Eat Your Veggies!!

A recent study published by Rush University medical center found that participants who followed a MIND (Mediterranean Intervention for Neurodegenerative Delay) Diet reduced their risk of developing Alzheimer and Dementia by 53% (DiFiore 2015).

The MIND diet has 15 components, including 10 “brain-healthy food groups” that include green leafy vegetables, other vegetables, nuts, berries, beans, whole grains, fish, poultry, olive oil, and wine. The other five groups make up the unhealthy categories that include red meats, butter, sweets, and fried or fast food. Participants who increased their vegetables and whole grains to 3 servings a day while reducing their butter, cheese, and fast food intake, saw the greatest gains.

Morale the story, eat your veggies! Its good for your brain & your body! Check out the Greek Salad recipe on pg. 2 for a good way to increase your veggie intake!


“You don’t have to cook fancy or complicated masterpieces. Just good food from fresh ingredients.”
— Julia Child

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Ask the Trainer:

Q: I want to try High Intensity Interval Training (HITT) but I’m not sure where to start. Suggestions?

A: HITT training can be summed up as short bursts of intense exercise followed by short periods of downtime for recovery. It is most effective as a full body workout since it has both cardiovascular and strength benefits.

The biggest mistake I observe people making when incorporating HITT, is a lack of proper form. So when you are just starting out take the exercises at a slower speed to see if you can maintain proper form for the whole time. Learning proper technique will prevent injuries down the road.

Also, be mindful of what you are using to fuel your body. A lot of people use HITT as a way to lose weight. That is perfectly fine but just make sure you are consuming enough carbs, fats, & proteins to fuel your body. You can’t achieve the true effects of a HITT workout on an extreme diet. Also, a pre workout snack about an hour before will help you stay fueled through your workout. (example: banana and peanut butter).

Lastly, when picking which exercises to do, mix it up. One leg exercise, one upper body, one core, one plyometric, etc. This creates muscle confusion and keeps one muscle group from getting too fatigued to continue.

Have a question you want answered?
Contact us: Kylene.dey@gmail.com

Summer Walking Challenge!

Participants with an average 8,000 steps a day, will be entered to win one of three Fit Bit Flexes! Track your progress by downloading the American Heart Association tracking app. Make sure to choose Georgetown Law in the company line. Want to walk with a group? Join us at the listed days and times to get in some extra steps!

Wednesday, July 1: Walk to the Folk Life Festival! Meet: Sport and Fitness Center Lobby at 12PM.

Wednesday, July 8: Not-your-80s Step Class. Meet: Sport and Fitness Center at 12PM

Wednesday, July 15: Mid-Challenge 5K Outdoor Run! Meet: Sport and Fitness Center Lobby at 12PM.

Wednesday, July 22: These-Shoes-Were-Made-For-Spinning Class. Meet: Sport and Fitness Center Spin Studio at 12PM.

Wednesday, July 29: Sneakers-Not-Required Pool Activity. Meet: Sport and Fitness Center Pool at 12PM.

Mediterranean Greek Salad Recipe:

Serving Size: 3/4 cup
Serves: 10

INGREDIENTS:
- 1 and 1/2 cups cucumbers, peeled, diced
- 1 and 1/2 cups tomatoes, fresh, seeded, chopped
- 1/4 cup red onions, fresh, diced
- 1 cup Italian parsley, fresh, chopped
- 1 tbsp olive oil
- 1/4 cup lemon juice
- 1 tsp oregano, fresh, chopped
- 1 tbsp basil, fresh
- 1/4 tsp kosher salt
- 1 tsp ground black pepper
- 12 cups mixed greens or romaine lettuce
- 2 tbsp Kalamata olives, pitted, chopped

DIRECTIONS

In a large bowl, combine the cucumber, tomato, onion, olives, and parsley. In a smaller bowl, combine the olive oil, lemon juice, oregano, basil, salt and pepper. Toss the vegetables with the dressing and the lettuce.

NUTRITION PER SERVING
- Calories: 37
- Fat: 2g
- Cholesterol: 0mg
- Sodium: 110mg
- Carbohydrates: 5g
- Fiber: 2g
- Protein: 1g
Meet Brandon!

Brandon has been with Sport & Fitness for nearly 5 years as the Customer Care & Business Manager, ensuring all members are satisfied with their experience at the wonderful facility. He enjoys interacting with all members along with answering any inquiries, billing questions, or giving facility tours.

Outside of work, Brandon stays active as he coaches and plays on the Law School’s Hoya Lawya softball team, participates in Sport & Fitness racquetball leagues, studies the financial markets, and stays busy working on his business venture. He is striving to retire before the age of 50, where he will buy an RV and travel the US.

If you have any questions about membership, racquetball, or a hot stock tips stop by and see Brandon, his office is located right behind the front desk so you can’t miss him!

Protecting Against UV Rays:

July is UV safety month! Here are some tips from the U.S. Department of Health & Human Safety:

1. **Wear proper clothing**: Long sleeved shirts and pants are good examples. Also, remember to protect your head and eyes with a hat and UV-resistant sunglasses. You can fall victim to sun damage on a cloudy day as well as in the winter, so dress accordingly all year round.

2. **Avoid the burn**: Sunburns significantly increase one’s lifetime risk of developing skin cancer.

3. **Go for the shade**: Stay out of the sun, if possible, between the peak burning hours are between 10 a.m. and 4 p.m.

4. **Use extra caution when near reflective surfaces, like water, snow, and sand.**

5. **Use extra caution when at higher altitudes**: You can experience more UV exposure at higher altitudes, because there is less atmosphere to absorb UV radiation.

6. **Apply broad-spectrum sunscreen**: Generously apply broad-spectrum sunscreen to cover all exposed skin. The “broad spectrum” variety protects against overexposure to ultraviolet A (UVA) and ultraviolet B (UVB) rays.

7. **Re-apply broad-spectrum sunscreen throughout the day**: To be safe, apply sunscreen at a rate of one ounce every two hours.

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I TOLD you to wear sunscreen.
Summer Hours of Operation

Sunday: 9:00 AM — 6:00 PM
Monday: 6:30 AM — 9:30 PM
Tuesday: 6:30 AM — 9:30 PM
Wednesday: 6:30 AM — 9:30 PM
Thursday: 6:30 AM — 9:30 PM
Friday: 6:30 AM — 8:00 PM
Saturday: 9:00 AM — 6:00 PM

Annual Shut Down

The Sport & Fitness will be closed for annual maintenance & repairs:
Monday, June 29th — Saturday, July 4th
We will re-open on Sunday July 5th @ 9:00 AM — 6:00 PM

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www.law.georgetown.edu/campus-services/fitness
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