



Week 4

Sept. 18th - Sept. 24th

E-Newsletter



UPCOMING EVENTS

Kickboxing Monday 9/18

12:15PM-12:45PM

Rudy Acosta Student Pavilion

Walking Tuesday 9/19

12:15PM-12:45PM

Saulsbury Campus Center, Cafeteria Patio

Warrior Yoga Wednesday 9/20

12:15PM-12:45PM

Spur Building, Room 227

Dance Clinic with OC Blues Dance Team 9/20

12:15PM-12:45PM Rudy Acosta Student Pavilion

Ever wanted to learn some of our dance team's awesome moves? Now's your chance! Come learn from our 2-time National Championship dance team and their Head Coach, Belle Gutierrez!

Zumba Thursday 9/21

12:00PM-1:00PM

Saulsbury Campus Center, Commons Amphitheater

Biometrics Friday 9/22

7:30AM-9:00AM

Saulsbury Campus Center, Private Dining Room

Yoga Saturday 9/23

8:00AM-9:00AM

Saulsbury Campus Center, Commons Amphitheater

Open Tennis Play 9/23

Meet us outside as we get in some morning court time for some fun AND prizes! With a little help from our OC Tennis Instructor, Adam Lucio, we'll get you moving and

giveaway an adult AND a kids tennis racket!

9:30AM-10:30AM

OC Softball and Tennis Complex

Benefits of Eating Fruits

BY [KEVIN PEDERSON](#) | [FOOD DRINK](#)

Fruits, goldmine of vitamins, minerals and fibre are ideal to consume at least 4-5 servings in a day. Since they are in the natural form, account for largest part of water and 100% bad cholesterol free, it's much easier for the body to process and absorb the vitamins and minerals from the fresh fruit. Apple - Round fruit with lots of fibre, vitamins A, C, E and folate. Available in green, red or yellow skin when ripe. Apples reduce the risk of colon cancer, prostate cancer and lung cancer. They also help with heart disease, weight loss and controlling cholesterol.

Continued on Page 2

www.WranglerSports.com/30For30

Congratulations to our 30 For 30
\$100 VISA gift card winner, David
Doughty! →

Benefits of Eating Fruits continued

Bananas - Long thick skinned fruit yellow in colour when ripe. Good source of fibre, potassium, vitamins A, C, B6, E & folate. Unripe or green bananas are used in cooking.

Cherries - small round fruit with a seed, red or black in colour when ripened. Cherries always have to be ripe to eat. Cherries contain anthocyanins that reduce pain & inflammation.

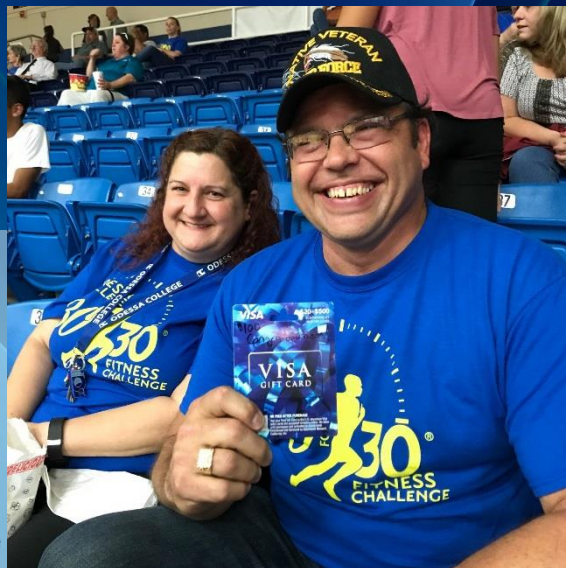
Figs - Eaten either dried or fresh, figs contain vitamin A, C, folate and niacin. A small sweet fruit full of small seeds.

Kiwi - A rich source of vitamins A, C, E, B - complex, calcium, iron and folic acid, kiwi is a small oval fruit with thin brown skin, soft green flesh and black seeds. The skin is a good source of flavonoid antioxidants.

Lime - Lime or lemon is the most cultivated citrus fruit with green to yellow colour loaded with vitamins A, C and folate. Juice of lime is good for detoxification and has antioxidant properties.

Peach - Round juicy fruit with a yellowish red skin & flesh having a taste of acidic tang and sweetness contains a rough stone. Always to be picked and eaten ripe.

