

FALL 2022

Get FIT

& CENTER ON NUTRITION AND DISABILITY NEWSLETTER

IMPROVE YOUR IMMUNE HEALTH

With flu season among us, it is the perfect time to prioritize your immune health. The body's immune system is of utmost importance because it protects your body from sickness and disease. It is made up of different organs, tissues, and cells within the body. Your immune health is dictated by many things such as your diet, activity level, and stress levels among others.

Some ways you can improve your immune system is by:

- Consume many fruits and vegetables to increase intake of immune building vitamins and minerals.
- Exercise regularly.
- Drink enough water.
- Sleep 7-8 hours a night regularly.
- Minimize stress.



HIGHLIGHTED FOOD OF THE QUARTER:

CITRUS



It is important to get immune boosting nutrients from what we eat and drink. One food group that is abundant in immune boosting nutrients is citrus fruits!

Some examples of citrus fruits are: [oranges](#), [lemons](#), [limes](#), [grapefruits](#), and [tangerines](#).

Citrus fruits are great sources of vitamin C (or ascorbic acid). Vitamin C serves many functions in the body and it is believed to help prevent serious complications from infections such as the common cold. Citrus fruits are also believed to be linked to reducing the risk of certain cancers. This is because citrus fruits contain antioxidants that protect the body against damage that could be caused by free radical molecules. These harmful molecules can build up in the body and lead to the development of cancer.

Some simple ways to incorporate citrus into your diet include:

- Squeezing fresh lime juice onto your meals
 - In rice or on top of tacos.
- Grating an orange peel to add on top of a dish
 - Salad dressings and baked goods.
- Add fresh sliced citrus to your water
 - Adding fresh lemon to your water with mint not only brings a refreshing flavor but it also adds the antioxidant properties of lemons.
- Incorporate as a snack
 - Tangerines are easy to peel and eat on the go!

DISCLAIMER: Always consult your doctor before making dietary changes!

Lemon Asparagus Pasta

Ingredients:

- 1lb Asparagus, cut into pieces
- 1lb Whole Grain Spaghetti
- ¼ Cup Extra Virgin Olive Oil plus extra for garnish
- 3 Cloves of Garlic, minced
- Zest and Juice of 2 lemons
- Salt and pepper to taste
- 2 Large Egg Yolks
- ½ Cup Grated or Shredded Parmesan Cheese plus extra for garnish

Directions:

1. Bring a pot of salted water to a boil. Blanch asparagus for 2-3 minutes. Remove asparagus with a slotted spoon and shock in a large bowl of ice water. Drain and set aside.
2. Add spaghetti to the boiling water and cook according to package directions. Drain spaghetti, reserving about 1 cup pasta water. Set aside.
3. In the same pot, heat ¼ cup olive oil to medium-high. Add garlic and sauté 60-90 seconds, until fragrant. Add lemon zest and juice. Add 1 cup pasta water and bring to a simmer for about a minute, allowing it to slightly thicken. Add spaghetti back into the pot and toss with a generous dash of salt and black pepper. Shut off the heat.
4. Add egg yolks and toss, using tongs. Add ½ cup Parmesan cheese and continue to toss the pasta, until it forms a creamy sauce. Taste and adjust seasonings, if necessary. Add asparagus and toss to combine.
5. Distribute pasta into bowls and top with a drizzle of olive oil, Parmesan cheese and freshly cracked black pepper.



Lemon Asparagus Pasta

CHECK OUT THESE
RECIPES USING
CITRUS FRUITS!



Grapefruit Vinaigrette

Grapefruit Vinaigrette

Ingredients:

- ½ Cup Fresh Squeezed Grapefruit Juice
- 1 ½ Tablespoons Red Wine Vinegar
- ¾ Teaspoon Kosher Salt
- 3 ½ Tablespoons honey
- ¼ Teaspoon Onion Powder
- ¼ Teaspoon Garlic Powder
- 1 ½ Cup Vegetable Oil

Directions:

- In a blender combine all ingredients except for the oil.
- With the blender running on low, slowly incorporate the oil by pouring it in.
- Refrigerate and enjoy!

COLLEGE CORNER

*Learn more about our
current programs at
Rowan University and
Stockton University here!*



Rowan University

During the Fall 2022 semester, Rowan had 100 undergraduate student trainer volunteers who exercised with 85 participating clients!



**STOCKTON
UNIVERSITY**

During the Fall 2022 semester, Stockton had 53 undergraduate students and 7 graduate students contributing to Get FIT for college credit, in addition to 12 participating clients!

HIGHLIGHTED EXERCISE OF THE QUARTER:

Lifestyle is one of the most important contributors to your immune health. This includes your eating habits, sleep schedule, and even your exercise routine. Exercising has many benefits, including working your muscles to improve strength. Exercise is also linked with reducing anxiety and depression. The most important muscle in your body is your heart, and your heart is strengthened through aerobic exercise that elevates the rate in which your heart beats.

One form of exercise that is heavily focused on aerobic fitness is High-Intensity Interval Training (or HIIT). This is a form of training that does not require any equipment but free weights such as dumbbells or kettlebells or cardio equipment such as treadmills, stair climbers, jump rope, and row machines can all be used. HIIT can be applied to a variety of exercise types and its concept is based on training in rounds at varied intensities. For example, a HIIT running workout would involve sprinting at full speed for 30-40 seconds followed by a lighter intensity jog or walk for the next 20-30 seconds. This form of exercise is very versatile! You can implement it at home or in any environment you would like. HIIT is a quick and effective way to get your heart rate up, even if you have limited time to workout.

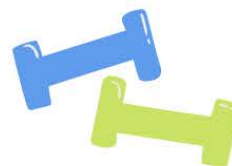
DISCLAIMER: Always consult your doctor before starting an exercise regimen!

HIIT

(HIGH INTENSITY
INTERVAL
TRAINING)



GRAB A TIMER AND TRY THIS HIIT WORKOUT AT HOME!



- 1 Minute of Jumping Jacks
- 30 Seconds of Alternating Lunges
- 1 Minute of Jump Squats
- 30 Seconds of Calf Raises
- 1 Minute of Burpees
- 30 Second Plank
- 1 Minute of Mountain Climbers
- 30 Seconds of Russian Twists
- 1 Minute of Push ups
- 30 Seconds of Squats



Get FIT, which was launched in 2008 by The Family Resource Network, aims to provide equitable opportunities for people with disabilities, chronic illness, families, and caregivers to lead a healthy lifestyle by increasing access to physical activity opportunities and nutrition education tools. The Center on Nutrition and Disability was launched in 2013 as a nutrition education source of the national Get FIT Movement.

Interested in becoming a member of the Get FIT Coalition, starting a program at your institution, or learning more information?

Contact Health Promotion Coordinator Jenna Bottiglieri, MA
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Autism Family
Services of
New Jersey



Caregivers of
New Jersey



SCAN HERE FOR MORE INFORMATION!



getfit_cnd



getfitnj.org

nutritionanddisability.org

familyresourcenetwork.org