Leadership Message

We have had a fun first part of the year here at the Healthy Living Center. We’ve seen your visits increase, and we’re hoping that means you are CRUSHING it in the goals department. Our hope for you is that with each visit you are constructing a body and mind that serves you well and allows you to live your life to the fullest. That with each repetition you’re performing or piece of knowledge you’re absorbing, you’re becoming stronger and more resilient. That you are eating well, not just for the goal of looking better, but to nourish your body so you can live your best life and be the healthiest version of yourself. That your health and wellness is an enjoyable and empowering journey for you, not a temporary fad.

With this in mind, we feature a member who endured physical setbacks but stays motivated with a workout buddy. Check out our DAHLC quiz to see if you pass the ‘test’ for your knowledge and Center savvy. Splash into the pool with a HIIT the pool workout from group fitness lead, Amy Schultz, and then replenish with a refreshing strawberry balsamic sorbet.... yum! Our team wants to help you succeed in creating a sustainable, healthy lifestyle that you enjoy.

Happy June!

In health,
Beth Riley, Director
Jen Zundel, Assistant Director
Challenge your DAHLC knowledge by answering the following questions. Answers can be found on the back page...try not to peek until you're finished!

1) Prior to entering the pool, what is one thing you must do?
   a. Do a handstand for 10 seconds
   b. Call a friend
   c. Eat an apple
   d. Take a cleansing shower

2) Out of respect for our facility, staff, and fellow members, what should you do with your towel after use?
   a. Leave it lying on the floor or bench in the locker room.
   b. Ask a friend if they want to borrow it.
   c. Place it in the towel bin on your way out.
   d. Take it home, wash it, and bring it back at your next visit.

3) True or False: When entering the steam room, a towel or clothing that provides sufficient coverage is required.

4) You can find the following information on the DAHLC website (https://dahlc.mayoclinic.org):
   a. The Group Fitness schedule
   b. All of our programs, workshops, and offerings
   c. How to become a member (including our orientation video)
   d. The Member Portal (to schedule a HydroMassage and register for Basics classes)
   e. Current announcements and upcoming events
   f. All of the above

5) Which statement below is NOT true?
   a. Downtown hours of operation are M-F 4:30am-11pm, Sat & Sun 5am-9pm
   b. We have an additional location at St. Marys in the Generose Building
   c. You can swipe your ID badge to receive your incentive credit for the day even if you don’t come in to workout.
   d. You can bring a guest with you for a $10 fee.
   e. You can use your cellular device whenever and wherever you please in the facility.

6) The DAHLC staff is made up of how many people?
   a. 17
   b. 54
   c. 95
   d. 504

7) True or False: You can wear tank tops and sleeveless shirts as long as they provide substantial coverage of the torso.
HIIT The Pool Workout

Swim instructor and group fitness lead, Amy, brings us this high-intensity interval workout for the pool! This workout is a refreshing way to get your heart rate climbing in a low-impact style. Make sure to warm-up with 2 minutes of water walking – be mindful to stand tall and press your heels to the bottom of the pool. This workout takes about 20 minutes, but feel free to complete more rounds if you'd like. Perform 3 rounds or ‘passes’ of Sets #1 and #2 at the given durations.

### Set #1 (6 min)
1. Jack legs and jack arms
2. Ski legs and ski arms
3. Jack legs and ski arms
4. Ski legs and jack arms

- 45 sec each on 1st pass = 3 minutes
- 30 sec each on 2nd pass = 2 minutes
- 15 sec each on 3rd pass = 1 minute

Recovery - Take a lap and walk around the pool in a circle – 2 minutes

### Set #2 (6 min)
1. Pendulum swing legs – hold onto the noodle and move the arms on the surface side to side
2. Mogul ski legs – while twisting arms side to side
3. Frog or diamond legs – with noodle pushing down towards ankles
4. Jump shots – with noodle reaching to sky

- 45 sec each on 1st pass = 3 minutes
- 30 sec each on 2nd pass = 2 minutes
- 15 sec each on 3rd pass = 1 minute

Recovery - Take a lap and walk around the pool in a circle – 2 minutes

### Set #3 (3 min)
1. Back lying with knees tucking into chest – noodle around back and under arm pits
2. Plank – hold noodle under water with straight arms, lift & hold single straight leg – 15 sec then change
3. Plank with knee tucks into chest – draw knee and noodle together

Perform each exercise for 1 minute

Cool down and stretch

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Strawberry Balsamic Sorbet

This may sound like a peculiar combo, but trust us, it is berry nice! The tartness and unique flavors of the balsamic with the sweetness of the strawberries provide a contrast that can make the berries taste even more sweet!

