Hi Everyone! A lot has happened since we all were last together, and it feels like daily updates and changes are coming out. Our program facility is closed through the spring semester, taking us to mid-May. It’s likely that this will continue into May and the summer session further. We’ll continue to update as best we can. At this time, we of course encourage you to still be as active as possible and stay connected with us. We have students who are able to train remotely through e-mail, phone calls, video, and more. If you’re interested in some help reach out. There is always the opportunity to follow along with student led classes on our YouTube channel—https://www.youtube.com/channel/UCA6FBvRPIHmcOCV86KD4HLA/. Take care everyone and stay well!

~Kimberly

Staying Active and Healthy

With the COVID-19 pandemic altering some aspects of our lives, let’s make sure we are still taking care of ourselves physically, emotionally, socially, and spiritually. Here are some tips in order to stay healthy during this time.

1. **Try to stay active:** Try to be creative during this time to find workouts to do at home, while even using household equipment as weights. Try focusing more on body weight exercises such as squats, lunges, pushups, crunches, etc. It is important during this time to try to stay motivated and section out chunks of the day for physical activity, even if it’s only in 10 minutes bouts.

2. **Try to get outside:** Be sure to maintain social distancing like the Centers of Disease Control recommends, but be sure to leave your house to walk in the neighborhood or even a nearby park. It is good to soak up that Vitamin D, especially as the warmer weather is coming!

3. **Be sure to stay in touch socially:** If you can’t be around love ones for the sake of quarantine, be sure to call family and friends on a regular basis and have those important social interactions during this time.

4. **Find activities that are beneficial at home:** Try activities that will keep you mentally sharp such as: reading a good book, spending time cooking/baking, painting, or anything else that you enjoy during this time.

5. **Stay positive!** While many things are unknown and up in the air during this time, know that one day things will return to normal and life will resume again!
Billing Updates

Everyone was credited half of their membership rate for March 2020, and there is no active billing going forward April 2020 until we’re able to return to normal program hours.

YouTube Channel

Stay active with us! Follow our YouTube channel to get regular warm-ups and workouts from students at https://www.youtube.com/channel/UCA6FBvRPIHmcOCV86KD4HLA/

INGREDIENTS:

- 8 ounces spicy or sweet turkey sausage links, casings removed, meat crumbled
- 2 scallions, sliced
- 6 large eggs and 6 large egg whites
- 1 3/4 cups 1-percent milk
- Kosher salt and freshly ground black pepper
- One 9-ounce package frozen chopped spinach, thawed and drained of excess liquid
- 3/4 cup shredded Cheddar
- 1/2 cup grated Parmesan
- 1/2 whole wheat baguette, cut into 3/4-inch cubes (about 4 cups)
- Cooking spray

Breakfast Casserole

Directions:

1. Heat a large nonstick skillet over medium heat. Add the turkey and scallions and cook, stirring to break up any large chunks, until browned and cooked through, about 10 minutes. Remove from heat and let cool slightly.
2. Whisk the eggs, egg whites, milk and 1/2 teaspoon each salt and pepper in a large bowl until combined. Add the cooked sausage, spinach, cheeses and bread and toss to distribute ingredients evenly.
3. Spray a 3-quart casserole dish with cooking spray. Spread the egg mixture evenly in the dish. Cover and refrigerate for at least 6 hours or preferably overnight.
4. Preheat the oven to 350 degrees F. Bake the casserole, uncovered, until set and lightly browned on top, about 30 minutes.

Make-Ahead Tip: Freeze the baked casserole for up to 2 weeks. Cover with foil and reheat at 350 degrees F until hot, 35 to 45 minutes.

Boosting Immunity

As we age, our immune system becomes weaker and can be more susceptible to certain diseases and infections. Experts believe that due to a reduction in T helper cells which are cells that protect the body against pathogens, illness is more likely to occur in aging adults. However, poor nutrition may also be in play in terms of a decreased immunity. Some evidence suggests that those who don’t normally eat foods high in micronutrients, may be more likely to get ill. Experts suggest if the individual does not like eating fruits and vegetables, a good alternative for them is to try taking a daily multivitamin to potentially help better support the immune system. While multivitamins might be good alternatives, experts caution individuals to rely on vitamins due to the fact of not entirely being proven to contain certain vitamins and boost immunity. Experts do heavily endorse physical activity as being beneficial to overall health. While there isn’t sufficient evidence to conclude that exercise improves immunity, it does overall benefit other dimensions of health such as improving cardiovascular health, lowering body weight, improving mood, and decreasing stress which overall may be helpful in having a strong immune system. While the ageing process is inevitable, there are still chances to improve immunity through diet rich in micronutrients and regular exercise.

(From Harvard Health Medical School)

Hope is being able to see that there is light despite all of the darkness.

-Desmond Tutu