

September 2007

HURON Physical Arts CENTER, L.L.C.

News from the Hurricanes Gymnastics

Five A Day Color Challenge

Orange, green, blue, purple, and red. Yes, these are colors of the rainbow and crayons, but they are also colors of fruits and veggies you can find in your local food store. It is fun, easy and nutritious to include five colorful servings of fruits and veggies a day. This simple challenge not only leads to better nutrition, but will also make you a healthier gymnast, and better prepared to perform at your potential. Some of the top vitamins and minerals that fruits and veggies contribute to our diet are vitamin A, C, folic acid, beta-carotene, potassium and calcium. Here are some ways they help your performance. Vitamin C is important in healing wounds and skin integrity. In gymnastics, it aids in healing rips and bruises. Beta-carotene is an anti-oxidant and guards against tissue damage, like muscle tears and strains. Folic acid is important in red blood cell production. Red blood cells deliver oxygen to your tissues for optimal energy. Potassium is needed for healthy muscle contraction and glycogen storage. As you practice many routines and drills, you rely on potassium to help you contract your muscles over and over again.

Now that you know the role fruits and veggies play in enhancing your gymnastics, lets talk about meeting this nutrition challenge. Remember, the goal is five a day and this is one area where variety really is, "the spice of life." Mix different colorful fruits or veggies to your meals each day. The richer the color the more nutrients you are likely to get. Here are some examples of how to get 5 a day:

- Veggie soups
- Cereal topped with fruit
- Add tomato to your sandwich
- Potatoes cook fast in the microwave
- Drink juice instead of soda
- Cut up fruit and veggies and leave in cups in the fridge for snacks
- Blend fruit with yogurt and ice for a smoothie
- Garnish dinners with veggies and fruits
- Omelets are great with veggies for breakfast
- Peanut butter and banana sandwiches



Kids Night Out

Friday, Sept. 14th
6:00 - 11:00 p.m.

Dinner * Movie
Games * Gym Fun

\$15.00/child

\$10.00 sibling (same family)

Ages 3-18 yrs.
Waiver required to attend.

Gymnast of the Month Emma Haack

Emma is brand new to our Level 4 team. She recently got her back-handspring and is working hard at her Level 4 skills.

Keep up the hard work Emma!