



Spotlight on Wellness

Build strength by setting yourself up for success

Matt Murphy's dedication to staying fit is admirable — and as director of the Concord Fitness & Performance Center he's sharing his passion for living a healthy lifestyle with hundreds of Concord High School students each day.

He is a certified strength and conditioning specialist with the National Strength and Conditioning Coaches Association and is also certified through USA Weightlifting.



Q: How would you describe your personal diet and fitness routine?

A: I'm currently preparing for a weightlifting competition later this month, so right now I'm training 5-6 days a week. I also use it as a stress reliever. When I'm not training for a competition, I'll still train 3-4 days during the week.

I meal prep and grocery shop on the weekends to cut down on the need to cook during the week — and to avoid the excuse of stopping by a fast food joint on the way home. It helps keep me on track and accountable to myself.

Q: What are you meal prepping each week?

A: Beef, chicken, rice, veggies, and fruit smoothies. All of that takes me less than an hour to prep.

We help students remember which lean meat to choose by telling them "the less legs, the better." Fish is healthier than chicken, and chicken is healthier than beef. Skip the hamburger and go with grilled fish or chicken.

Q: What are some healthy snacks that you recommend for people who don't have time to meal prep?

A: Veggies, dried fruit, and nuts.

Q: What advice would you give to help someone lose weight through proper dieting?

A: It all comes down to caloric deficit. You can do it in many ways with different diets, but you always have to have a caloric deficit in order to lose weight.

If you can cut 500 calories a day (or burn 500 calories via exercise) for a week, that is one pound per week. For our math brains out there, eliminating 500 calories a day x 7 days a week = 3,500 calories. A deficit of 3,500 calories is equal to one pound lost.

Keep track! If you write down what you're eating over the course of a week and notice you are consuming several bottles of soda, it's easy to cut a thousand or more calories right away.

Q: What is important knowledge for those who are just starting to exercise or who haven't in a long time?

A: Day 1 is not the hardest. It's

The F.A.S.T.E.R. Method

- Fruits and vegetables at every meal.
- Always stay hydrated.
- Start your day with breakfast.
- Think lean protein.
- Eat small portions often.
- Rest and recover.

Day 2, Day 10, and Day 100. It's the people who are coming back on Day 200 that are going to see the consistent results that they want.

If you haven't worked out in a long time, it's important to start slow. Push yourself toward your goal, but don't be discouraged if it takes longer than you expected.

Q: How can someone who doesn't like to exercise learn to like (or at least tolerate) it?

Find an interest. It could be a different type of exercise, music that gives you energy, or a friend who you enjoy spending time with.

Try to find something that you're passionate about outside of losing weight and/or getting in shape.

Important Dates

February

February is American Heart Month and National Cancer Prevention Month.

March

The Taste of Wellness Fair Part I will be held from 3:30 to 5 p.m. Tuesday, March 3 at Concord Junior High School. More information coming soon about this inaugural Concord event!

March 1-8 is National Sleep Awareness Week.

April

Date TBD - Concord's Taste of Wellness Fair Part II.

April 7 is World Health Day.

April 6-12 is National Public Health Week.

CJHS Fitness Center

To promote a healthy lifestyle, we want to extend access to the fitness center at Concord Junior High School for all Concord employees! For liability purposes, spouses and children will not be permitted.

To request access using your Concord ID badge, please email Jeff Phillips, Director of Facilities, Maintenance, and Grounds.

jeffphillips@concord.k12.in.us

Use your Concord ID badge to enter through Door 8.

HOURS OF OPERATION

(Monday through Friday)

Early Birds: 5:02 a.m.-7 a.m.

Night Owls: 5-10 p.m.

*Summer hours:
5:02 a.m. - 10 p.m. daily*



QUICK SNACK: No-Bake Energy Balls



No-Bake Energy Balls are quick to make and irresistibly delicious!

Servings: 20
Prep time: 10 minutes
Chill time: 30 minutes
Calories: 80 | Protein: 2g | Fiber: 2g

Ingredients

- 1 cup old-fashioned oats
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tablespoon chia seeds (optional)
- 1 teaspoon vanilla extract

Directions

- Combine oats, peanut butter, ground flax seed, chocolate chips, honey, chia seeds, and vanilla extract together in a bowl.
- Cover and chill dough in the refrigerator 30 minutes.
- Remove dough from refrigerator; roll into balls, about 1 inch in diameter
- Store in an airtight container and keep refrigerated for up to 1 week.

HEALTHY EATING: Melt-in-your-mouth turkey sliders



These mini turkey burgers will melt in your mouth thanks to gooey cheese, warm mushrooms and creamy avocado. Recipe provided by the American Heart Association.

Ingredients

Servings: 4 (Serving size: 2 sliders)
Calories: 470 | Protein: 45g | Fiber: 8g

- 8 whole-grain slider buns
- 1 1/4 lbs ground, skinless turkey breast
- 1/4 tsp salt
- 1 cup sliced brown mushrooms
- 8 slices low-fat Swiss cheese
- 4 small avocados (mashed)
- 1 medium tomato, cut into slices

Directions

Preheat the oven to 450°F.

1. Shape the turkey into 8 patties, each about 3 inches in diameter. Sprinkle with salt.
2. Heat a large nonstick skillet or griddle pan over medium-high heat.
3. Cook the patties for 2-3 minutes. Turn over the patties. Cook for 2-3 minutes, or until the patties are no longer pink inside.
4. Transfer the patties to the bottoms of the buns.
5. In the same skillet, cook the mushrooms over medium heat for about 3 minutes, or until soft, stirring frequently.
6. Spoon the mushrooms onto each patty.
7. Top with the Swiss cheese.
8. Spread the avocado over the Swiss cheese and top with the tomato slices. Put the tops of the buns on the sliders.
9. Place the baking sheet on the middle rack of the oven. Bake for 1 to 2 minutes, or until the Swiss cheese is melted and the buns are warm. Remove from the oven.
10. Pierce sliders using skewers and serve!

Eat Well. Be Well.

The food choices you make each day affect your health — how you feel today, tomorrow, and in the future.

Good nutrition is an important part of a healthy lifestyle. Combined with physical activity, your diet helps you reach and maintain a healthy weight, reduce your risk of chronic diseases (such as heart disease, hypertension and diabetes), and improve your overall health. Recent studies indi-



Dr. Maureen Ziboh

CLINIC NEWS

CareATC has provided a direct phone line to the Concord clinic.

Call 574-975-0990 to make an appointment, or go online to www.patients.careatc.com.

cate healthy food intake has the biggest impact on our fitness. It is recommended to integrate healthy nutrition with at least 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity a week.

Visit Concord Schools' CareATC Health & Wellness Center at 59427 C.R. 13, for all your family's primary care and wellness needs.

CLINIC HOURS

Monday
2:30 - 7:30 p.m.
Tuesday
6:30 a.m. - 1 p.m.
Wednesday
8:30 a.m. - 1:30 p.m.
2:30 - 7:30 p.m.
Thursday
2:30 - 7:30 p.m.
Friday
6:30 a.m. - 1 p.m.