

## Slow Cooker Spinach & Mozzarella Frittata

### QUOTE OF THE WEEK:

You are  
good  
enough,  
smart  
enough,  
beautiful  
enough,  
and  
strong  
enough.  
Believe it  
and stop  
letting  
insecurity  
run your life.

— Thema  
Davis

### Ingredients:

- 1 Tbsp cooking oil
- 1/2 cup diced onion
- 1 cup 2% shredded mozzarella cheese, divided
- 3 eggs
- 3 egg whites
- 2 Tbsp 1% milk
- 1/4 tsp black pepper
- 1/4 tsp white pepper
- 1 (packed) cup chopped baby spinach, stems removed
- 1 Roma tomato, diced
- Salt to taste

### Directions:

1. In a small skillet, add cooking oil and sauté onion on medium heat until tender, about 5 minutes. Lightly spray inside of the slow cooker with nonstick cooking spray.
2. In a large bowl, combine sautéed onion, 3/4 cup mozzarella cheese, and remaining ingredients; whisk to combine, and pour into slow cooker. Sprinkle remaining 1/4 cup cheese on top of egg mixture. Cover and cook on low for 1-1 1/2 hours, or until eggs are set and a knife inserted in the center comes out clean.



# Get the Facts: Weightlifting, Size, & Strength

## Myth:

Being strong = being big and being big = being strong.

## Fact:

People who are avid gym goers usually want to lift weights to get big and/or get strong. Too many times do people fall into the trap of lifting to get big and strong at the same time. Don't get me wrong, someone new to lifting will indeed gain size and strength, but as time passes and experience is gained, strength and size become more mutually exclusive.

This topic mainly boils down to hypertrophy vs power training or training as a body builder vs training as a power lifter. "But don't your muscles have to get bigger to lift more weight?" The answer to this is yes but, it depends (a phrase that will follow most fitness questions). The amount of muscle needed to lift heavy weight is not as much as you may think. Also, there are a number of biological processes happening during muscle growth that contribute to the functionality of that muscle. For example, there is myofibrillar hypertrophy where the actual components that pull on the muscle increase in number and size, and there is sarcoplasmic hypertrophy where the fluid and other components of the muscle cell enlarge (Aragon, 2008). Let's add some context to these principles.

A bodybuilder lifts weights to achieve one thing, get "swole" or bigger. To do this, they follow the three main components of muscle growth stimulation: time under tension (how long is the muscle contracting), metabolite accumulation (lactic acid build up), and hypoxia (anaerobic metabolism in the muscles). All three factors stimulate the muscle to grow as much as possible but none of them require excessively heavy weights.

A powerlifter lifts weights to be able to get as much weight as humanly possible from point A to point B. This requires knowledge of biomechanics to position each joint to maximize its potential mechanical energy. This also requires practice of proper technique to harness momentum and gravity to the lifters' benefit. Finally, the muscle fibers that grow are those that aid in explosive power and the fibers develop more efficient ways to store and utilize energy extremely fast.

So how do you train for each of these goals? There are books written on that very question but, as always, there are a few tips you can use to get started. For gaining size, more repetitions and sets will maximize the oxygen usage, increase lactic acid accumulation, and tear the muscle fibers much more than lifting for a one repetition maximum. However, if your goal is to lift as much weight as you can, one time (one rep maximum), then you want to train at that range. Powerlifters tend to do many sets (4-12 sets) with very low repetitions (1-5 reps). This is to practice the exercise technique and become accustomed to the extreme load (Krieger et al., 2010).

## Get the Facts Continued

Between each of the many sets a powerlifter may do, there is a long rest period. This is to allow the muscle time to reload/recharge for the next quick explosion of power needed to lift heavy. Consistent training in this manner will cause adaptation to occur where the muscle will be able to reload more quickly and efficiently. Bodybuilders may not rest at all between their sets. This prevents the muscle from being able to clear out the metabolites and lactate which is what aids in the stimulation of muscle growth.

Lastly, powerlifters tend to stick to their main lifts that they want to improve rather than doing many accessory lifts like a bodybuilder. This is due to time constraints and the fact that the more unnecessary weight from muscles that aren't practical to their goals, the heavier they become and the higher the weight class they may be in during competition. Bodybuilders, however, work every muscle in every possible way to ensure symmetrical growth throughout the body and the best possible aesthetic outcome.

When you see people who are massive and have muscles bulging from every corner, know that you will likely never see them squat their maximum amount or they may not even deadlift at all, but the guy/girl in the corner who looks smaller but is built like a tree can most likely lift 3-4 times his/her bodyweight, far more than the other person. When creating your routine keep your goals in mind and remember, everyone has different goals so there is no one perfect way to exercise.