Continued on Page 3



California Grilled Veggie Sandwich

By Heather Johnson AllRecipes.com

Ingredients:

- ¼C Mayonnaise
- 2 Cloves Garlic, minced
- 1T Lemon Juice
- 1/8C Olive Oil
- 1C Red Bell Peppers, sliced
- 1 Small Zucchini, sliced
- 1 Red Onion, sliced
- 1 Small Yellow Squash, sliced
- 2 (4x6in) Focaccia Bread pieces, split horizontally
- ½C Feta Cheese, crumbled



Miss last week's Benefits of Water Fitness L&L? Here's a great sample water workout from OC Cross Country Head Coach and Kinesiology Instructor, Rachel Keylon!

Tag Your Progress with #OC30For30

Warm-Up

High Knees – 1 Min
Straight Leg Kicks – 1 Min
Scissor Kicks – 1 Min
Jumping Jacks – 1 Min

Running Pyramid (Running in Place Progression)

Run – 1 Min
Rest – 30 Sec
Run – 1 Min 30 Sec
Rest – 30 Sec
Run – 2 Min
Rest – 30 Sec
Run – 2 Min 30 Sec
Rest – 30 Sec
Run – 3 Min
Rest – 30 Sec
Run – 3 Min 30 Sec
Rest – 30 Sec
Run – 4 Min
Rest – 30 Sec
Run – 4 Min 30 Sec
Rest – 30 Sec
Run – 5 Min

Cool Down

Jog/Walk – 2 Min
Stretching

***Please see your healthcare provider prior to starting any new fitness routine.**



California Grilled Veggie Sandwich Recipe continued

Directions:

In a bowl, mix the mayonnaise, minced garlic, and lemon juice. Set aside in the refrigerator.

Preheat the grill for high heat.

Brush vegetables with olive oil on each side. Brush grate with oil. Place bell peppers and zucchini closest to the middle of the grill, and set onion and squash pieces around them. Cook for about 3 minutes, turn, and cook for another 3 minutes. The peppers may take a bit longer. Remove from grill, and set aside.

Spread some of the mayonnaise mixture on the cut sides of the bread, and sprinkle each one with feta cheese. Place on the grill cheese side up, and cover with lid for 2 to 3 minutes. This will warm the bread, and slightly melt the cheese. Watch carefully so the bottoms don't burn. Remove from grill, and layer with the vegetables. Enjoy as open faced grilled sandwiches.

Tip – Aluminum foil can be used to keep food moist, cook it evenly, and make clean-up easier.

Fitness App Spotlite

MY FITNESS PAL

This staple fitness app has been around for a while now and for good reason. Track your food and stay on progress to hit your target goal! Available on Apple and Android phones. Free with in app purchase options.

Benefits of Eating Fruits continued

Orange - A round thick-skinned juicy edible fruit that is a reddish-yellow colour when ripe with sweet to sour flavour.

Peeled and eaten fresh or squeezed to make juice. Contain vitamin C, flavanoids, provides pectin and rich in sodium when ripened in sunshine.

Plum - soft round smooth-skinned fruit with sweet flesh and a flattish pointed stone. It is high in carbohydrates, low in fat and calories. An excellent source of vitamin A, C, calcium, magnesium, iron, potassium, fibre and free of sodium and cholesterol.

Papaya - A melon like fruit with yellow- orange flesh with dozens of small black seeds enclosed in skin that ranges in colour from green to orange. Either round, pear-shaped, or long like a banana. Rich in vitamins A, B, C, and D; calcium, phosphorous and iron. It is high in digestive properties and has a direct tonic effect on the stomach.

Pear - A sweet juicy yellow or green fruit with a rounded shape narrow towards the stalk. Best eaten at room temperature, pear contains kalium and riboflavine. It is good for skin and contains plenty of fibres.

Strawberry - A triangular shaped red colour fruit. It is one of the richest sources of Vitamin C and fibre. It has high content of sodium and iron. It helps in whitening of the teeth. Used to relieve rheumatism.

Watermelon - a type of melon with smooth exterior rind and juicy sweet red interior flesh. Extraordinarily refreshing to drink as juice or eaten when ripe and fresh. Valuable for minerals, vitamins and sugar with useful amount of fibre and iron.

Kevin Pederson, webmaster for sites like <http://www.home-remedies-for-you.com> provides treatments for common illnesses and diseases.

[View all articles by Kevin Pederson](#)
[Article sourced from HealthGuidance.org](http://www.healthguidance.org)

THANK YOU TO OUR SPONSORS!

