



JRD Newsletter April 2019

The Upper-body/Lower-body/Heart-n-lung/ All-in-one/Totally-free Workout

By Lorne Opler/Ace Fitness Personal Trainer

We live in a 24/7 world where time always seems to be in short supply—and that includes finding time to exercise. After a full day at work, a long commute home, getting dinner on the table and the kids to do their homework, the

thought of lugging your tired body to an overcrowded gym is enough to keep your buttocks on the couch and your fingers on the remote.

But there is another option: an exercise workout that

doesn't require a gym, that works your entire body, makes you sweat like crazy, and can burn a heap of calories. What is it?

Stairs may very well be the most underutilized, underappreciated workhorse

of workouts. Where else can you get such a challenging and productive workout that combines muscle conditioning and cardio all in one straightforward, uncomplicated routine? Compared to the treadmill,

or display monitors to record your progress. But stairs are unquestionably effective at getting you fit. Here's a quick rundown of some of the many benefits of stair climbing:

First, there's the cardio. It's probably what comes to mind when people think about stair climbing—and for good reason. Stair climbing clearly benefits your heart, lungs and circulatory system. A study published in the journal Preventative

Medicine showed that heart-rate efficiency increased, levels of lactate (the compound responsible for the "afterburn" effect) were cleared from the blood more efficiently, and VO₂max levels (the amount of oxygen a body can use during exercise) improved,



elliptical and stationary bike, however, stairs, tend to be underutilized as an exercise option.

Maybe it's because stairs are not sexy. They're dull looking and utilitarian, and don't come with any TV screens to distract you

too. Blood levels of high-density lipoproteins (HDL, the good cholesterol) increased, improving the clearance rate of low-density lipoproteins (LDL, the bad cholesterol) from the bloodstream.

In addition to providing a cardio workout, stair climbing is a muscle-conditioning workout for the legs, too. Ask anyone who's participated in a charity stair climb. After bounding 40, 50 or 60-plus flights of stairs, participants' legs are shakier than a wobble board. Stair climbing challenges your lower body from both a muscular strength and muscular endurance perspective. As a general rule in North America, steps are typically 7-8" in height, which is steep enough when climbing up a staircase to challenge your muscles and promote hypertrophy (an increase in muscle size) in your quads, hams, glutes and calves.

Stair climbing also challenges unilateral strength (single-leg strength). "The basic stair movement—a single-leg step up—is a fundamental unilateral pattern that requires hip stability, quadriceps and glute strength," explains Adam Balan, B.Ed., M.Sc., Level Three Twist Sport Conditioning and Coordinator of the Fitness and Health Promotion program at Centennial College in Toronto Ontario, "and, when completed in succession, cardiorespiratory and muscular endurance."

Like any exercise, stair climbing can be ramped up to increase the challenge and the intensity of the workout. And the variety of stair climbing workout options is restricted only by your imagination.

Consider the following approaches to get in a challenging stair workout. Before you get started, take the time to start with a light warm-up, such as jogging on the spot or walking up a flight or two. *Note:* The following workout examples are vigorous in nature and should be attempted only by those who are experienced exercisers and confident traversing stairs.

1. Use the stairs for high-intensity interval training (HIIT). Go all out for one or more flights of stairs and then walk double the flights and repeat the sequence.
2. Once walking becomes too easy, try bounding the stairs, taking them two at a time.
3. Run up one flight as fast as you can, then return to where you started. Then do two flights up and back. Then do three and then four, and keep adding a flight until "the burn" kicks in.
4. At the top of each landing, perform a set of 10 push-ups before tackling the next flight of stairs. Repeat each time you get to the top of the next flight.

Instead of 10 push-ups each time, try 10 burpees at the top of the next flight of stairs, 50 crunches on the next set, 25 triceps dips on the next one, and hold a plank for three minutes on the next landing. Keep changing up the exercises you do at each flight of stairs.

Look for or organize a Stair Climbing Challenge in your area!



Stair Climbing and Knee Health

Climbing stairs provides an effective workout whether you're scaling steps in a building or using a stair climber. The activity does come with risks to your knees, however, if stairs are the only exercise you do. Mix in other activities. But it is good to know the potential signs and symptoms of troubling knee conditions and try to prevent them with exercises to strengthen the knees.