### References:

- Aragon, A. (2008). Is there an optimal rep range for muscle hypertrophy? Alan Aragon Research Review , 2-6.
- Krieger, J. W. (2010). Single vs. Multiple Sets of Resistance Exercise for Muscle Hypertrophy: A Meta-Analysis. *Journal of Strength and Conditioning Research*,24(4), 1150-1159. doi:10.1519/jsc.0b013e3181d4d436
- Wernbom, M., Augustsson, J., & Thome??, R. (2007). The Influence of Frequency, Intensity, Volume and Mode of Strength Training on Whole Muscle Cross-Sectional Area in Humans. *Sports Medicine*,37(3), 225-264. doi:10.2165/00007256-200737030-00004

Article By: Adam Heilmann, M2

# Native American Heritage Festival



Saturday, April 8th from 11:00-5:00, Radford, Virginia will be hosting the 7th Annual Native American Heritage Festival at Bisset Park. The event will be \$5.00 for adults and \$3.00 for children and veterans. Bring a chair or a blanket and come join in learning about Native American culture while enjoying Native American music, and dancing.

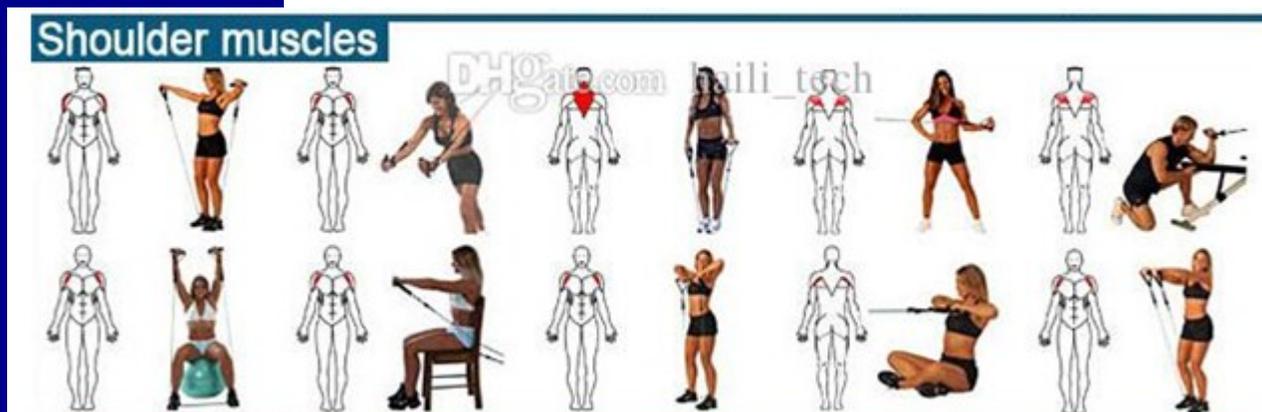
Take I-81 south to exit 109. Take a left onto Main Street and then Bisset Park is on the right (just before Applebee's).

[http://www.visitradford.com/Native\\_American\\_Heritage\\_Festival\\_2016\\_.aspx](http://www.visitradford.com/Native_American_Heritage_Festival_2016_.aspx)

## Resistance Band Station in the Gym

Get the most out of the resistance band station in the student gym!

Here are some shoulder exercises you can try:



# Wellness Weekly Challenge

Cut a few easy calories.....

In a recent edition of Motto, an on-line resource created by the editors of Time, provided readers 10 easy ways to reduce calories.

Get the full details here: <http://motto.time.com/4661774/effortless-ways-cut-calories/>

- Drive your tea or coffee plain.
- Get more fiber at breakfast.
- Swap soda for carbonated water.
- Eat protein throughout the day.
- Watch your salad toppings.
- Order food before you're hungry.
- Keep your kitchen clean.
- Do more cooking at home.
- Cut back on cooking oil.
- Don't eat in front of the TV.

## Weekend at Home - Quick Chicken Pho

### Ingredients:

- 3/4 in section of ginger
- 2 medium green onions
- 1 very small bunch of cilantro
- 1 1/2 tsp coriander seeds
- 1 whole clove
- 3 1/2 cups low-sodium chicken broth
- 2 cups water

- 6-8 oz chicken breast (boneless)
- 1/2 tsp fine sea salt
- 5 oz dried narrow flat rice noodles
- 2-3 tsp fish sauce
- 1/2 tsp sugar or 1 tsp maple syrup
- Pepper (optional)

Optional Additions: Bean sprouts, mint sprigs, Thai basil, cilantro leaves, lime wedges, thinly-sliced chili peppers

### Directions:

1. Peel & slice ginger into 4-5 coins. Smack with flat side of a knife and set aside. Thinly slice the green part of the green onion for 2-3 Tbsp of garnish (set aside). Cut the leftover sections into small lengths and place with the ginger. Coarsely chop the leafy tops of the cilantro for 2 Tbsp (set aside).
2. In a 3-4 quart pot, toast the coriander seeds and clove over medium heat until fragrant, about 1-2 minutes. Add the ginger and green onion sections. Stir for 30 seconds. Remove from heat, cool for 15 seconds and then pour in the broth. Return pot to burner, add the water, cilantro sprigs, chicken and salt. Bring to boil over high heat, then lower the heat to simmer, cook 30 minutes.
3. While chicken simmers, cook noodles as directed.
4. Remove chicken from broth once cooked, transfer it to a bowl. Flush it with cold water, then shred it. Strain broth & discard the solids. Season with fish sauce and sugar/syrup. Boil broth, place noodles in a bowl, add broth, chicken add toppings.



If you want to write an article for the Wellness Weekly, just email Emily Holt!