

on the side. Reserve remaining shrimp for wraps, if desired.

Health and Fitness Newsletter

Fort Bragg's FMWR Sports and Fitness Monthly Newsletter

Visit us on the web at www.fortbraggmwr.com

April 1, 2010

Volume 11I, Issue 1V

Upcoming Events

- 22 Feb - 23 Apr [Women's Indoor Volleyball Program](#)
- 9 Mar - 23 Apr [Intramural Volleyball Program](#)
- 8 Apr [2010 Spring Cross Country Meet - 10 K](#)
- 19-22 Apr [2010 Intramural Track and Field Meet](#)



Upcoming Events

Motivational Quote

Stay Fit Rain Or Shine

Fitness Q & A

Fun Fitness Fact

Grilled Shrimp with Citrus Dipping Sauce

Programs Offered By

Motivational Quote:

"Sunshine, pouring rain; find joy through your pains, be happy being you."

Stay Fit Rain Or Shine! - How Many Calories Can You Burn on a Treadmill?

By [Jane Bristow](#)

Treadmill fitness equipment is widely used to burn calories and fat. For those who don't get enough physical activity this is a very good alternative since it can be done indoors. You can do this rain or shine in your living room, at the gym or on your lawn if you want fresh air.

For a person who weighs around 200 pounds, you can burn approximately 150 calories by walking on the treadmill for 30 minutes at 2 mph. If you are bigger, that number will be higher. If the same 200 pound person increases the speed to 3 mph, a 30 minute treadmill workout will burn around 250 calories. See how important workout intensity is?

The Interval method is one of the best ways to burn optimum fat using your elliptical treadmill. This method increases intensity as you progress through your workout. You can start at a low level for a few minutes on a flat surface as your warm up on your interval workout. You can move it up to 2.5mph on a 2% incline for 5 minutes and then to 3.5 mph on a 5% incline for 5 minutes. This is the main interval. After you have done that level, the intensity reduces. You now do the warm down interval. This is done the same way you increase your workout intensity only that you will do it by decreasing the intensity. You will burn approximately 400 to 500 calories in a 25 minute routine, if you have done it right.



Fitness Q & A

Question: Will changing my foot position during squats work my glutes better?

Answer: If you do a regular exercise routine, you may have heard that changing your foot position or stance during squats can help you target different areas of the glutes, quads and thighs. Some say taking the feet wide will activate more inner thigh, while keeping the feet narrow activates more outer thigh and glutes. Is this true and is there a right position for working your glutes during squats?

There is no "right" foot position for squats. In a study published in the Journal of Strength and Conditioning Research, scientists studied different foot positions during squats and found they made no difference in the muscles activated (which include the glutes, quads, inner and outer thighs). That doesn't mean you shouldn't try different stances -- changing how you squat, whether you change your stance or the type of squat you do, can make them feel fresh and more interesting.

When positioning yourself for squats take your feet out to a comfortable distance and keep your knees in alignment with your toes as you squat. Practice different stances and foot positions until you find what feels good to your body. Each person will have a different stance based on his height, body and goals.

Fun Fitness Fact

It can take about 200,000 frowns to make a permanent wrinkle. So the next time you notice a wrinkle, smile and stop frowning, 200,000 frowns is more than enough!

Grilled Shrimp with Citrus Dipping Sauce

Ingredients

- 1 cup rice, regular or instant, cooked according to package directions
- Cooking spray
- 2 pounds large or jumbo shrimp, peeled and deveined
- Salt and freshly ground black pepper
- 2 tablespoons freshly chopped cilantro leaves
- 1 cup orange juice
- 2 tablespoons fresh lime juice
- 2 teaspoons minced fresh ginger
- 2 teaspoons cornstarch
- 1/2 teaspoon garlic powder

Directions

Coat a stove-top grill pan or griddle with cooking spray and set over medium-high heat to preheat. Season both sides of shrimp with salt and black pepper. Place shrimp on hot pan and cook 2 to 3 minutes per side, until bright pink and cooked through. Sprinkle shrimp with cilantro. Meanwhile, in a small saucepan, whisk together orange juice, lime juice, ginger, cornstarch, and garlic. Set pan over medium heat and bring to a simmer. Simmer 2 minutes, until mixture thickens. Season, to taste, with salt and black pepper. Transfer sauce to a serving bowl. Serve 2/3 of the shrimp with the rice and dipping sauce

Aerobics Classes are offered at Towle

Courts. Schedules can be picked up at any fitness center or viewed online at <http://www.fortbraggmwr.com>

Classes Offered-Muscles, Step, Yoga, Pilates, Zumba, Kick-Boxing, Core-X, TRX and Spinning

The Soldier Performance

Enhancement Program (SPEP) Tucker serves as the premier location for group human performance within the Fort Bragg MWR community. SPEP can effectively train large groups of Soldiers in a safe and efficient manner. POC: Casey Gilvin, Phone: 910-432-3573 Email: casey.gilvin@us.army.mil