
September 2022

IFH Weekly

Thank you all for coming out last Sunday and spending some time with us! It was a fun time getting to know you all and learn from you as well. We hope that during this semester you are able to do the same.



This Week's Theme: Superhero

Each and every one of you have proven to be superheroes these past few weeks! With your positive mindsets, courageous ambitions, and a willingness to take on challenges!

We are so grateful to work alongside such strong individuals. This week we want to strength your inner superhero by participating in exercises created for superheroes just like you! We will be doing superhero yoga, agility testing to overcome challenges quickly, and strengthening both our body and minds!

Meal of the Week:



Being a superhero requires a lot of energy. With that being said, superheroes should be eating **super foods!**

A super food is a natural food beneficial to someone's health that is nutrient dense, low in calories, and rich in compounds. This can range from a number of things such as antioxidants, minerals, vitamins, fibers, and health fats. The title superfood actually comes from a marketing strategy for bananas. Now being labeled as a superfood has an association with an increased load of health benefits. Some popular super foods are: avocados, berries, dark leafy greens, salmon, and more!

With every recipe please ensure **you are checking each ingredient for potential allergies**. Reading the ingredient list is always recommended when grocery shopping. For example, **soy sauce contains gluten**, therefore if gluten sensitivity is an issue please be aware of that. However, there are types of soy sauce that are gluten free that are made with rice. Also, every recipe can become customizable to you! Don't be afraid to substitute ingredients or rid them all together.

This weeks recipe is.. **Broccoli and salmon stir fry!**

Ingredients:

- 2 salmon fillets
- 1 large head of broccoli, chopped
- 10 button mushrooms
- 1 zucchini, diced
- 2 garlic cloves, crushed
- 1 onion
- 1 tbsp soy sauce
- 2 tbsp fresh ginger, minced
- 2 tsp sesame oil
- 1 lemon
- 1 tbsp sesame seeds
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Steps:

- Heat oil on a large fry pan. Add garlic and ginger. Mix in soy sauce. Then add salmon to pan and flip to coat with sauce. Heat for ten minutes.
- Add onion and broccoli into the same pan. Cook for a few minutes then add mushrooms.
- Once fish and veggies are cooked, serve and squeeze some lemon juice on top. Sprinkle with sesame seeds.
- Enjoy!



Health and Wellness

Let's discuss the importance of **rest!** Rest is a very important component of everyday life. Not just for sleeping at night and resting throughout the day, but also incorporating rest periods when exercising. Getting rest is not good enough, quality rest is what we should all be striving for!

Getting the correct amount and quality of sleep can have a number of positive impacts on someone. These include but are not limited too, improved ability to learn and process memories, repair muscle tissue, restore body's energy, and more!

Sleeping is rest, but rest is not sleep. Therefore, it is important to understand what rest actually is. Rest is the cessation of activity that allows the body to recharge and rejuvenate. There are 4 categories to rest: sensory, emotional, mental, and physical. It is recommended to make time for the different elements of rest everyday. This can be through sticking to a routine, giving your mind a break, and just understanding when each of different rest elements is needed the most in your personal life.

Another aspect of rest is during exercise! There are recommended rest guidelines that ensure the body has had proper recovery before continuing to place stress on it. There are different training goals that correspond with rest period length between sets. For muscular endurance the rest period to be less than 30 seconds. For hypertrophy it is 30 seconds to 1.5 minutes. For strength and power it is 2–5 minutes. Not only is there a recommended set rest period, but between days as well. Optimal recovery times between workouts is 48–72 hours. After 72 hours involution begins, which is the riding of adaptations.