

TIP OF THE WEEK:

Take the Stairs.

It's a free workout and an easy way to fit a little fitness into your day. It also tends to be quicker than taking the elevator.

Fig & Onion Flatbread Pizza

Ingredients:

- 1 tsp olive oil
- 1 white onion, sliced
- 1 Tbsp balsamic vinegar
- 1 multi-grain flatbread
- 1/4 cup ricotta cheese
- 1 clove garlic, minced
- 2 fresh figs, quartered
- Handful of arugula



Directions:

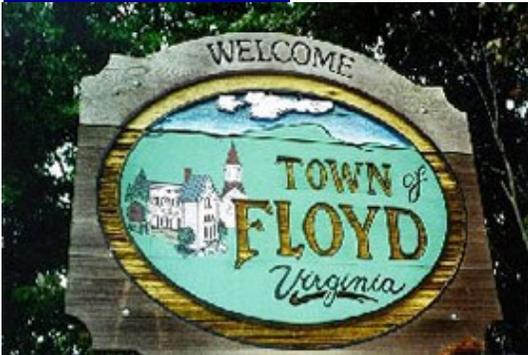
1. Preheat oven to 350
2. In medium saucepan, heat olive oil over medium heat and cook onion until slightly translucent. Add balsamic vinegar, mixing until evenly distributed. Cook until the onions are soft and the balsamic has evaporated. Set aside.
3. Warm flatbread in the oven over 5 to 10 minutes.
4. Meanwhile, in a small bowl, combine ricotta and garlic.
5. Remove flatbread and spread evenly with ricotta mixture. Top with the onions, figs, and arugula.

Finding Floyd, Virginia

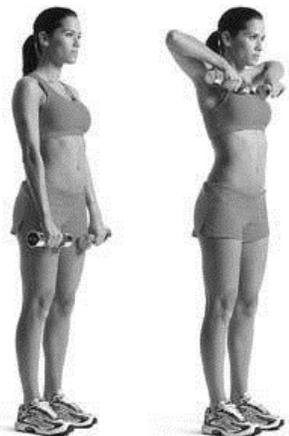
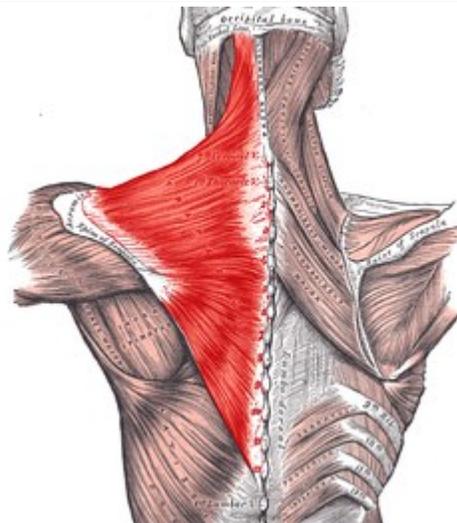
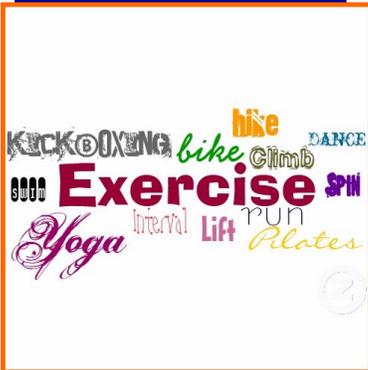
An hour south on US 221 will take you to the Town of Floyd. You can also get there via the Blue Ridge Parkway. Either route is scenic and will reward you with a fun place to visit. Floyd has lots of shops and restaurants you'll enjoy discovering. The website is well-developed and the calendar of events it includes will give you lots of ideas for your visit.

Check it out!

<http://visitfloydva.com/>



Exercise What You're Learning



Avoid injury by consulting a trainer regarding form & weight.

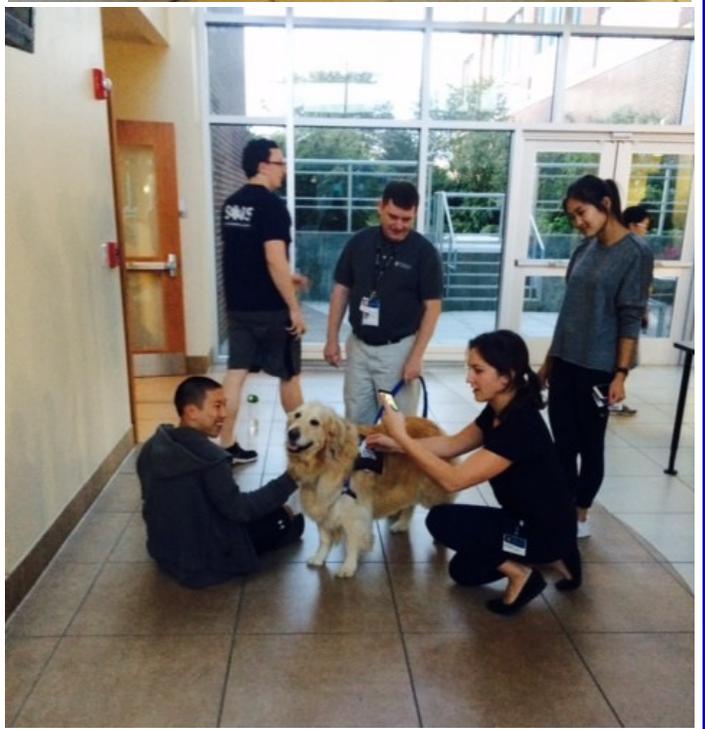
Images from: Wikipedia, directlyfitness, leanitup, menshealth

Puppies + Pizza = Smiles!

