



# Dan Abraham Healthy Living Center

August 2018

## Leadership Message

I was recently reading a study speaking to physical activity levels in the U.S and generational differences. The study showed that millennials (1980-1999) were the most active of all the generations identified, yet still a quarter of them remained sedentary. Generation Z (2000+) and Generation X (1965-1979) were similar in activity rates at about 44% of those participating in the study. Boomers (1945-1964) showed physical activity rates of about 33%. Regardless of generation, nearly 75% shared that if they had someone to take part or invite them to participate, they would. This shows us that participation really depends on who you are doing it with more than time, knowledge, access, cost, or any other frequently used justification for not being physically active. Our challenge to you this month is to find a friend, colleague, family member, spouse or anyone else (that is member eligible, of course) and invite them. Invite them to be your guest at the DAHLC for the day or share with them our 7-day free trial option. Be the person that helps someone get started today.



With that said, this month is a great opportunity to bring a guest and try something new together! You can even bring a guest for free on Wednesday, August 15 in celebration of Dan Abraham's birthday! This month we challenge you to widen your experience here at the DAHLC and take advantage of all we have to offer you. We also have a H.I.I.T. Pyramid workout that will be sure to push you outside of your comfort zone. Additionally, you will find a hearty gazpacho soup recipe to boost your veggie intake, and our member success story to inspire and motivate you. We are excited to share our programs with you, and hope you try something new this month. You won't regret it!

In health,  
*Beth Riley, Director*  
*Jen Zundel, Assistant Director*

# Expand Your DAHLC Experience

If you think of the Dan Abraham Healthy Living Center as just another fitness facility, you are in for a treat! We are everything and MORE than just a gym. Are you ready to level up your DAHLC experience? We offer a variety of different programs, classes, workshops and offerings to make it possible to find something here to fit your wants and needs! Here are a few of the services we provide that you may not realize what you're missing out on!

## Over 150+ Drop-in Classes



Yep, you read that right. We offer over 150 drop-in classes each week with a time that fits your schedule. From swimming to yoga to strength – we provide something for all activity levels and interests! Check our drop-in class schedule (online or at the front desk) and find a class that works for you!

## Culinary & Nutrition Offerings

Our dietitians and chef work hard to provide culinary classes with creative recipes that will help educate you and your family on how to use innovative techniques in the kitchen as well as the benefits of eating well while keeping the delicious flavor! Food is provided in every class. Delicious and fresh food, SCORE!



## Group Training

Group Training is a great way to help you work towards your fitness goals. This free, 6-week service provides you with the opportunity to work with a Health & Wellness coach in a small group environment (2-6 members) that provides support and accountability. Session focuses on strength, cardio and flexibility.

