

# August 2018

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## On the Average:

Average Waterloo August Temps:  
High 82 degrees  
Low 60 degrees  
Average Waterloo August Sun:  
9 Sunny days  
11 Partly Sunny days  
Average Waterloo August Rain:  
9 Rainy days  
Total of 4.3"

*Thirty-one days will pass in August, how will you spend them?*

## Agape Wellness Team

### Health Goal:

"Plan ahead, otherwise you are planning to fail!" We've all heard it, and now it's time to do it! Fill up your new planner with purposeful appointments, not just extrinsic opportunities. Schedule time to play ball with your kids or sit down and play a card game (does anyone out there still do that?), make time for meditation, and for cooking dinner together. Make yourself and your loved ones a priority, because the days are going faster! Don't get caught up in a rat race that you are never going to win. Spend your time wisely and reap the benefits.

A photograph of a sunset over a body of water, with the sun low on the horizon. Overlaid on the image is handwritten text in a black, casual font.

AND SUDDENLY  
YOU JUST KNOW  
IT'S TIME TO START  
SOMETHING NEW  
AND TRUST  
THE MAGIC  
OF BEGINNINGS

August is an amazing time of year: rested and rejuvenated, sun still hot on your skin, and fresh garden vegetables lingering on the table. Most of us are excited for the changes and fresh routines August brings! There are new plans, new beginnings, and new adventures, and dreams somehow have new importance and priority. We want you to know that Agape Therapy is here to help YOU conquer all your plans and more!

### Are you performing at the top of your game?

Are you working smarter, not harder? If not, you may need some time with our trainers at the clinic. We can show you how to enhance your functional daily living, prevent injury, strengthen your balance, and train optimally for your specific sport. Everyone can benefit from small group classes and one on one evaluation and training. Don't be satisfied with where you are when we can show you how to be your best!

## In the Kitchen With Jo



As we start to get a little more pressed for time, it can be easy to forget about healthy lunches for ourselves. This recipe is a way to cook once and have 3-4 meals for the week! It can also work on a busy weeknight, when homework and ballgames tend to take over. You can also take this recipe and run with it! We have done chicken fajitas this way, as well as chicken and zucchini with lemon and artichokes, really the sky is the limit.

### Ingredients

- 20 oz. skinless chicken breasts
- 2 medium sweet potatoes, sliced into circular pieces
- 2-3 cups Brussel sprouts, chopped
- 1 tsp olive oil
- 1-2 tsp. low-sodium soy sauce
- 1/2 tsp. cinnamon
- 1 tsp. McCormick's Grill Mates BBQ Seasoning
- McCormick's Grill Mates Montreal Chicken Seasoning, salt, and pepper to taste

### Instructions

1. Preheat oven to 425 degrees.
2. Drizzle the soy sauce over the chicken. Season the chicken with the BBQ seasoning, chicken seasoning, salt, and pepper.
3. Add the chicken in a Ziploc bag and add to the fridge while prepping the veggies.
4. Add the sliced sweet potatoes to a bowl. Drizzle the potatoes with olive oil. Sprinkle cinnamon throughout.
5. Add foil to a sheet pan. Spray with cooking spray.
6. Spread the sweet potatoes and chicken onto the sheet pan. Bake for 15 minutes.
7. Remove the sheet pan from the oven. Flip the chicken and sweet potatoes to the other side.
8. Add the Brussel sprouts. Season with salt and pepper.
9. Return the pan to the oven for 10 minutes. Remove and enjoy!

Nutrition Coaching at Agape is so much more than numbers on scale. Your body is constantly giving you feedback, weather it's whispering or screaming! I can help you decode what it's telling you and find ways to get your symptoms under control.

Learning how to monitor your body and give it what it needs to thrive is key. Nutrition can be your guide to taking back control of your health and your life. By listening to your body, I can help you find a way to get to the root cause of your joint pain, inflammation, weight gain or plateau, poor sleep, fatigue, help with autoimmune conditions, and more.

Jo Curley  
ATC, CSCS, LMT,  
Certified Holistic  
nutrition health  
coach



Every body is different! Agape Nutrition is a holistic approach to YOUR specific needs, not a one size fits all program. Use what you learn for a lifetime of healthy eating, not a quick fix or fad style of eating. Start with one 50-minute session or choose to meet on a more regular basis (once every one or two weeks), be accountable, get educated, and BE HEALTHY!

## Optimize Your Post-Workout Meal

Your post-workout meal is your most important meal of the day. No other meal will have as big of an impact on your recovery as the first meal after your workout. What should this meal look like?

Including carbohydrates in your post-workout meal decreases muscle protein breakdown. Carbohydrates are protein-sparing, which means they enable a higher amount of protein to do its job of repairing muscle tissue. A meal containing both carbohydrates and protein is significantly more effective at replenishing muscle glycogen stores than an equivalent caloric meal consisting of carbohydrates alone.

Your meal should be mainly protein and carbohydrates, and it should also be eaten as soon as possible after your workout. Having a meal within 2 hours after resistance training increases hypertrophy and protein synthesis (muscle building.)

## Implement Active Recovery

When comparing active recovery to both passive recovery and stretching, active recovery was the most effective recovery method after exercise. Active recovery uses light resistance exercise to increase blood flow and nutrients to muscles after exercise.

