

## **Intermittent Fasting: Fad or Fact?**

At SWELL, we believe in a holistic approach to health, including both exercise and a balanced diet. While fad diets promise quick fixes, they often lack long-term benefits and can even be harmful.

Dr. David Duttler Ph.D., my health professor at UNI who emphasized the importance of a balanced diet and exercise, would likely be skeptical of intermittent fasting, a popular new approach that involves restricting eating to an 8-hour window. If you are a person who gets sucked into fad diets to quickly change your body type or lose weight, there are no shortages of fad diets. Since the early 70's I decided to listen to Dr. Duttler. At the time he had witnessed thousands of fad diets that end up causing people harm in some way. Dr. Duttler would always say, "There are thousands of fad diets, the only way to be healthy is to eat a good diet and exercise".

## **The Science Behind Intermittent Fasting**

Intermittent fasting does lead to rapid weight loss in some people. However, concerns exist about its long-term effects on heart health. A recent study by the American Heart Association linked 8-hour time-restricted eating (a form of intermittent fasting) to a higher risk of cardiovascular death, even in participants with no prior heart conditions. The American Heart Association Epidemiology and Prevention Lifestyle and Cardiometabolic Health Scientific Sessions 2024, Abstract P192 have linked 8-hour time-restricted eating to a 91% higher risk of cardiovascular death. The study included **approximately 20,000 adults in the U.S. with an average age of 49 years**. In other words, not the normal heart attack age.

## **Fueling Your Body for Health**

Our bodies constantly need fuel, especially the heart, which works tirelessly. While food is absorbed within 3-6 hours of eating, some nutrients can be stored and used later for up to 3 weeks. However, relying solely on stored nutrients for long fasting periods is not ideal for heart health. Your heart beats 24/7, it is a muscle that needs nutrition every day all day. People who start to deplete nutrient levels with fasting, put themselves at a high risk of cardiovascular death. Once a person depletes the stored nutrients in their bodies the heart does not have nutrients to work, so it starts to fail. This happened with 91% of 20,000 young adults with an average age of 49. If you are fasting and this article scares you, that is good. It might save your life.



## **Finding Lasting Wellness**

The key to a healthy lifestyle is a balanced approach. The food pyramid, though recently updated by MyPlate, offers a valuable framework for incorporating a variety of food groups into your diet.

## **Focus on Long-Term Habits**

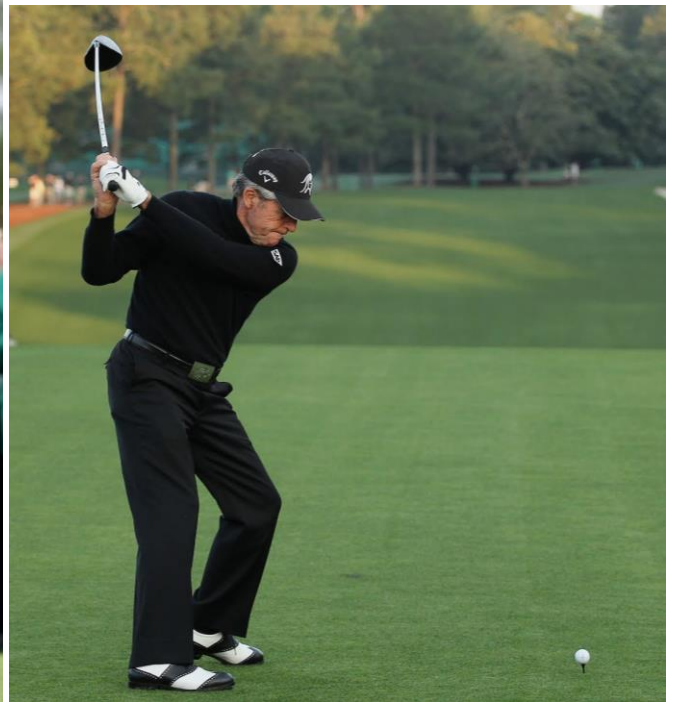
By combining a balanced diet with regular exercise, you'll be on track for a healthier, happier you. This approach may not deliver dramatic results

overnight, but it's more sustainable and promotes long-term well-being, potentially helping you reach those "Blue Zone" golden years. Dr. David Duttler's words still hold true, "There are thousands of fad diets, the only way to be healthy is to eat a good diet and exercise".

