the lab, or the workout areas, please contact one of the lab Graduate Assistants at:

- Joey Senders: j.senders@vikes.csuohio.edu
- Cristina Cross: c.cross22@vikes.csuohio.edu
- Mary Kiley: m.j.kiley@vikes.csuohio.edu
- Marlee Kovalik: M.j.kovalik@vikes.csuohio.edu

Please send exercise cards to Dr. Kullman (e.kullman@csuohio.edu) every month!

Find the exercise cards [HERE](#).