

March

NEWSLETTER

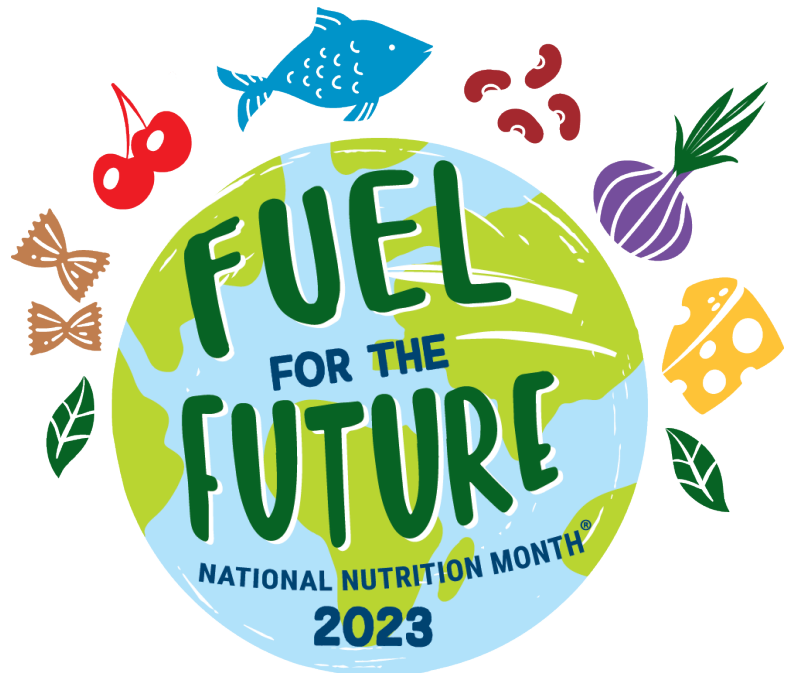
What Water Can Do for You

Water plays a key role in delivering nutrients to cells, regulating body temperature, lubricating joints, and helping organs to function properly. Although the amount of water one needs depends on their height, weight, activity level and other factors, the National Academy of Medicine recommends a daily water intake of about 13 cups of water for healthy males and 9 cups of water for healthy females. And if you live an active lifestyle, it is especially important to hydrate during and after exercise – you'll reduce your risk of heat stress, maintain performance levels, and help your body recover faster. So, the next time you feel thirsty, resist the urge to reach for sugary drinks like soda and juice, which are generally high in simple sugars and calories, and try a big glass of water!

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!

[Click here](#) for the medical form



National Nutrition Month

March is National Nutrition Month! Founded in 1973 by the Academy of Nutrition and Dietetics, National Nutrition Month is a great reminder of the important role nutrition plays in our daily lives. From a nourishing breakfast to a healthy snack to some pre-workout fuel, proper nutrition can make a world of difference in your daily life. Following the guidelines on healthy eating from resources like [MyPlate](#) and the [American Heart Association](#) can help improve or maintain overall health and wellness. And in addition to helping lower blood pressure, cholesterol, and the risk of type II diabetes, the food we eat becomes the body's energy source for activity. This March, make the pledge to learn how adopting healthy eating habits might help you live a healthier and more energized life!

Diet

Start your month off right with this nutritious and delicious **fish tacos recipe!**

Season 8 oz lean white fish (tilapia, mahi mahi, cod, halibut) with 1 tbs olive oil, the juice of one small lime, 1 minced clove of garlic, 1/2 tsp chili powder, 1/2 tsp ground cumin, 1/4 teaspoon paprika, and salt + pepper to taste. Grill or pan-sear until on medium-high heat until cooked through, flipping only once.

Transfer the fish to a plate and allow to rest for a few minutes before gently breaking into pieces. While the fish rests, warm 4 corn tortillas for about 15 seconds on each side and then divide the fish equally onto the four tortillas.

Top with shredded cabbage, pico de gallo, avocado, and optionally a sauce and/or some cotija cheese. Serve with extra lime wedges and enjoy!

Macros per taco: 150 calories, 17g carbs, 4g fat, 12g 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!

Food As Fuel

As the saying goes: "Abs are made in the kitchen!" And while everyone has their own individual fitness goals, a healthy diet can help you achieve them. The [American Council on Exercise \(ACE\)](#) outlined the percentage of calories that should come from each macronutrient to best fit your exercise habits and goals. Macronutrients, the major building blocks of nutrition, are comprised of carbohydrates, fats, and protein and are used by the body as energy for normal every-day functions. Carbohydrates, such as potatoes and rice, are a primary energy source for the brain and for higher intensity forms of exercise like running, cycling, swimming, and weight training. Fats, such as nuts and some dairy products, are used for hormone regulation, energy storage, and for lower intensity forms of exercise like walking and daily activities. Finally, protein, such as meat, fish, beans and legumes, is used for growth, repair and maintenance of the body's tissues. Balancing these three macronutrients based on your exercise habits and goals can help you properly fuel your body for exercise and achieve your fitness goals. Check out this [article](#) from The Academy of Nutrition and Dietetics on how to best fuel your workouts!

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 GA's/student workers 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
- Tyler Hollingsworth: t.d.hollingsworth@vikes.csuohio.edu

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

Find the exercise cards [HERE](#).