



Welcome to SMAC Fit Pass!

You made the right decision in joining a community of members with guidance from a trainer in every session! You will receive an exclusive newsletter with Healthy recipes, Recovery tips and success stories from your fellow peers. The SMAC Fit Pass program also includes baseline assessments (blood pressure, body composition and submax test). If you have not already scheduled this assessment, contact Fred Stephens, Fitness Admin Assistant at stephensf@smccd.edu to set this up.

Healthy Recipe:

Quinoa Apple Cakes

Made with whole quinoa, this hearty cake is both naturally sweet and filling. Made as is, it's a little bit crumbly but super moist and delicious. If you want a firmer cake, try adding a lightly beaten egg to the batter to help it hold together. *Recipe adapted from Home Made Winter.*

10 Ingredients

- 1 cup quinoa
- 8 tablespoons salted butter, melted
- 3/4 cup packed brown sugar
- 3/4 cup raisins
- 2 apples, peeled and cut into 1/2-inch cubes
- 1 cup flour



- 1 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg (optional)
- 1 teaspoon ginger (optional)

Directions

1. Preheat oven to 350 degrees.
2. Combine quinoa with 2 cups water in a small saucepan and bring to a boil over high heat. Cook for 10 minutes, or until quinoa is tender. Drain well and set aside.
3. Dip a pastry brush in melted butter and use it to grease inside of a 9-by-5-inch loaf pan.
4. Put remaining melted butter in a large bowl, and mix with brown sugar and raisins until evenly distributed. Add apples and cooked quinoa, and stir to combine.
5. In a small bowl, whisk together flour, baking powder, cinnamon, and ginger and nutmeg, if using. Add dry ingredients to wet ingredients and stir to evenly combine.
6. Scrape mixture into prepared pan and bake for 50 to 60 minutes, until a toothpick inserted into the center comes out clean and top of cake is golden brown.
7. Let cool for 10 minutes in the pan, then turn out onto a cooling rack. Let cool completely before cutting to help cake maintain its shape.

Recovery Tip:

Which foam roller is right for me?

As hard as our workouts can be in the gym, most of us do not allow our muscles the appropriate recovery they need. They are constantly in a “tight” state with our sedentary desk jobs and lack of movement. Over time, this tightened state will decrease range of motion and joint mobility, thus creating poor movement patterns and increasing your risk of injury. Self-Myofascial Release is the use of your own body weight on a foam roller or ball to massage away restrictions to normal soft-tissue extensibility. But why are people so afraid to foam roll? This is most likely because of technique and because they selected the wrong roller. Here are some simple guidelines for foam rolling:

- Hold each position 1-2 minutes for each side (when applicable).
- If pain is reported, stop rolling and REST on the painful areas for 30-45 seconds. Do not continue to roll when pain is present, this will activate the muscle spindles, causing increased tightness and pain. Resting on the painful areas will inhibit the muscle spindles, reduce muscular tension, and help regulate fascial receptors.
- Maintain core activation to provide stability to the lumbo-pelvic-hip complex while rolling

Foam Roller Chart (Click Image to Enlarge)