Patellofemoral pain syndrome occurs when the patella, or knee cap, no longer tracks properly along the groove in the femur, which is the bone in your thigh. This results from overuse of the knee, and is common among stair climbers. The intense pain feels as though it's coming from behind or around the knee cap. Treatment involves rest, elevation, icing and then physical therapy, which focuses on exercises to strengthen the muscles that stabilize the knee cap.

Another common condition among stair climbers is iliotibial band syndrome. The iliotibial band is a length of thick fibrous tissue that starts at the hip and crosses over the knee. Frequent flexing from stair climbing can result in irritation between the iliotibial band and the knee cap. You'll feel the resulting pain right across the knee, which becomes more intense as you go up or down stairs. Treatment involves resting and icing the knee to reduce pain and swelling, then physical therapy to strengthen the muscles that support the knee.

Strengthening the muscles that support the knee during stair climbing is crucial to maintaining knee health, preventing injury and rehabbing injuries. Focus first on the quadriceps in the front of your thigh, which help stabilize the knee cap. Strengthen the quads by lying on your back with your torso propped up on your arms, your left leg bent and your right leg straight out in front of you. Tighten your thigh muscles and lift your right leg off the floor a few inches. Hold for five seconds, then switch legs. Do two sets of 10 repetitions. After strengthening, stretch the quadriceps by standing behind a chair, grabbing your right ankle and gently pulling it up toward your back. Hold the stretch for 30 seconds, then switch legs. At the gym, perform leg extensions for effective quad strengthening.

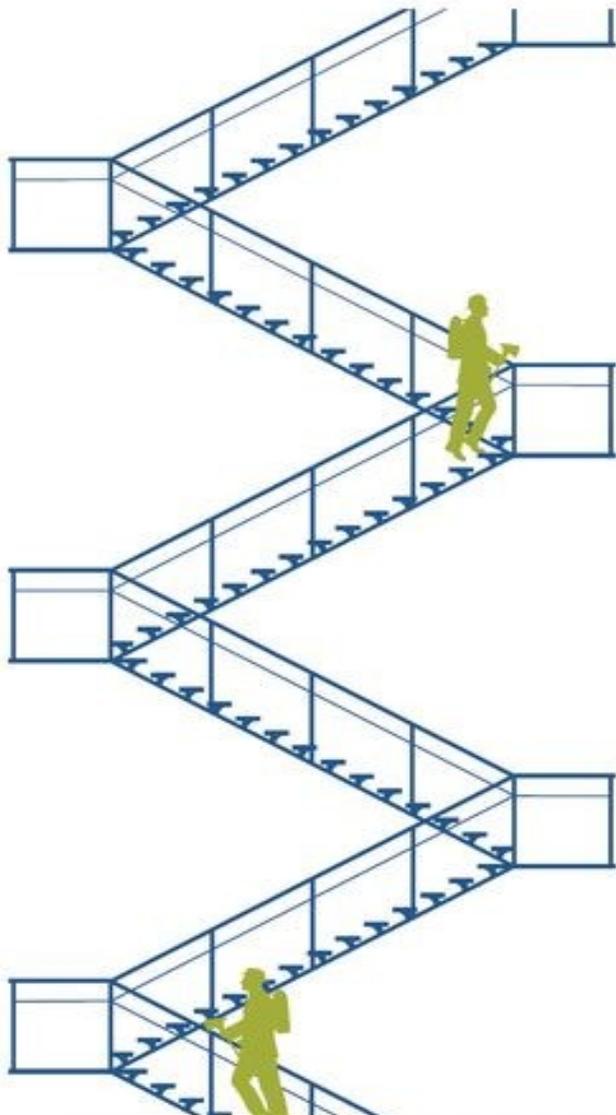
The hamstrings are a group of muscles in the back of your thigh that also support the knee during stair climbing and are vital to good knee health. Hamstrings can be strengthened with curls. Stand behind a chair with your legs together and raise your right foot toward your buttocks to a 90-degree angle. Hold it for five seconds, then lower your leg. Do two sets of 10 repetitions on each leg. Stretch the hamstrings afterward by sitting on the floor with your legs straight out in front of you. Slide your hands down your legs as far as you can go. When you feel a burning sensation, hold the stretch for 30 seconds, then slowly return to a sitting position. At the gym, perform leg curls to strengthen your hamstrings.

Stair Climbing

The new craze that has everyone racing to the top!