--Gary

Article submitted by Roger and Patti Ruden

The key to a long life? ‘Undereating’ and ice baths, says 88-year-old Gary Player, still spritely at 88th



### Gary Player: Staying in shape

He’s as old as one of sport’s longest-running tournaments, but [Gary Player](#) boomed a tee drive that many a quarter of his age would be content with to raise the curtain on the [88th Masters](#).

The 88-year-old South African continues to reinforce the [“Mr. Fitness”](#) moniker he assumed during a glittering playing career, showcasing his youthful exuberance to all at [Augusta National](#) as he joined fellow golf icons Jack Nicklaus and Tom Watson as Honorary Starters at the major on Thursday.

After a [two-and-a-half-hour delay due to bad weather](#), huge crowds gathered to watch the all-star trio hit the ceremonial opening shots of the tournament.

Up first, Player remarked that “It’s not so easy to put the ball on the tee now, is it?” to his American counterparts, only to then split the first fairway with a smooth drive.

After celebrating the effort with his traditional leg-kick, the three-time Masters champion returned once more to the Augusta National clubhouse to share the secrets of his seemingly perpetual youth.



“First of all, I love life and I love people and I love my job and I’m extremely happy,” Player told reporters, before recounting a visit to a gerontologist – a professional who specializes in the study of aging and the elderly – in India. “He gave me, I think, the secret to longevity ... ten things to work on and I do, and I adhere to every day of my life.” Player explained that he takes an ice-cold bath every morning.

Overtraining and / or undereating for a prolonged period in an attempt to improve athletic performance can lead to Relative Energy Deficiency in Sport (REDs), [according to recent research](#).

Left untreated, medical experts say REDs can damage an athlete’s metabolism, their bone health – leading to more fractures – their immune system, their cardiovascular health, their menstrual cycle, and mental health, as well as their athletic performance.

It’s “so far, so good” for Player, who played his last Masters in 2009 after a record 52 appearances at Augusta National.

Player was renowned for his endurance across a five-decade career that reaped 165 tournament wins and nine major championships.

“I’m very fit,” he added Thursday. “I still push 300 pounds with my legs. I run the treadmill at max. I read a lot. I laugh a lot and I have love in my heart. That is very, very important.”

Quizzed on their own tips for staying in shape, 84-year-old Nicklaus – the most prolific Masters champion of all time with six wins – credited his five children, 24 grandchildren, and seven great-grandchildren with keeping him young.

Meanwhile Watson, a two-time green jacket winner, echoed some of Player’s advice.

“I think you surround yourself with people you love, and you eat responsibly,” the 74-year-old answered.

“You do things in life for other people, and you try to have fun, and like Gary said, you’ve got to laugh.”

### **Player drives from the tee at the 1965 US Open.**



**By Jack Bantock**

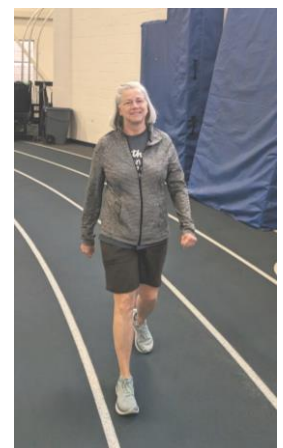
**Updated 12:09 AM EDT, Fri April 12, 2024**



## Hunter Snyder Fall Intern 2024

Hunter Snyder will be our 2024 Fall SWELL intern. He competes on the University of Dubuque cross country and track and field teams. His specialty is distance. Hunter runs the 5-mile race in cross country in the fall and the 1500 and 800-meters during spring track. He majors in Sports Marketing. When talking with Hunter he sounded enthusiastic and ready to learn and help teach the SWELL class.