VTCSOM welcomed Therapets to visit the evening of October 25th and the event was a wonderful success. Approximately 60 students passed through the atrium and café to say hello to the five puppies, grab a bite to eat, and visit with fellow students and friends.

Therapets dogs are trained to visit hospitals, schools, and retirement communities and bring smiles wherever they go.

Thank you to everyone who helped make the event possible! The VTCSOM Wellness Advocacy Committee looks forward to bringing more events to the school in the months ahead!



Get the Facts: Weightlifting Sets

Myth:

To get big I have to lift _ number of sets and _ number of reps with very heavy weight.

Fact:

If you search online for a workout routine to build muscle you'll most likely find a plethora of plans claiming to be the best. If there are so many plans, why haven't we found that perfect combination? This myth is tough in the sense that it is still under active investigation (not uncommon for the exercise science field). For decades, people have been trying to figure out that perfect combination of weight and reps to maximize their #Gainz. So far the short answer is there is no perfect routine. However, I will take you through some of the current literature.

What we do know pretty well is muscle physiology. I won't bore you with the mechanism of sarcomeres and how ATP plays a role in myosin binding, but in a larger sense there have been three main criteria identified for muscle repair:

- ◆ Mechanical tearing of muscle fibers
- ◆ Myocyte (muscle cell) ischemia (lack of oxygen)
- ◆ Energy depletion and metabolite (lactic acid) build up

Most try to hit all three within their program but usually end up leaning toward one side. For example, an exercise including many repetitions with lower weight (high volume, low intensity) may not tear the muscle fibers as much as a routine with extremely high weight and lower repetitions (high intensity, low volume) but it will increase the ischemia and metabolite build up in the muscle. So the question becomes, which routine is better?

Well it has been "known" in the fitness realm that for endurance training, low intensity high volume is best and the opposite is best for strength training. Thinking about the three criteria for muscle growth, it would be more accurate to say that maximizing all three would yield the best results for muscle growth. And indeed, recent research has agreed. In Schoenfeld's 2014 article on muscle hypertrophy, a comparison of a powerlifting routine with that of a bodybuilding routine showed similar results in muscle size. These programs are inherently different in volume and intensity yet no significant differences in results were noted. This negates the thinking that muscle building requires one style and endurance training requires another, but, this past notion is rooted in a strong foundation. It follows the principle of specificity stating stimulus of a particular nature dictates the adaptation. This holds true to the extremes. For example, a rower vs a bodybuilder - both building their lats. The rower will not gain nearly as much size or strength but will exercise as much if not more, but the rower has adapted to be able to perform the task much longer and more efficiently.

Conclusion:

The perfect lifting program is your own personal lifting program. More importantly than the sets and reps of a routine is the adherence to it. As long as you don't go to one extreme or another, stick to the program, lift to failure (whether it be at rep 1 or 10), and enjoy yourself, the routine will work for you. Note: This may not apply for a very specific sports/athletic goal (powerlifting, sprinting, etc.). This is focused on muscle building in general.

For more information about this or other fitness/nutrition questions, feel free to contact me at

adheilmann@carilionclinic.org

References: Schoenfeld, B. (2014, October 1). Effects of different volume-equated resistance training loading strategies on muscular adaptations in well-trained men. *Journal of Strength and Conditioning*, 28(10).

November 24th Friends & Family Potluck

If you're going to be in Roanoke over the long holiday weekend, please consider joining those of us already signed up for the potluck.

November 24, 2016

Student Commons

Gathering at 3:30

Eating at 4:00

Football will be on the big screen!

If you're interested in attending, email Emily Holt for details.

*If Plan A
doesn't work,
the alphabet
has 25 more
letters. Stay
cool.*

*-Author
unknown*

Night at Home - Zucchini Pasta Caprese

Ingredients:

- 3 Tbsp olive oil
- 2 lbs. zucchini
- 12 oz ripe cherry tomatoes halved or quartered
- 8 oz fresh mozzarella (small bites)
- 1/2 cup loosely packed fresh basil leaves, chopped
- 2 Tbsp capers
- 2 cloves of garlic, minced
- 1/2 tsp salt
- 1/4 cup roasted salted almonds

Directions:

1. If you have a spiralizer, use it to make the zucchini into noodles. If not, then thinly slice the zucchini.
2. In a 12 inch skillet, heat oil on medium until hot. Add zucchini. Cook 1-2 minutes or until just beginning to soften, stirring. Remove from heat and transfer to a large bowl.
3. Add tomatoes, mozzarella, basil, garlic, capers, and 1/2 tsp salt. Gently toss to combine.
4. Serve topped with almonds.



<http://www.goodhousekeeping.com/food-recipes/a15908/zucchini-pasta-caprese-recipe-ghk1014/>