## Basics Classes

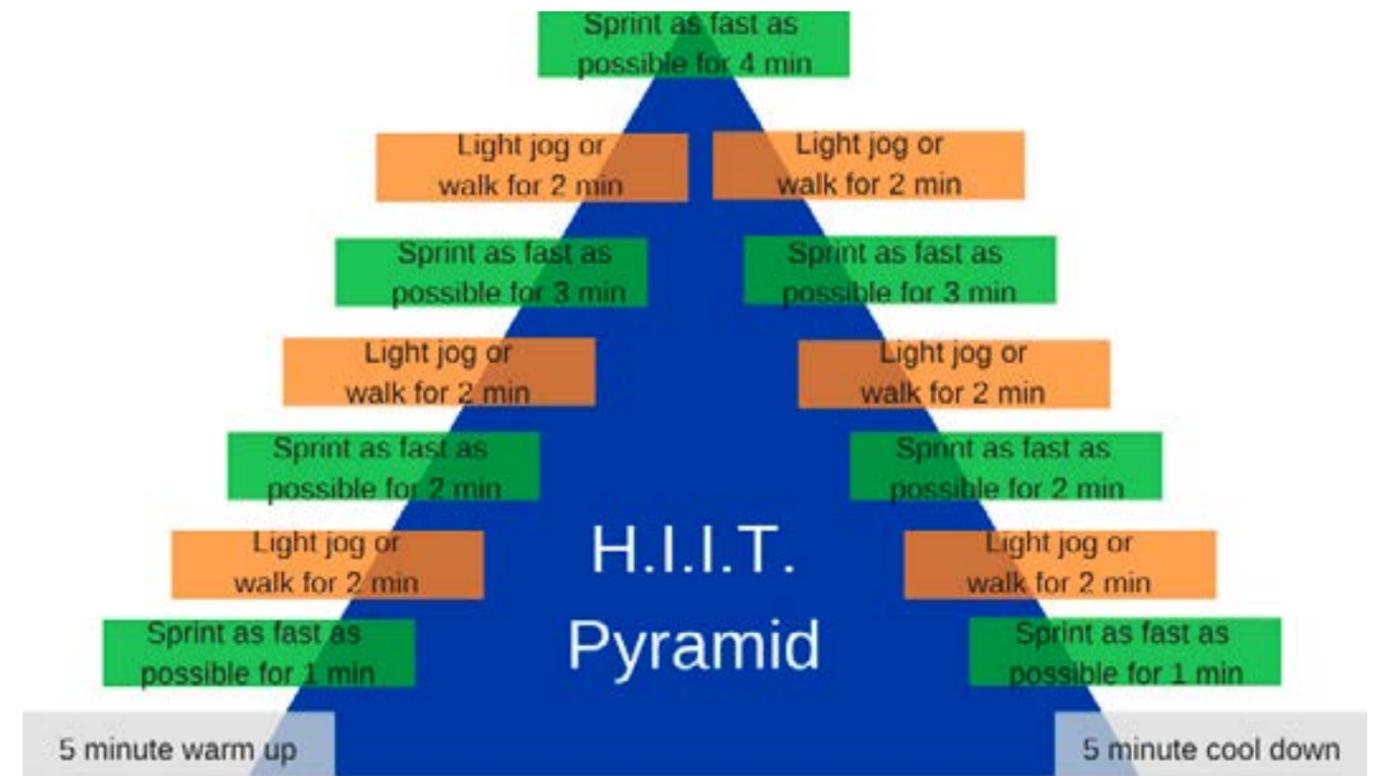
Don't let the title fool you... these classes are anything but basic! If you're wondering where to get started once you become a member at the DAHLC... try a basics class! We have lots of different offerings based on your area of focus. You will work with a Health & Wellness Coach as they introduce you to the proper form and technique of the exercise.



We have so much to offer, we can't even begin to fit it on one page. For more information about our Evaluation Services (Body Comp, Exercise Prescription), Relaxation Services (Hydromassage, Massage Therapy, Reiki, Acupressure), Private Offerings (Pilates, Yoga, Swimming Lessons, AT), and other programs, stop by the front desk, check out our website, or call us at 507-266-4688.

# H.I.I.T. Pyramid Workout

This H.I.I.T. (High Intensity Interval Training) Pyramid Workout can be done inside or outside, on a bike, elliptical, a StairMaster, rowing machine, or your own two feet! You choose the equipment, and let this pyramid guide and challenge you!



If you enjoyed this workout, check out the 5K Training with Chad Fritsche beginning Aug 27.

# Zero Waste Fresh Gazpacho

With tomatoes, onions, cucumbers, bell peppers, celery and basil - this nutrient-rich, satisfying salad-in-a-glass, cool and complex soup blends the perfect balance of vegetables, herbs, and spices. Would you like to try this out before you make it yourself? We will be providing free samples under the stairs of the DAHLC on Aug 6!

