

# November 2021



## **Nutrition Corner**

### Fatigue-Fighting Nutrients

You need certain nutrients to feel healthy and energized. That's not because they're stimulants, like caffeine, but because your body uses them to produce energy at the cellular level. That's what really fuels you rather than just speeding things up artificially for a little while.

Some of these energy-producing nutrients include:

- B vitamins
- Carnitine
- CoQ10
- Creatine
- Iron
- Magnesium
- Protein
- Potassium

When looking at fatigue fighters, you also have to look at carbohydrates and protein. Carbs—which come from sugary foods and grains—give you quick energy, but then your tank runs dry again before long.

Protein and the other nutrients listed above, on the other hand, are better for endurance—long-lasting energy.

The best thing to do is combine carbs with these nutrients. That way, you get an immediate boost but can keep going for the long haul instead of plunging back into sleepiness once you burn off the carbs.

Remember the basic food groups you learned about in elementary school? Let's take a look at each one and see which foods have high levels of the vitamins and minerals that give you energy so you know what the best options are, not just for afternoons when you're fading, but to keep you from fading in the first place.

<https://www.verywellfit.com/foods-for-fighting-fatigue-4154984>

## **Rockin Recipe**

### **Beef Stir-Fry**

- 1 1/2 pounds skirt steak, cut into 4-inch-long pieces, then cut against the grain into 1/4-inch-thick slices
- Salt and freshly ground pepper
- 1/4 cup low-sodium soy sauce
- 1 serrano chile pepper, seeded and finely chopped
- 2 teaspoons sugar
- 2 tablespoons freshly squeezed lime juice (1 to 2 limes)
- 2 tablespoons olive oil
- 2 cloves garlic, grated
- 1 bunch scallions, thinly sliced
- 6 ounces fresh mushrooms, sliced
- 1/4 pound snow peas or green beans
- 1 12-ounce can baby corn, drained
- 1 red bell pepper, thinly sliced (optional)

Season the steak with salt and pepper. In a medium bowl, whisk together the soy sauce, chile pepper, sugar and lime juice until the sugar is dissolved. Add the beef, toss to coat and set aside.

In a large skillet over medium-high heat, heat the oil until shimmering, about 1 minute. Add the beef and cook, stirring, until cooked through, 3 to 5 minutes.

Remove the beef from the skillet and set aside. Allow the liquid in the pan to reduce until thickened, about 4 minutes. Add the garlic and scallions and cook 1 minute more. Add the mushrooms and cook for 2 to 3 minutes more. Add the snow peas, baby corn and bell pepper and continue cooking until all the vegetables are crisp-tender, about 2 minutes. Return the beef to the skillet and toss to combine.

## Get Motivated to Exercise When You're Off Track

### The Source of Motivation

For athletes, motivation to exercise may come from the desire to compete and win. For other exercisers, it may come from a wish to be healthy or live longer for their kids. For many, losing weight is the goal.

Many of us believe motivation will come to us if we wait long enough: Someday, we'll wake up and finally *want* to exercise. The reality is that motivation is something we can and need to create for ourselves.

Use the following elements to create your own motivation and you'll find it easier to stick with your workouts. Then, you'll start seeing the results of your efforts, which may help fuel your will to keep going.

### Discipline

Create routines and you'll develop the discipline to stick with them. If you can, plan a regular day and time you work out so that, once that time comes, you're on automatic pilot. You can also create a ritual around your exercise sessions—a prompt that helps you get into workout mode.

For example, take a few minutes to stretch before you get started. Listen to an upbeat song that gets you ready to work. Find ways to make your workout just another regular habit, like brushing your teeth.

### Flexibility

Routines are helpful, but not if they're overly rigid. Part of being able to stick to them is allowing some leeway. You may plan on jogging five miles four times a week, but there will come a day when you're too tired or you don't have time.

Have a backup plan. Allow yourself to walk instead of run, or alternate jogging and walking. If you have to work late, see if you can fit in a quick walk at lunch, or use your breaks for some stair-walking. Everything counts.

### Commitment

Being healthy isn't a decision you make once—it's one you make every day.

Recommitting to your goals keeps you on track. Spend a few minutes each morning thinking or writing about what you want to accomplish that day and how you'll do it.

Remind yourself of your goals and take some time to appreciate how far you've come in reaching them. Tracking your progress in a journal helps: Notice changes in how your clothes fit, you need to upgrade to heavier weights, or your ability to run for longer. Logging pounds or inches lost might also work for you

### Fun

Exercise (and the preparation, discipline, and commitment it requires) can sound like just another duty. But moving your body can be something you consider an enjoyable part of your daily life. If the activity you have been doing doesn't excite you, find something that does.<sup>4</sup> And make time for unstructured, free-flowing movement, too: taking a stroll, jumping in a big pile of leaves, or dancing to your favorite music.

### Rewards

Promise yourself a treat after you reach a goal. It might be something small, like a leisurely trip to the bookstore, or something big, like a massage. But don't forget to look for the intrinsic rewards of exercise, too: That feeling of achievement, stress relief, or calm that you enjoy after a good workout.

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### CLUB HOURS

Monday - Friday 5am-  
10pm  
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## Blossman Y Hours of Operation:

We will temporarily have  
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Saturday 8:00 am - 5:00 pm

Sunday 1:00 pm - 5:00 pm



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