



Wise-N-Well...

The Show-N-Tell for Wellness News From Your PERRY COUNTY HEALTH DEPARTMENT

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Healthy and Fine for 2009 What's Your Workout Personality?

Do you want to lose that extra 10 pounds? Do you want to get into better shape? The key is to exercise while doing something enjoyable. Find a workout that best fits your personality and then exercising won't seem like something you have to do. Try this quiz from the American Cancer Research Center to find out what kind of workout is best for you.

- 1) When I think about physical activity I...
 - a. can't wait to put on my walking shoes
 - b. really want to exercise but need a push
 - c. dread the idea of moving a muscle, but am happy once I get moved
- 2) When I am physically active, I enjoy exercising...
 - a. by myself at my own pace
 - b. with a team or group
 - c. with one or two buddies
- 3) I exercise because...
 - a. I want to stay in shape, slim down, or improve my health
 - b. I want to see my friends and catch up on the latest news
 - c. the weather is nice or I just feel like it

- 4) When I take part in a physical activity, I usually...
 - a. plan the event ahead of time
 - b. participate when someone else has set up the activity or attend a class
 - c. pull it together quickly and do something active when the mood strikes
- 5) Others see me as...
 - a. a leader
 - b. a team player
 - c. someone who goes along with a good idea
- 6) I enjoy physical activities that are...
 - a. set by my own routine
 - b. set by a professional, teacher, or group
 - c. spontaneous

For every answer, give yourself:

- a = 1 point
b = 2 points
c = 3 points

If you scored...
6-9 points: You are a self-motivator
10-14 points: You are a team player
15-18 points: you are spontaneous



Self-Motivator

You like structure and organization. Creating and sticking to your own exercise plan is relatively easy, but you may find yourself losing interest in your usual routine. Try adding a few new activities such as biking, rowing, gardening, or hiking. Or try alternating your favorite workouts such as walking, swimming, and weightlifting on different days of the week.

Team Player

To you, exercise is a way to socialize and stay connected to friends and family. Group activities and classes are a natural selection for you. Sign up for an exercise class; put together a group of friends for walking; or join a team sport or sports league such as bowling, softball, or doubles tennis.

Spontaneous

You love freedom and loathe conforming to rigid rules. Things that get you moving might include a call from friends who need a fourth player for a round of golf, a hike in the woods to enjoy a beautiful fall day, or a walk to the store when you are out of milk. These activities are great, but make sure you're doing something active on most days.

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What's Your Excuse?

Have you ever said to yourself...

I really hate to exercise.

SOLUTION: Find activities that match your personality and that you enjoy. If you love the outdoors go hiking, biking or walking.

Resource: WebMD

Take Time to Celebrate

Source: Growing Stronger-Strength Training for Older Adults, CDC

It is important that you reward yourself for your achievements. Celebrating your achievements is a great way to motivate yourself to keep up with your programs and/or goals. Celebrating may be just as important as setting goals and visualizing success. When you accomplish one of your short-term or long-term goals, make sure that you reward yourself well!

- Buy yourself new workout clothes or shoes
- Make plans with good friends to see a movie or go hiking
- Go on a weekend getaway
- Treat yourself to a new piece of exercise equipment



- Plan a healthy dinner at your favorite restaurant
- Get tickets to your favorite theatre production or athletic event
- Pamper yourself with a massage, manicure, and pedicure

Commit to be Fit: Exercise at Work

Source: Growing Stronger-Strength Training for Older Adults, CDC

Hip Abduction

By targeting the muscles of the hips, thighs, and buttocks, this exercise makes your lower body shapelier and strengthens your hipbones.

1. Stand behind a sturdy chair, with feet slightly apart and toes facing forward. Keep your knees straight and don't lock your knees.
2. To a count of two, slowly lift your right leg out to the side. Keep your left leg straight-but again do not lock your knee.
3. Pause. Then, to a count of four, slowly lower your right foot

back to the ground.

4. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for one to two minutes. Then complete a second set of 10 repetitions with each leg.

Make sure you:

- Don't lock your knee on the supporting leg
- Keep your toes facing forward throughout the move
- Don't lean to the side when you lift your leg



Knee Extension

By targeting the quadriceps muscles in the front of the thigh this exercise strengthens weak knees and reduces the symptoms of arthritis of the knees

1. Put on your ankle weights.
2. In a sturdy, armless chair, sit all the way back, so that your feet barely touch the ground; this will allow for easier movement throughout the exer-



cise. If your chair is too low, add a rolled-up towel under your knees. Your feet should be shoulder-width apart, and your arms should rest at your sides or on your thighs.