- ➔ **THE GOOD** - Can be done alone, can be indoor or outdoor, don't need special equipment, can be done for free, can take part in racing events
- ➔ **THE BAD** - Need to find a good set of stairs, can be monotonous, can get a bit dizzy going round and round!
- ➔ **HELPS** - Tone all major muscle groups, improve cardio fitness levels, stamina, particularly good for legs
- ➔ **CALORIES BURNT IN 20 MINUTES**
 - - Approx. 350 (depending on exertion level)
- ➔ **CALORIES BURNT PER HOUR**
 - Approx. 1050 (depending on exertion level)

How many **calories** do firefighters burn during the Portland Firefighter Stairclimb Challenge?



Firefighters climb the 40-story US Bancorp Tower in an average of 15.5 minutes.

A 195-pound firefighter will burn up to 205 calories, while wearing 55 pounds of gear!

Not to mention the added difficulty of breathing from their tanks, which is likened to breathing through a straw.



TODAY'S GOAL:

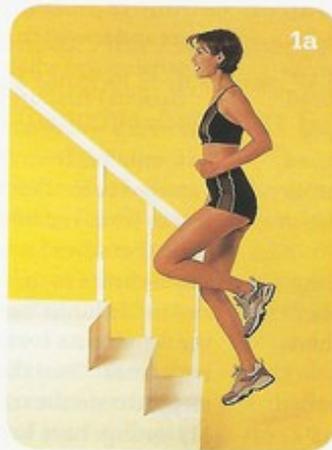
TAKE THE STAIRS

The following exercises strengthen the leg muscles and protect the knees.

The only piece of equipment you need for this routine is a flight of stairs, preferably one with 12 steps. A few more steps? No problem. Fewer? Simply return to the bottom of the staircase and repeat a move until you make the 12-step mark. Do the first exercise twice on each leg; aim for three sets of 12 reps for moves 2 through 4.

1 SINGLE-LEG POWER HOP (works your hamstrings and quadriceps)

a. Stand at the bottom of the staircase, knees soft, holding the railing with right hand; bend left knee and lift left foot off floor. Spring right foot off the ground and hop up one step. **b.** Land and repeat, continuing up the steps as quickly as possible with-out letting go of railing. When you reach the top, walk back down and repeat, jumping up on left leg. Do twice on each side.



2 OUTER-THIGH RAISE (works your abductors)
a. Sit sideways on a low step, right knee bent, thigh resting near the edge of the stair. Place hands on the step above and extend left leg toward the floor, foot flexed. **b.** Raise left leg as high as you can, reaching out through heel to keep leg extended. Lower and repeat. Do all three sets, then switch legs.



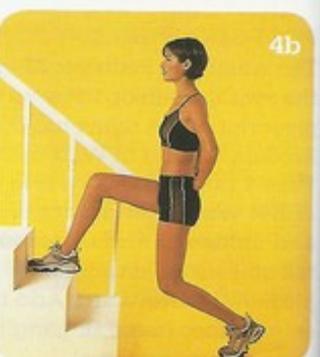
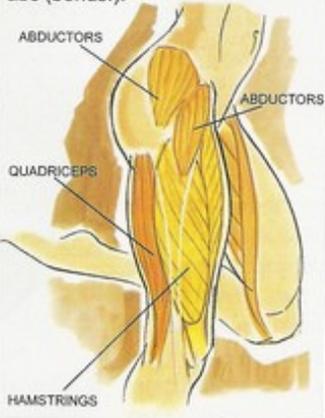
3 HAMSTRING RAISE (works your hamstrings)
a. Stand about a foot from the bottom of staircase, knees soft; bend over and place hands shoulder-width apart about three steps up. Bend left knee 90 degrees and pull it in toward chest, foot flexed. **b.** Slowly lift left leg behind as shown (right knee may bend). Lower to start; repeat. Do all sets; switch legs and repeat.



4 SINGLE-LEG LUNGE (works your hamstrings and quadriceps)

a. Stand 2 to 3 feet from the bottom of a staircase, feet hip-width apart, hands resting on lower back. Rise onto balls of feet and step right foot onto second or third stair. **b.** Lower into a lunge, right knee bent 90 degrees, left thigh in line with torso. Press off right foot and return to starting position; repeat. Do all sets, then switch legs and repeat.

YOUR GUIDE TO GREAT LEGS
This routine works all of these muscles, plus your calves, butt and abs (bonus!).



