It has been a busy summer here at the DAHL! Typically we see daily usage decline slightly over the summer months as all of you enjoy time outside and vacation with friends and family. However, this summer we’ve watched your usage to the facility remain high. Kudos to each of you for taking time to yourself and making your health a priority! This summer our DAHL staff has been busy creating new, fun offerings for you to participate in the fall. One of the most prominent is the updates to our Multipurpose-B studio, formally known as the cycle studio. Our talented group fitness team has been hard at work finalizing that project and creating two new classes you will see on the September schedule. Make sure to check them out. We want to thank you for being such loyal members and as always, we are thrilled to be part of your wellness journey.

This September, we’d like to get a little more personable with you and highlight our staff to share all they do for us here at the DAHL. From the friendly smiles of our front desk staff, to our Well-Being Specialists who support you through your wellness journey, we all come together with the same goal; to serve you! With that said, we’ve got a challenging full body workout for you to try out, a versatile tomato apple jam recipe to jazz up your taste buds, and a member success story that is sure to inspire you!

In health,

Jen Zundel, Assistant Director
This month, we want to take a moment to highlight our wonderful DAHLC staff and show our appreciation for their hard work that keeps this world-class facility in top-notch condition for your leisure!

**Group Fitness Instructors**

Our Group Fitness Instructors provide motivation and expertise in numerous daily drop-in class options to help members reach their goals. Combined, our Group Fitness Instructors offer our members over 150+ live drop-in classes each week!

They are busy from the Pool to the Mind/Body Studio to the Multipurpose Studio. Go ahead and try a class. If you want to learn more, schedule our free Group Fitness Consultation. Click their photos here to learn more about them and what classes they teach.

**Well-Being Specialists**

Formally known as Health & Wellness Coaches, our Well-Being Specialists have the knowledge and skills to provide education and proven program formats to help members achieve wellness in all aspects of their lives.

Our Well-Being Specialists focus on four areas: Training, Wellness Programs, Wellness Coaching and Evaluation Services. Specialty areas and program involvement of the coaches are listed here. Click their image on our website to learn more about them!

To learn more about our wonderful staff and their roles and responsibilities, check them out on our website at dahlc.mayoclinic.org under our “Staff” tab!
Full Body Weight Training Workout

Lifting weights is an important component of any exercise program because it’s the one activity that allows you to build lean muscle tissue. There are plenty of ways to lift weights, but one of the simplest is full body training. Full body workouts are great for hitting all of your major muscle groups in one workout, and they’re very forgiving if you have a busy schedule. Give this workout a shot!

**Barbell Bench Press**  
**Barbell Back Squats**  
**Inverted Back Row**  
**Barbell Romanian Deadlifts**  
**Single Arm Shoulder Press**  
**DB Single Arm Bent Over Row**

Tomato Apple Jam

What to do with too many garden tomatoes? Jazz them up with seasonal apples! Sweet and thick with just the right amount of kick, this spread is your jam, literally! This spread tastes great on chicken, steak or fish, dolloped on a fried egg, or simply spread on your favorite toast.

**Calories:** 24  |  **Protein:** 0.3g  |  **Carbs:** 4.9g  |  **Total Fat:** 0.5g  |  **Yield:** Approx. 4  |  **Serving Size:** 2 Tbsp

**Ingredients:**

- 1 Tbsp olive oil, extra virgin
- 1 cup onions, yellow, diced
- 1 tsp ground mustard seed
- 1/8 tsp cayenne pepper
- 1/8 tsp Allspice
- 1/8 tsp ground cinnamon
- 2 cups tomatoes, unpeeled and diced
- 2 cups apples, unpeeled and diced
- 1/4 cup apple cider vinegar
- 1/4 cup granulated sugar
- 3/4 tsp salt

**Preparation:**

Heat olive oil in a pan over medium heat. Saute onions for two minutes and then add all of the spices. Toast for two minutes, stirring. Add the tomatoes, apples, vinegar, and sugar. Stir to mix and simmer over low heat for 20 to 30 minutes; stirring occasionally. Season with salt.
Member Success: Gina

Gina has been through a lot over the past few years. And we are thankful for her willingness to share her story with you. Learn about the battles she faced, how she overcame them, finding the courage to start, and how the education and support from our staff helped her find her health, balance, and freedom!

“When I quit smoking, I put on a ton of weight. I essentially filled the time and void I had with smoking and turned to food. While quitting smoking was great for my heart and lung health, over eating was not good for my physical, mental, and emotional health. I was sick quite often because of the extra weight I put on. I didn’t feel good at all. The heartburn I had constantly was awful. Enough was enough. I was sick and tired of being sick and tired. My goal was to get to a healthy weight and not become another statistic of the obesity rate.

This was not only a physical battle, but a mental battle as well as I had always been thin up to the point of quitting smoking. How could doing something so good for my body, leave me feeling terrible? I was depressed. It was New Years Eve of 2016, about a year and a half after I quit smoking, I was not happy with the person I let myself become. I needed to make the decision to change, so that’s what I did. With the new year, I decided I was going to join the DAHLC and lose the weight.

It wasn’t that easy for me. I started by walking a couple of miles a day and I really didn’t change much else. I wasn’t seeing much progress. So I decided to take a beginners course on the machines and started a resistance training routine. I also had an iDEXA scan done to see where I was currently at and use as a way to track my progress.

I then met with Jason, a Well-Being Specialist, and we had a discussion about nutrition. After practicing and implementing his nutritional advice, that’s when changes started happening. I also did an Exercise Prescription, a functional movement screen which identifies movement patterns and personalized exercise recommendations based on your interests and goals, which was extremely helpful! It took about a year of experimenting with what I ate, making positive changes into lifestyle habits, and consistent exercise to really get back to myself.

After I got there, I started lifting free weights and have been focusing on that for about a year and a half now. The coaches (Well-Being Specialists) at the DAHLC have been a huge influence in my transformation! They are friendly, knowledgeable, and want nothing more than to see you succeed. I also challenged myself and got out of my comfort zone by trying new classes offered at the DAHLC. I have participated in beginners classes in all different areas, did Pilates for a while, and the Exercise Prescription.

If you’re currently struggling to reach your goals, I encourage you to have the courage to go to the front desk at the DAHLC and ask about their Wellness Services. The resources to achieve your goals are here, and their professional guidance is freely given. The hard part is asking for help. But I’m telling you with full confidence that you’ll be so glad you did. Don’t be intimidated either. You just have to start. Stop waiting until “you’re ready.” There is no perfect time. The perfect time is now. Start where you are with what you have. Be there for yourself. And compete with yourself everyday. The benefits far out-way the fear.

After taking the plunge to join the DAHLC, I feel so much better both physically and mentally. I have lost over 60 pounds and have so much more energy for life! I just can’t believe how awesome my life is and I am so grateful that we are lucky enough to have such an amazing facility and helpful staff at the DAHLC!”