**Calories:** 101 | **Protein:** 3g | **Carbs:** 12g | **Total Fat:** 5g | **Yield:** Approx. 6 | **Serving Size:** 1 cup

## Ingredients:

2 lb fresh tomatoes, peeled and diced	2 Tbsp fresh basil, chopped
1/2 cup red onions, finely chopped	2 Tbsp fresh cilantro, chopped
1 cup English cucumbers, diced	16 oz. V-8 juice
1/2 cup red bell peppers, diced	2 Tbsp red wine vinegar
1/4 cup celery, diced	2 Tbsp olive oil
1 Tbsp garlic cloves, chopped	1/4 tsp ground black pepper
1 ea Red Fresno Chili peppers, finely chopped	1/4 tsp Kosher salt

## Preparation:

Prep all the produce using the vegetable ends as much as possible. Chop the cilantro and basil stems and include them in the soup. Combine all the ingredients. Mix with a stick blender, pulsing on and off until the mixture is thickened slightly. Stir well. Refrigerate 1-2 hours before serving.



# Member Success: Megan

Megan was in a tough spot as she transitioned into a new position at Mayo. But with her hard work, persistence, and the help from her coach, Nicole, Well-Being Specialist at the DAHLC, Megan was able to overcome her challenging life alteration and find the work/life balance she needed to be happy and achieve her goals. Listen from her on how she did it:

“At the time I was going through a bunch of changes. I had just switched nursing jobs from an outpatient to an inpatient department. All of a sudden I was working nights and weekends and I wanted to make sure I still made time to focus on me. :-)

Some of my goals revolved around maintaining my healthy habits during this transition. It was also nice to talk with my coach about what makes me feel successful in a job. I learned that I feel good about myself when I feel as though I helped someone. I got feedback at my old job often that told me I was helpful, but the nature of my new job did not offer the same amount of feedback. My coach and I came up with a plan of how I could ask for feedback from others and/or create my own feedback/self-assessment. This process helped me to leave my new job each day with more satisfaction.

The biggest challenge for me was my schedule changing so much. I had to learn how to sleep during the day when I worked overnights. I had to learn when the best time to work out despite my ever-changing schedule. When I worked 12 hour shifts 3 days in a row, I had to relearn and redefine what healthy eating is for me. Nicole, my coach, and objectively the best coach of all ;- ) helped me through all of my changes and challenges. What was great is that the goals I had in the beginning changed with me!

The biggest factor that helped me make that change was my coach, Nicole, who was so imperative to me being successful. She was the person who held me accountable, though if I ever fell short of my goals, she was never judging about it. The lack of judgment from Nicole was so important because it taught me that if I didn't reach my goal the first time, that was totally okay. I just had to look at the situation, regroup and have a different plan/goal. I used to think if I didn't reach my goal that meant I failed. Through coaching, I learned that not reaching a goal can be an opportunity to learn more about myself than if I had accomplished the task to begin with.

I would recommend coaching to any and every one! It is so amazing; there is absolutely nothing to lose!!! Since all the goals are set by you (with your coach's help) your time is spent working on what you want to work on. There is also so much flexibility and no penalty for changing things up. Unless you are perfect, there is something you can work on, so why do it alone? It is way more fun to have a coach!

I look at the future with more possibilities than I did before, because I know I can make changes and reevaluate my goals. This freedom of possibilities has allowed me to take chances that I might not have otherwise. Coaching has helped me understand how to successfully make changes in my life.

Nicole is the coolest person ever. She is a wonderful coach that is so passionate about helping others change. She is a remarkable person, I am so lucky to have had the opportunity to work with her. Thank you so much!”



Visit our website for more tips & ideas: [dahlc.mayoclinic.org](http://dahlc.mayoclinic.org)

Drop-in class schedule: <https://dahlc.mayoclinic.org/hubcap/drop-in-class-schedule/>

For more information or to register for programs, call 507-266-4688 or stop by the front desk.

Questions or concerns, contact us at: [dahlc@mayo.edu](mailto:dahlc@mayo.edu)

MAYO CLINIC | 200 First Street SW | Rochester, MN 55905 | [mayoclinic.org](http://mayoclinic.org)