Just For Kids

Racing Bunnies

Need:

Reese Peanut Butter Eggs

M & M's

Mini M & M's

Chocolate Frosting

Annie's Bunny Graham Crackers

Start out by cutting out a opening from the top of the Reese's egg. You will want to dip your knife in hot water while cutting so you do not break the egg. Then you will want to attach the regular sized M&M's on the bottom for wheels using the chocolate cookie frosting. Add mini M&M's for the steering wheel & head lights. Attach with the frosting. Press the bunny graham's in the drivers seat! Super easy!!!



Skateboarding Peeps

Need:

Vienna Finger Cookies

Bunny Peeps

Life Savers-4 for each skateboard

Orange Starburst Candy-1 candy makes 3 carrots

Daisy Sprinkles

Melted White Chocolate or Candy Melts

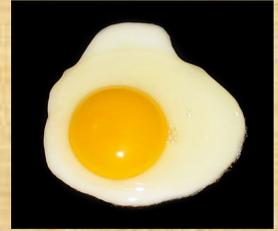
Lay the Lifesaver on top of the flower sprinkle, add a little melted candy to glue it together. Let candy harden.

Put a little melted candy in 4 spots on the cookie, add wheels. Allow to sit and let candy harden.

Cut Starburst in 3 pieces, shape into a carrot, add a green daisy.

Assemble using melted candy as the glue. You may need to hold the bunny in place for a moment. Fun!!!

EGGS-CITING NEWS!



Eggs have been eaten by humans for thousands of years. The female animals of many different species produce eggs, but by far the most common choice for consumption is the egg of the chicken.

Eggs contain many vitamins and minerals that are essential parts of a healthy diet, and in many parts of the world, eggs are a readily available, inexpensive source of food.

The United States is regarded as the world's largest exporter of eggs.

In 2017, the consumption of eggs was 274.2 per person.

Fast facts on eggs:

- *Eggs are considered to be one of the best sources of protein available.
- *Around 9 percent of an egg's content is fat, found almost exclusively in the yolk.
- *They are one of the most commonly consumed animal products in the world.

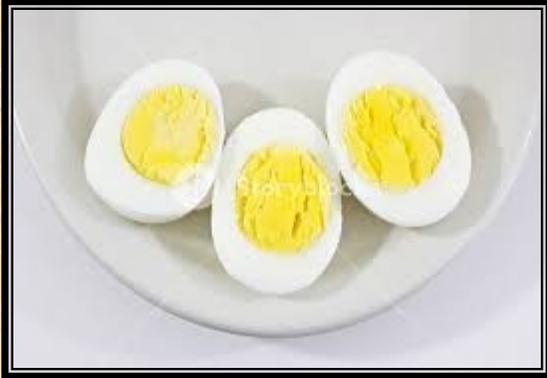
Made for Your Everyday Diet

Eggs are a versatile food that can be prepared in many different ways, such as frying, hard boiling, poaching, scrambling, and baking. This makes eggs quite simple to incorporate into a diet.

Eggs can be used as snacks, with hard-boiled eggs being a popular option, and even served as a party or picnic food, such as with deviled eggs. This makes eggs quite adaptable to many lifestyles.



Egg-stra! Egg-stra! Read all about them!



There are several health benefits that can be derived from eggs, including:

- **Strong muscles:** The protein within eggs helps keep muscles working well while slowing the rate at which they are lost.
- **Brain health:** Eggs contain vitamins and minerals that are needed for the regular functioning of cells, including the brain, nervous system, memory, and metabolism.
- **Good energy production:** Eggs contain all the daily vitamins and minerals that are needed to produce energy in all the cells of the body.
- **A healthy immune system:** Vitamin A, vitamin B-12, and selenium are key to keeping the immune system healthy.
- **Lower risk of heart disease:** Choline plays an important part in breaking down the amino acid homocysteine, which is associated with the development of heart disease.
- **Healthful pregnancy:** Some nutrients within eggs help to prevent congenital disabilities, such as spina bifida.
- **Eyesight:** Lutein and zeaxanthin help to prevent macular degeneration, the leading cause of age-related blindness. Other vitamins also promote good vision.
- **Weight loss and maintenance:** The high quality of protein within eggs might help keep people energized and feeling fuller for longer. Feeling full prevents snacking, which reduces overall calorie intake.
- **Skin benefits:** Some vitamins and minerals within eggs help promote healthy skin and prevent the breakdown of body tissues. A strong immune system also contributes to a healthy look overall. The health benefits of eggs can only be experienced when they form part of a balanced diet.



