

## TIP OF THE WEEK:

Personal wellness starts with knowing yourself. Try not to sacrifice your favorite part of the week. It doesn't matter what it is.... exercise, religious service, yoga , soccer, pizza Fridays or leisure reading, if it's important for your wellness, make time for it!

## Roast Chicken & Sweet Potatoes

### Ingredients:

- 2 Tbsp Dijon mustard
- 2 Tbsp chopped thyme (fresh)  
or 2 tsp dried
- 2 Tbsp extra-virgin olive oil
- 1/2 tsp salt
- 1/2 tps pepper
- 1.5-2.0 lbs bone-in chicken thighs  
(w/o skin)
- 2 medium sweet potatoes  
(peeled & cubed)
- 1 lg red onion (cut into wedges)

### Preparation:

Preheat oven to 450. Place rack on lower third of oven and place rimmed baking sheet in oven to preheat.

**Combine:** mustard, thyme, 1 Tbsp oil & 1/4 tsp salt & pepper—spread over chicken

**Toss:** sweet potatoes, onion with 1 Tbsp oil & 1/4 tsp salt & pepper.

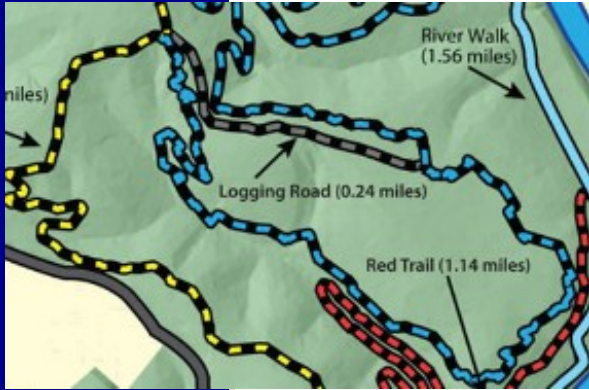
**Put it together:** Place veggies on the warmed baking sheet, top with chicken. Put in the oven for 30-35 minutes.

**TIP:** Line your pans with aluminum foil and you'll save yourself time on clean-up.

<http://www.eatingwell.com/recipe/250549/roast-chicken-sweet-potatoes/>



# Into Cyclo-cross? We've Got Trails!

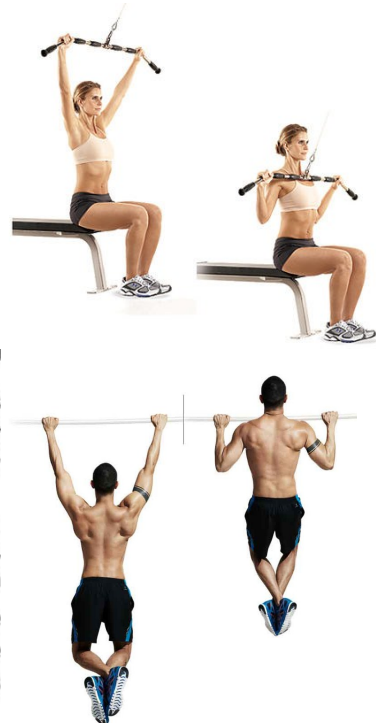
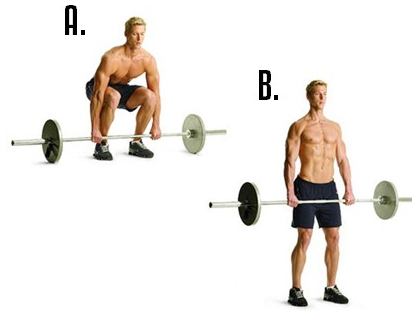


Cyclo-cross is extreme mountain biking. If you're looking for a trail, Fallon Cyclo-cross trail is just a short drive from VTCSOM. If you like trail riding, but without obstacles and/or extreme conditions; there are plenty of options for you too.

Find out more at:

[www.playroanoke.com/parks-and-greenways/cyclocross/](http://www.playroanoke.com/parks-and-greenways/cyclocross/)

## Exercise What You're Learning



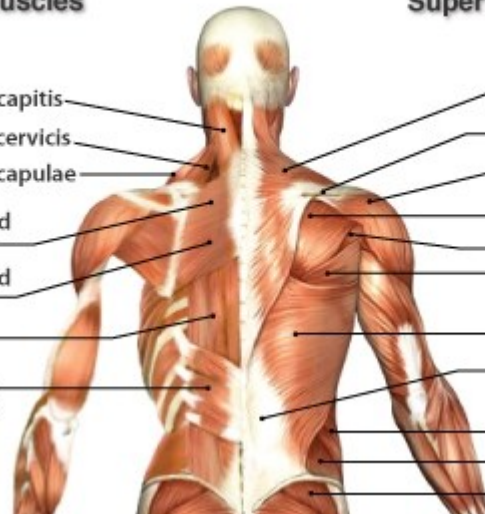
## Muscular Anatomy of the Back

### Deep Muscles

- Splenius capitis
- Splenius cervicis
- Levator scapulae
- Rhomboid minor
- Rhomboid major
- Erector spinae
- Serratus posterior inferior

### Superficial Muscles

- Trapezius
- Spine of scapula
- Deltoid
- Infraspinatus
- Teres minor
- Teres major
- Latissimus dorsi
- Thoracolumbar fascia
- External oblique
- Internal oblique
- Gluteus medius



# Get the Facts - Calorie Restriction

## Myth:

Not eating is bad for you.