**Calories:** 83  |  **Protein:** 1.0g  |  **Carbs:** 18.8g  |  **Total Fat:** 0.3g  |  **Yield:** Approx. 5 servings (1/2 cup per serving)

**Ingredients:**
- 3/4 cup balsamic vinegar
- 2 tablespoons basil, finely chopped
- 4 cups strawberries, hulled and halved
- 1 tablespoon dark honey
- 5 strawberries, coarsely chopped

**Preparation:**
To make balsamic vinegar reduction: In a small non-aluminum saucepan, bring the vinegar to a simmer over medium-low heat. Cook until reduced by half, about 5 minutes. Remove from the heat and let cool. Place the halved strawberries in a blender or food processor. Process until very smooth. Pass the puree through a fine-mesh sieve placed over a bowl, pressing firmly on the solids with a rubber spatula or the back of a wooden spoon to extract all the juice. Discard the solids. Add the balsamic reduction and the honey to the puree and stir to combine. Cover and refrigerate until cold. Freeze the strawberry mixture in an ice-cream maker according to the manufacturer’s instructions or freeze in popsicle molds. Store in the freezer until ready to serve for up to 2 days. Spoon into individual bowls or enjoy as a popsicle. Option to garnish with the chopped strawberries and basil. Enjoy!
Success with Friends

Karla is a fighter in many senses of the word! She had always been fairly active throughout her life, but after her bout with cancer, she decided to get even more active. Consequently, Karla joined the DAHLC and has been coming here three to fours days per week for the past two years. “One of the things I had wanted to do was to do a Triathlon, which I did by completing the Indoor Adventure Race 2 weeks ago.”

Having arthritis in her hips, she decided she wasn’t going to let that worsen and keep her out of the gym. She had also lost some weight and didn’t want to regain it. With her hip injury being a barrier, she also fought the negative thoughts and doubts of being able to overcome the pain.

To keep her motivated, Karla and her friend meet at the DAHLC on Tuesday and help each other “train.” They push each other and try to do challenging things every time they meet. Additionally, Karla mentioned how encouraging staff has been to her throughout her journey. Her words of encouragement to others include: “Just pick something you like or want to do and get started. Keep your face ‘pointed forward,’ keep going and do it! Having a positive attitude and doing any challenges that I can find have helped me.”

Karla wants to continue pushing her limits and regaining strength. She reports that the future looks brighter with her being in better shape. She hopes to participate in the Indoor Adventure Race again next year with even better times!

Way to go, Karla! We are rooting for you!

We all have a story to tell. If you would like to be featured as a member success, please contact us at dahlc@mayo.edu. Whether you underwent a significant change in your health or simply a small change that had a great impact, we can all benefit from hearing each other’s stories and sharing our journeys with one another. Keep in mind that it doesn’t even have to be a physical change--it can be an internal shift too; after all, that’s where our changes begin.

Trivia Answers:
1. (D) A cleansing shower is required before entering the pools.
2. (C) Out of respect for our facility, we do ask you to place your used towels in the bins provided.
3. True. For the safety and cleanliness for you and members, we ask that you wear a towel or clothing in the steam room.
4. (F) If you have a question, you can almost always find your answer on our website. If not, feel free to call us at 507-266-4688.
5. (E) Out of respect and privacy to our members, cellular device use is not permitted in the locker rooms.
6. (C) Yes, 95 of us are here to serve you!
7. True. Substantial coverage of the torso is required.

How did you do? If you scored a 7/7 you’re a DAHLC rock star!