Nutrition

Below is a list of nutrients found in eggs:

vitamin A, vitamin B-2, vitamin B-12, vitamin B-5, vitamin D, vitamin E, biotin, choline, folic acid, iodine, iron, lutein and zeaxanthin, phosphorus, protein, selenium

Protein

A medium-sized egg weighing 44 grams typically contains 5.53 grams of protein. Around 12.6 percent of the edible portion of an egg is protein, and this is found both in the yolk and the egg white.

Fats

One large egg contains about 5 grams of fat. The majority of fat in an egg is unsaturated and is regarded to be the best type of fat to be included in a balanced diet. Saturated fats should be limited to less than 10 percent of your daily calories. For example, a diet consisting of 1,800 calories should limit saturated fat to no more than 20 grams. A large egg contains less than 2 grams of saturated fat.

Omega-3 fatty acids

Eggs are also a rich supply of omega-3 fatty acids. These are predominantly in the form of docosahexaenoic acid (DHA), which helps with the maintenance of brain function and normal vision.

These fatty acids are most commonly found in oily fish, and so eggs provide an alternative source for people that are unable to eat fish.

Eggs and cholesterol

One medium-sized egg that weighs 44 grams typically contains 164 milligrams of cholesterol. However, evidence has shown there is little, if any, relationship between cholesterol found in food and heart disease or blood cholesterol levels.

As eggs are low in saturated fats, the effect that they have on blood cholesterol is deemed to be clinically insignificant.

Sweet Potato and Egg Skillet

- 2 tablespoons butter
- 2 medium sweet potatoes, peeled and shredded (about 4 cups)
- 1 garlic clove, minced
- 1/2 teaspoon salt, divided
- 1/8 teaspoon dried thyme
- 2 cups fresh baby spinach
- 4 large eggs
- 1/8 teaspoon coarsely ground pepper

1. In a large cast-iron or other heavy skillet, heat butter over low heat. Add sweet potatoes, garlic, 1/4 teaspoon salt and thyme; cook, covered, until potatoes are almost tender, 4-5 minutes, stirring occasionally. Stir in spinach just until wilted, 2-3 minutes.

2. With the back of a spoon, make four wells in potato mixture. Break an egg in each well. Sprinkle eggs with pepper and remaining salt. Cook, covered, on medium-low until egg whites are completely set and yolks begin to thicken but are not hard, 5-7 minutes.



Colorful Broccoli Cheddar Casserole



- 1 tablespoon olive oil
- 6 green onions, sliced
- 2 cups fresh broccoli florets, chopped
- 1 medium sweet red pepper, finely chopped
- 2 garlic cloves, minced
- 1/8 teaspoon pepper
- 5 whole wheat English muffins, split, toasted and quartered
- 1-1/2 cups shredded reduced-fat cheddar cheese, divided
- 8 large eggs
- 2-1/2 cups fat-free milk
- 2 tablespoons Dijon mustard
- 1/2 teaspoon hot pepper sauce, optional

1. In a large skillet, heat oil over medium-high heat. Add green onions; cook and stir until tender. Add broccoli, red pepper and garlic; cook and stir 4-5 minutes or until tender. Transfer to a large bowl; season with pepper.

2. Place English muffins in a greased 13x9-in. baking dish, cut sides up. Top muffins with vegetable mixture and sprinkle with 1 cup cheese.

3. In a large bowl, whisk eggs, milk, mustard and, if desired, hot sauce. Pour over top. Refrigerate, covered, overnight.

4. Remove from refrigerator 30 minutes before baking. Preheat oven to 350°. Bake, covered, 30 minutes. Sprinkle with remaining cheese. Bake, uncovered, 20-30 minutes longer or until egg mixture is set. Let stand 5 minutes before cutting.

KIDS NIGHT OUT

THURSDAY, APRIL 25TH

6-7:30 PM

AGES 4 AND UP

\$3.00 per CHILD or Free
With MEMBERSHIP Upgrade

Pre-register by April 23rd



Bring your family, flashlights, and Easter baskets or bags to the Jerome Recreation District (The Park behind the JRD) on **Friday, April 19th** to search for eggs filled with candy and gifts. For ages 2-12 yrs old .