You should make sure to eat \_\_\_ meals per day to keep your metabolism up and do not eat after 8pm.

## Fact:

When referring to fat loss and overall health, some tend to overcomplicate simple logic and physiology. We all know calories are the basic unit of measurement for potential energy we can use. We also have all heard how excess of this fuel leads to storage in the form of triglycerides in adipose tissue or fat. So regardless of how or when the calories are consumed, a net decrease in caloric intake will yield loss of fat. What varies is the speed of said loss. For example: if I need 2,000 kcalories per day and I eat 1,800 per day, I will lose weight.

But what if I eat that 1,800 kc all at once and nothing else for hours? If the body adequately absorbs and processes the food stuffs, it shouldn't matter right?

Well, according to Leonard Guarente in the meta-analysis "Calorie Restriction and Sirtuins Revisited," studies have looked into starvation and caloric restriction in many ways including intermittent fasting (cycling long bouts of starvation. Starvation defined as less than 10% of total normal caloric consumption).

Many of the results have shown evidence toward health enhancing and potential anti-aging properties of starvation. Mechanisms are still under investigation but what has been shown is decrease in free radical metabolites contributing to cell damage and aging via upregulation of NAD-dependent deacetylases, and increase in specific proteins being called Sirtuins. These Sirtuins have been shown to increase in Calorie Restriction (CR) in mice and actually decreased in high fat diets in humans more recently. In addition, the life extension seen in CR in mice was abolished when SIR genes were knocked out/down showing these proteins are having significant effects. So what are they doing?

Evidence has support a few potential theories including:

- Reprogramming of metabolism toward oxidative. More ATP created per glucose molecule
- Increase production of antioxidants to prevent oxidative damage
- Mitochondrial biogenesis

The targets seem vast and complex, but either way these proteins solidify the theory of CR being beneficial, to fat.

However, this does not translate to "starve yourself." This only shows small, periodic caloric restriction as being beneficial, a benefit occurring well before any signs of malnutrition.

## Conclusion:

What can we take from all of this? Our bodies are smarter than we think. Timing of when we eat is not the key to fat loss and health. Rather, moderation of caloric intake whether it be switching out that cheeseburger for a protein shake or eating all of your calories in one meal, is more beneficial and effective in helping shed pounds.

Author: Adam Heilmann

Study (meta-analysis): "Calorie restriction and sirtuins revisited" (Guarente, 2013)

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3850092/>

# Healthy Personal Management - Bullet Journaling



Working on getting or staying organized? Do you like to check off tasks completed? Find journaling helpful?

Enjoying doodling? Trying to stay motivated?

Consider exploring the world of Bullet Journaling!

The link below will walk you through a tutorial and help you get started if Bullet Journaling is right for you.

<http://bulletjournal.com/>

The key to eating healthy? Avoid any food that has a TV commercial.

[Carobcherub.com](http://Carobcherub.com)

## Date Night Dinner

Roasted Pork Tenderloin with Cherry Tomato Chutney \* Requires overnight marinade

### Chutney:

- 1 1/2 cups dark sweet pitted & chopped cherries
- 1/3 cup chopped onion
- 1/3 cup sugar
- 1/3 cup cider vinegar
- 1 Tbsp minced fresh ginger
- 1 1/2 tsp yellow mustard seed
- 1/2 tsp ground cinnamon
- 1/2 tsp ground allspice
- 1/2 tps salt
- 1/2 tsp ground peper
- 1/ 1/3 cups chopped tomatoes

### Pork:

- 2 pork tenderloins 1lb each
- 1/3 cup low sodium chicken broth
- 2 Tbsp canola oil
- 1/2 tsp salt
- 1/2 tsp pepper
- 1/2 tsp dried thyme leaves



### Preparation:

**Prep Chutney:** Place all ingredients except tomatoes in a saucepan and bring to a boil over medium heat. Stirring occasionally for 5 minutes. Add tomatoes and continue to simmer until slightly thick (3-4 mins). Allow to cool.

**Marinade Pork:** Place pork in Ziploc bag, add 3/4 of the cooled chutney, chicken broth & 1 tsp oil. Refrigerate overnight. Also refrigerate chutney.

**Cook:** Preheat oven to 425. Remove pork from plastic bag, pat with paper towels, season with salt, pepper and thyme. In oven safe, pan, heat oil, brown pork & then transfer pan to oven and cook 15-17 mins (155 on meat thermometer). When cooked, allow to cool for 5 mins before slicing. Serve with remaining chutney.

<http://www.eatingwell.com/recipe/251903/roasted-pork-tenderloin-with-cherry-tomato-chutney/>