### Early Birds on the Track



At 7:00 am sharp on Mondays, Wednesdays, and Fridays, a dedicated crew of pre-dawn enthusiasts hits the CRWC indoor track. They squeeze in their 2-3 miles before SWELL class even starts, a testament to their commitment to fitness. These early risers even take the initiative to set up the SWELL podium and check others in. Judy Kalb shows up with the birthdays of week on Monday— a true display of community spirit within SWELL.

**Thank You** To all the 7:00 am regulars, for making SWELL that much more special. Your dedication and camaraderie are truly inspiring.

**SWELL VOLUNTEERES AT THE JULIEN DUBUQUE INTERNATIONAL FILM FESTIVAL**



**SWELL members made the film festival a success!**

**Thanks to over 20 SWELL members volunteering at the 13th Annual Julien Dubuque**

**International Film Festival (JDIFF), the festival was a great success.**

**SWELL members signed up to do a variety of tasks including hosting films, working at the Box Office, local driving for filmmakers and movie goers, staffing the merchandise table and helping to coordinate all the volunteers. There were over 120 volunteers who helped with JDIFF, and SWELL**

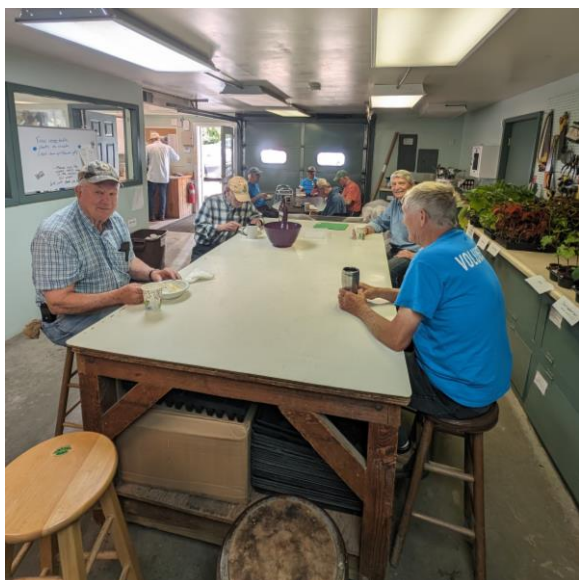


**members played a very significant role.**

**Thanks to Gary for keeping us young so we have the energy to volunteer!**

**--Dave and Ruth Assmus**

## SWELL Volunteers at the Dubuque Arboretum & Botanical Garden



### The Heart of the Arboretum: Volunteers and Dedication

The Dubuque Arboretum & Botanical Gardens wouldn't be the same without its dedicated volunteers. Over 300 passionate individuals contribute their time and skills, making this beautiful space free for all visitors.

### Gift Shop & Beyond: Eileen Schueller, Ginny Rauch, Mary Shanahan, Barbara Blake, Ruth Lewis, and Kris Hermsen

This fantastic group keeps the gift shop running smoothly and tackles other essential administrative tasks.

### The Brown Team: Building Beauty

Every Thursday morning, Chuck Andracchio, John Waldmeier, and Jerry Hermsen (who also keeps the grounds looking sharp with his mowing and trimming expertise) fuel up with coffee and ice cream (a fun tradition!) before transforming into the "Brown Team." They build bridges, railings, shelters, and more, creating wonderful structures visitors enjoy.

### Leading the Way: Jenna Hirtz, Executive Director

Jenna Hirtz's passion for the Arboretum is contagious. Since 2021, this University of Dubuque graduate with a BA in Accounting, Business, Human Resource Management, and an MBA has overseen the incredible volunteer network.

Jenna juggles multiple hats, working alongside a small staff that includes a grounds supervisor, accountant, office and volunteer coordinator, and event and marketing coordinator.