Twilight Hunt: 7:30pm -**One parent per child** will be allowed to assist children ages 2 to 6 for a twilight egg hunt when it's not quite so dark out yet.

Flashlight Hunt: 8:15pm-Kids ages 7 to 12 will hunt eggs by themselves once the sun goes down. Flashlights will be needed because it will be dark out there. Flashlights not provided. No parents allowed on the course.

Be sure to arrive 30 minutes prior to hunt for check-in. For any questions call the JRD office at 324-3389.

Cost: \$5 a child / \$14 Family (4)

\$3 for each additional child

***All participants must pre-register by closing , Wednesday, April 17th ***

YOGA

It's Back!!

Friday Nights

7:00 PM-8:00 PM

\$3.00 per class,

\$8.00 per month,

Or free with membership upgrade





Adult Co-Ed Softball League

Returning team registration

April 1-April 15

Open Registration

April 16-May 20

Team Fee \$275

Season Begins June 6, 2019

Games played on Thursday nights.

Players must be 16 by June 6th.

For additional questions call the JRD

At 324-3389.



Tennis Clinic

Registration

April 1st—May 31st

Date: June 3, 2019—June 7th, 2019

Time: 10:00 am—12:00 pm

Location: City Tennis Courts (East 1st Street)

Instructor: Nicole Rowley,
Jerome High School Head Tennis Coach

Cost: \$35 in district, \$45 out of district

Equipment: Each player will need to provide their own tennis racket, can of tennis balls, and a water bottle.

Each player will receive a clinic t-shirt at the end for participating . Please indicate size at the time of registration.

Registration can be done in person at 2032 S. Lincoln, by phone at 324-3389 with a CC, or online at www.jeromerecreationdistrict.com.



Youth Volleyball Registration

Register February 4th-April 9th

\$17.00 in district

\$27.00 Out of district

Ages 5th thru 8th grade

Boys and Girls

Clinic will be April 9th thru April 25th

Tuesdays and Thursdays

5:00 PM to 6:00 PM

College of Southern Idaho coaches and players

will be on hand.

***Gym shoes, knee pads, and water bottles are recommended.
Participants will receive a volleyball for participation.***

BUMP SET SPIKE

COACH PITCH AND T-BALL REGISTRATION

Register March 11-April 15th

\$17.00 in District

\$27.00 out of district



T-Ball

5 years old and 6 years old

Must be 5 or 6 by May 13, 2019

Games Monday or Tuesday evenings
starting May 13th through June 25th

Players need to provide their own baseball mitt.

Coach Pitch

7 years old and 8 years old

Must be 7 or 8 by May 14th, 2019

Games will be Tuesday or
Wednesday evenings

starting May 14th through June 19th

Players need to provide
their own baseball mitt.



Just in time for spring.....

Advice from an Old Farmer

Your fences need to be horse-high, pig-tight and bull-strong. Keep skunks and bankers at a distance. Life is simpler when you plow around the stump. A bumblebee is considerably faster than a John Deere tractor. Words that soak into your ears are whispered...not yelled. Meanness don't just happen overnight. Forgive your enemies; it messes up their heads. Do not corner something you know is meaner than you. It don't take a very big person to carry a grudge. You can't unsay a cruel word. Every path has a few puddles. When you wallow with pigs, expect to get dirty. The best sermons are lived, not preached. Most of the stuff people worry about ain't never gonna happen anyway. Don't judge folks by their relatives. Remember that silence is sometimes the best answer. Live a good honorable life... then when you get older and think back, you'll enjoy it a second time. Don't interfere with something' that ain't botherin' you none. Timing has a lot to do with the outcome of a Rain Dance. If you find yourself in a hole, the first thing to do is stop diggin'. Sometimes you get, and sometimes you get got. The biggest troublemaker you'll probably ever have to deal with, watches you from the mirror every mornin'. Always drink upstream from the herd. Good judgment comes from experience, and a lotta that comes from bad judgment. Lettin' the cat outta the bag is a whole lot easier than puttin' it back in. If you get to think' you're a person of some influence, try orderin' somebody else's dog around. Live simply. Love generously. Care deeply. Speak kindly. Leave the rest to God. Don't pick a fight with an old man. If he is too old to fight, he'll just kill you. Most times, it just gets down to common sense.