

LEAD-UP UPDATES



LIFESTYLE EDUCATION ACCESS FOR DIABETICS: A UNIVERSITY PROGRAM

LEAD-UP Happenings



Office Tid Bits

We at LEAD-UP are so happy that so many new people have joined us. If you know someone who is diagnosed with diabetes, pre-diabetes, or have several risk factors for cardiovascular disease, please ask us for a brochure or direct them to the website listed at the bottom right hand corner.

We have to say farewell to Bethany as she will be no longer working with us.

We have a new graduate assistant!! Melissa Ireland started the graduate program in Exercise and Sports Nutrition; she

comes from California where she got her undergraduate degree in nutritional science. She is very excited to join us and help you reach your nutrition and fitness goals.

Kelley Henry is a PhD. candidate and one of the instructors of Senior Adult Fitness; she will be helping us with more than just grading the students.

Weight Room Stuff

Remember to sign in to the Fitlinxx program at the front kiosk to help us keep track of who is coming and who has stopped coming.

The evening hours of LEAD-UP have changed to 5:30-7:30pm time

If you have new lab results, please bring them with you!

The track is finally open and can be used outside LEAD UP hours.



Sept 7th: Labor day, NO LEAD UP

Sept 21st-25th:

We will be doing re-assessments so be aware and ready for these dates!

Sept 30th:
(WEDNESDAY)

Nutrition Workshop at 6:00pm. We will meet at room 203.



Reminder!

⇒ If you are currently receiving a newsletter via mail, but can have it via email, let us know by sending us an email to the address on the right

⇒ If you are not receiving our Emails, please check with us your Email Address

⇒ Please wear appropriate shoes and clothing when working out.

⇒ 3 day food log is required for all nutrition consults.

⇒ Remember that you are allowed to exercise only DURING LEAD UP hours.

SEPTEMBER 2009

STAFF:

Vic Ben Ezra, PhD
Director

Graduate Assistants

Braham Belferman
Melissa Ireland
Kelley Henry, M.S.,
HFI, NASM-CPT

QUESTIONS?

Contact us, via phone, email, or in person about any questions pertaining to the program, or dealing with diabetes, exercise, or nutrition!

CONTACT

INFORMATION:

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[http://www.twu.edu/
kinesiology/
kinesiology-leadup.asp](http://www.twu.edu/kinesiology/kinesiology-leadup.asp)

Home Exercises of the Month

Exercise #1 - Pelvic Tilt

This exercise improves posture and tightens the muscles in your abdomen and buttocks. Do this exercise in conjunction with the floor back extension to strengthen your midsection. On the floor or on a firm mattress, lie flat on your back with your knees bent, feet flat, and arms at your sides, palms facing the ground.

1. To a count of two, slowly roll your pelvis so that your hips and lower back are off the floor, while your upper back and shoulders remain in place.
2. Pause. Then, to a count of four, slowly lower your pelvis all the way down.
3. Repeat 10 times for one set. Rest for a minute or two. Then complete a second set of 10 repetitions.
4. Make sure you breathe throughout the exercise and don't lift your upper back or shoulders off the ground

<http://www.cdc.gov/physicalactivity/growingstronger/exercises/stage3.html>

Show me an example



Exercise #2 - Floor Back Extension

If you suffer from lower back pain, weak abdominal muscles may be to blame. The floor back extension, done in conjunction with the pelvic tilt, will strengthen these muscles and ease back pain.

1. Lie on the floor facedown, with two pillows under your hips. Extend your arms straight overhead on the floor.
2. To a count of two, slowly lift your right arm and left leg off the floor, keeping them at the same level.
3. Pause. Then, to a count of four, slowly lower your arm and leg back to the floor.
4. Repeat 10 times for one set, and then switch to left arm with right leg for an-

Show me an example



Recipe of the Month: Mexican Omelet

Ingredients: (1 serving)

Egg substitute 1/2 cup, fat-free milk 1 Tbsp, canned cooked chili bean 2 Tbsp, chopped onions 1 Tbsp, fat-free sour cream 1 Tbsp and Salsa 1 Tbsp.

Preparation Instructions

- 1- Spray a small skillet or omelet pan with nonstick cooking spray and preheat over medium-high heat.
- 2- Whisk together the egg & milk in a small bowl. Pour the egg mixture into the hot skillet. When the egg mixture begins to solidify, lift it along the edges to allow the uncooked liquid to flow underneath for even cooking. Be sure to use a nonstick spatula.
- 3- When the egg mixture is completely firm, form it into a circle. Spread the prepared chili on half of the circle and sprinkle the chopped onion on the top. Fold the egg mixture over to form the omelet.
- 4- Reduce the heat to medium and cover. Continue cooking for about 2 minutes or until the contents are thoroughly hot. Top with sour cream and salsa.

<http://www.diabetes.org/recipeoftheday>

Calories: 127

Total fat: 2g

Saturated fat: 0g

Cholesterol: 0 mg

Total carbohydrates: 13g

Protein: 16g

Fiber: 2g

