



By Jolene

Antioxidants are all about regeneration. They repair damage to cells and prevent it. They do this by neutralizing the effects of free radicals. Those little by-products that can wreak havoc on our lovely cells. These free radicals can even damage our DNA. Antioxidants make us look good, as well. It keeps our skin, hair, bones, and muscles amazing.



Regular exercise can enhance our antioxidant defense system. However, excessive sporadic exercise can increase free radicals in our system. Therefore, consistency is key when working out.

Whole foods are the path to getting your antioxidants. A great side effect of eating your vitamins is you usually have no room left for junk.

When you eat 5+ servings of fruit and vegetable, drink tea, eat seeds and nuts, whole grains, Beans and healthy meats and oils- you do not have room for simple carbs such as white flour, and high fructose corn syrup (hfcs), and other strange processed foods.

Antioxidants are present in foods as vitamins, minerals, carotenoids, and polyphenols (phytochemicals). These foods keep you healthy and out of trouble (physically).

## Eat Your Antioxidants (variety)

*Vitamin A and Carotenoids* – Carrots, squash, broccoli, sweet potatoes, tomatoes, kale, collards, cantaloupe, peaches and apricots (bright-colored fruits and vegetables!)

*Vitamin C*- Citrus fruits like oranges and lime etc, green peppers, broccoli, green leafy vegetables, strawberries and tomatoes

*Vitamin E*- Nuts & seeds, whole grains, green leafy vegetables, vegetable oil and liver oil

*Selenium*- Fish & shellfish, red meat, grains, eggs, chicken and garlic

### **phytochemicals**

Flavonoids / polyphenols- soy, red wine purple grapes or Concord grapes, pomegranate, cranberries, and tea

Lycopene- Tomato and tomato products, pink grapefruit, watermelon

Lutein- dark green vegetables such as kale, broccoli, kiwi, brussel sprouts and spinach

Lignan- flax seed, oatmeal, barley, rye

Sources: <http://www.healthcastle.com/antioxidant.shtml>

## Green Fitness

Green here, green there, green everywhere. So how to make fitness green? Oh, this one is easy.

Work out close to your home or your work. This way you are not driving 20 min. to go to the gym. Another idea, don't drive around looking for a close

parking spot. Walk a little. Use one water bottle and refill it.

Go outside. When we spend time outside amongst the green stuff, we are also being green. No electricity is used while hiking. Discover a brand new body and mind. Enjoy the fresh air. •

## Jolene's CampusRec Schedule

### Personal Training

A personal trainer is an informed health professional who can help you to systematically implement a plan that will help you to reach your fitness goals.

#### **Jolene's available times this Summer Term**

Mondays, Wednesdays and Fridays (Afternoons)

### Hoola Hoop Workshop

Hoola hooping is an excellent and fun core workout. In this workshop, we make our own custom hoops and learn to use them. It is easier than you think. Please check out CampusRec website or email me for dates and times.

## Functional Strengthening: Strong Core 101 (the secret to amazing abs)

### Recipe for strong beautiful abs

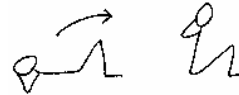
#### Ingredients:

Variety of core exercises  
Healthy diet (reduce bloating, no excess)  
Cardio (burn that fat)  
Stress management

Into your week, mix in a variety of core exercises at least 3x's. Each day eat a healthy whole foods diet. Eat small meals full of fiber throughout the day. Do cardio 20-60 minutes 3-6 days.

Meditate and relax to reduce stress. Stress sends a message to your body to store fat in the belly.

Beautiful abs are a holistic endeavor. 1,000 sit-ups don't do anything if the other elements are not utilized. Variety of core exercises is also more important than high reps.



## Yoga: Breathing aka Pranayama

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Pranyama is the Sanskrit word for breathing exercises. At first people wonder what is the point. They breath all the time why bother doing pranayama? Breathing exercises are about focusing on an autonomic nervous system response. For most of us our breathing tends to be fast and shallow. By practicing deep breathing, we re-energize our bodies and our minds. We shift our body from a stress response to a relaxation response. This is a chemical state in your body.

By making a conscious decision to change the way you do the most basic, natural thing (breath), you're becoming more aware of the here and now. Doing so will help you find calm and relieve stress and anxiety. It is good for your heart and calms the nervous system. Oxygen is brain food- breathing deep feeds the brain- maybe even increases your IQ. Check out my blog at <http://nwdragonfly.wordpress.com> (find a link on PSU's CampusRec site/ personal training/ Jolene Johnson as well.)©

**Contact Jolene:** jolenej@pdx.edu (503) 747-8116