### The Power of Volunteers: 19,000 Hours and Counting

Last year alone, volunteers dedicated an impressive 19,000 hours to maintaining the Arboretum. Jenna emphasizes the ongoing need for new volunteers, especially tour guides. Whether you prefer walking tours or leading visitors on a cart, becoming a guide allows you to share this Dubuque gem with others.

### Tours and Growing Opportunities

The number of tours offered at the Arboretum keeps rising – from 87 pre-pandemic to over 160 last year. This trend is expected to continue, creating exciting opportunities for new tour guides.



### Join the Arboretum Family

The Dubuque Arboretum & Botanical Gardens offer a welcoming environment for anyone who wants to give back to the community and immerse themselves in nature. Remember, admission is always free!



## Dave and Ruth Assmus in Greece



Dave and Ruth Assmus flew to Greece on May 9th with over 30 University of Dubuque Alumni and Friends. The trip was led by Alan and Phyllis Garfield and Katie Kraus, UD Alumni Director. We spent 3 days in Athens touring the Acropolis, the Acropolis Museum, and many other locations. Walking around the Parthenon was very impressive. We also visited the Olympic stadium built to host the first modern Olympics. On May 13th we boarded the Clelstyl Discovery cruise ship to begin our Aegean Sea journey. Over the next 4 days we stopped at Mykonos and Kusadasi (In Turkey). While in Turkey, we visited the ruins of ancient Ephesus and the Library of Celsus (see picture). We also bought a rug at a co-op utilizing the skills of women who work at home to

create these beautiful pieces. From there we took a bus to Patmos and then sailed on to Rhodes, Lindos, Crete and the Palace of Knossos, and Santorini. After lots of delicious food, fun, beautiful scenery, and great people, we sailed back to Athens and flew home on the 17th. It was a wonderful trip and a great time of the year to go. Not too hot, and fewer crowds. It was our first cruise, and it won't be our last!



## Healthy Slider Recipe by Mary and Gary



We were doing a complete tear out and replacement of my son Ty's landscaping at his new home in Asbury. Granddaughter Mary said she would get up early and help me make slides for the landscape crew. Apparently, we were not putting enough ingredients on the buns, so Grandma Lisa joined in to make them tastier.

### Ingredients

1. At Fairway you can buy the best wheat dinner rolls made in Dubuque. I bought 3 packages of 12 for the 2 days.
2. Grill 2 full chicken breasts
3. 4 pounds of precooked pulled pork
4. One large package of pepperoni
5. One can of pizza sauce, one bottle of no sugar added barbecue sauce and one bottle of buffalo wing sauce.
8. Packages of mozzarella, sharp cheddar, and pepper jack cheese.



### Prepare

1. Pre heat oven to 350.
2. Keep buns intact and cut the tops of the buns with a serrated knife.
3. Place chicken, pepperoni, and pulled pork on 1/3 12 buns each.
4. Cover chicken with buffalo wing sauce and pepper jack.
5. Pepperoni with pizza sauce and mozzarella cheese.
6. Pulled pork with no sugar, added barbecue sauce and sharp cheddar cheese.
7. Put the tops on the sliders.
8. Spray with olive oil and shake salt-free Dash, Garlic, and Herb seasoning blend, on top of buns.
9. Cook for 14 minutes.

Enjoy this fun easy meal. We had them for both days of landscaping and everyone including kids Enjoyed them.





**Social Connection**

**Mark your calendars**

**2024 Dates**

**SWELL Picnic at Gary and Lisa’s house  
Wednesday October 2<sup>nd</sup>, Rain date Thursday  
October 3<sup>rd</sup>.**

**Upcoming performances at the Heritage  
Center**

**BritBeat new music set.  
Saturday October 19, 2024, 7:30 p.m.  
We will submit money in an envelope and  
hand to Gary.**

**THE STAFF**

- Editor..... Gary**
- Feature Writer ..... Gary**
- Feature Writer ..... Dave and Ruth Assmus**
- Submitted Gary Player Article ..... Roger and Patti Ruden**
- Healthy Recipe..... Gary**

**Thanks to those who submitted wonderful articles to our SWELL newsletter.**