It also helps by removing waste products that can hinder muscle recovery. Active recovery exercises are activities like walking, light biking, yoga, swimming, or other low-intensity exercise.

## Massage

Many studies have shown that using sports massage to improve recovery can be an effective way to aid recovery and performance after exercise. At the very least, the symptoms of delayed-onset muscle soreness (DOMS) can be mitigated through massage. A massage always feels great and can help with mental recovery, as well as be a therapeutic benefit. What do you have to lose?

## Sleep

We know that a lack of sleep can cause weight gain and other negative effects on your health. It can also inhibit muscle recovery by causing negative changes to feeding behavior and glucose metabolism, and by causing an increase in cortisol and a reduction in testosterone and insulin-like growth factor 1 (IGF-1). All of these changes can lead to a decrease in protein synthesis, which can hinder muscle recovery.

## More Protein

Protein intake is important for more than just building muscle. It's a component of every cell in the human body. If you are counting macros, at least 30-35% should be protein. If you're a highly active individual, or you have a low carbohydrate intake, your protein demands will be higher.

## Drink More Water

Proper hydration makes every function of the human body work more efficiently. Your muscle is about 75% composed of water. You should be getting in at least half your body weight in ounces of water every day. Individuals who are more active will require even more hydration. Increased water intake also has the benefit of keeping extracellular water retention to a minimum.

## Take Some Time Off

Every 8-12 weeks you should look to take some time off from intense physical activity to allow accumulated fatigue to dissipate. Whether this comes in the form of passive recovery (doing nothing) or active recovery (using lighter loads,) the choice is yours. The amount of time you should take off is not set in stone. However, a period of one week should be sufficient to provide enough time to fully repair muscles and recover your central nervous system (CNS).

It's not possible to go at 100 percent intensity for 365 days out of the year. You need periods of rest in order to keep your intensity high and progress moving forward.

## Proper Cooldown

Many people do a warmup, but how many of them put the same focus on their cooldown? A 15 minute active cooldown plays an important role in muscle recovery. A cooldown more effectively returns your heart rate to normal and removes lactic acid waste – which in turn provides for a more rapid recovery.

## Contrast Water Therapy

Contrast water therapy is effective in reducing and improving the recovery of functional deficiencies that result from delayed-onset muscle soreness (DOMS). Contrast water therapy is a recovery treatment consisting of alternating immersions in both hot and cold water.

The idea is that this process helps with the inflammation that results from exercise, which effectively leads to the restoration of strength and power of the trained muscle. It's perhaps not the most pleasant recovery protocol, but if you're looking for that extra edge, give it a try.

# Practically Evy

“Back to School!” is the pervasive cry all over town, reminding you of a lengthy to-do list. While you are busy making sure your kids have what they need, are you neglecting your own needs? We parents are often so busy tending to children’s needs that they forget to take care of ourselves (or suffer from guilt when we do,) but parents need to pursue their own health and well-being with the same care and intention they lavish on their children! What pieces of personal wellness are important for parents? Eating healthy, exercising, scheduling preventative care, protecting sleep times, taking technology breaks, and spending time outdoors are some of the most basic self-care points for your body. Ask yourself how you are doing in accomplishing these foundational personal care goals. If you, like me, honestly evaluate this question and find yourself at the bottom of your priority list, it’s time to make some changes!

Feeling short on time? I get it, it’s easier to deny yourself than to disappoint your family. But guess what? Taking care of yourself helps your children in the short- and long-term! In the short-term, proper self-care lowers stress, decreases irritability, limits exhaustion, and addresses all levels of depression, making more positive, proactive parents. The most notable long-term benefit of parents practicing appropriate selfcare is the lifestyle model your children are likely to adopt and repeat as adults; are you showing them how an adult respects and cares for themselves?



*“According to the American Psychological Association’s Stress in America survey, a growing proportion of adults report that stress impacts their physical and mental health. One-third, or 33 percent, of adults report changes in sleeping habits, 32 percent report headaches and 27 percent report an inability to concentrate due to stress. Not only that, 47 percent of adults report losing patience with or yelling at their partner, and 46 percent report similar behavior with their children because of stress.”*

- US Weekly, Apr. 21, 2017

So while you buy school supplies, sign registration forms and figure out the carpool schedules, add taking thoughtful care of yourself to the list! Here are simple ideas to begin prioritizing your personal wellness:

- Iowa Tax Free Weekend is Aug. 3 – 4...get yourself a little something! A new pair of workout shoes, some new athletic pants, an inspirational tee...what is one purchase that would offer you fresh motivation to follow through with your goals?
- Don’t set bedtime rules for only your children: set healthy sleep prep routines and bedtimes for your whole home and stick with it! Being short on sleep affects immune function and brain productivity.
- Set a specific time when devices are set aside and plugged in to charge for the night, preferably away from the family and not in bedrooms. Show your kids how to put down phones and iPads and how to walk away from TVs and computers for the evening.
- Pack an extra lunch. Buy a nice lunch tote and when you are packing the fruits and veggies and healthy proteins for your children...pack your own healthy lunch!

If you believe healthy foods, adequate physical exercise, proper sleep habits, stress management, self-improvement and growth, and supportive relationships are important to your child’s health and wellbeing, and you take the steps to create positive, healthy experiences and behaviors for them, then you should embrace the fact that it is no different for you! This Back-to-School season set goals to treat yourself with the same love and respect you use to care for your family.