3. With your toes pointing forward and your foot flexed, to a count of two slowly lift your right leg, extending your leg until your knee is straight.
4. Pause. Then to a count of four, slowly lower your foot back to

the ground.

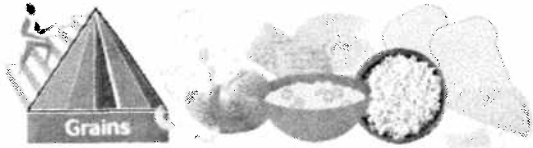
5. Repeat 10 times with the right leg and 10 times with the left leg for one set. Rest for a minute or two. Then complete a second set of 10 repetitions with each leg.

Make sure you:

- Keep your ankle flexed throughout the move.

Inside the Pyramid — Fruits

Source: MyPyramid.gov, USDA



Fruits are part of a well-balanced and healthy eating plan. Fruits provide essential vitamins and minerals, fiber, and other substances that are important for good health

The Healthy Benefits of Fruit

- Eating a diet rich in fruits as part of an overall healthy diet may reduce the risk for stroke and perhaps overall cardiovascular diseases
- Eating a diet rich in fruits as part of an overall healthy diet may reduce the risk for type II diabetes
- Eating a diet rich in fruits as part of an overall healthy diet may protect against certain cancers, such as mouth, stomach, and colorectal cancer
- Diets rich in foods containing fiber, such as fruits, may reduce the risk of coronary heart disease
- Eating foods rich in potassium as part of an overall healthy diet may reduce the risk of developing kidney stones and may help decrease bone loss
- Eating foods such as fruits that are low in calories per cup instead of some higher calorie food may be useful in helping to lower calorie intake

Tips to Help You Eat Fruits

Source: MyPyramid.gov, USDA

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator
- Refrigerate cut-up fruit to store for later
- Buy fruits that are frozen, dried, canned, or fresh so that you always have fruits on hand
- Buy pre-cut packages of fruit for a healthy snack in seconds

For the best nutritional value:

- Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides
- Select fruits with more potassium often, such as bananas, prunes, dried peaches, apricots, cantaloupe, and orange juice
- When choosing canned fruits, select fruit canned with 100% fruit juice or water rather than syrup
- Vary your fruit choices. Fruits vary in nutritional content

At meals:



- At breakfast, top your cereal with bananas or peaches; add blueberries to pancakes; drink 100% orange juice or grapefruit juice. Or try a fruit mixed with low-fat or fat-free yogurt
- At lunch, pack a tangerine, banana, or grapes to eat or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad
- Make a Waldorf salad, with apples, celery, walnuts, and dressing
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney
- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal
- For dessert, add baked apples, pears, or a fruit salad

At snacks:

- Cut-up fruit makes a good snack
- Keep a package of dried fruit at your desk or in your bag. Some fruits that are available dried include apricots, apples, pineapples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes, and raisins. Remember that because they are dried, 1/4 cup is equivalent to 1/2 cup of other fruits
- As a snack spread peanut butter on apple slices or top frozen yogurt with berries or slices of kiwi fruit

Make fruit more appealing:



- Try low-fat yogurt or pudding as a dip for strawberries or melons
- Make a smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries
- Try applesauce as a fat-free substitute for some of the oil when baking cakes

Paradise Freeze

2 large, ripe bananas
2 cups strawberries
1 ripe mango, cubed
2 cups cranberry juice
12 ice cubes

Directions

Combine all ingredients in blender or food processor container. Cover; blend until thick and smooth.

Preparation Time: 10 minutes

Yield: 4 servings

Cups of Fruit and Vegetables Per Person: 1.50

Each serving provides:
Calories: 180
Calories from fat: 5
Total Fat: 1g
Cholesterol: 0mg
Sodium: 5mg
Carbohydrates: 45g
Protein: 2g

Turkey-Apple Gyros

1 medium Golden Delicious apple, cored and thinly sliced
2 tbsp fresh lemon juice
1 cup thinly sliced onion
1 medium red bell pepper, cut into thin strips
1 medium green bell pepper, cut into thin strips
1 tsp olive oil
8 ozs cooked turkey breast, cut into thin strips
6 whole wheat pita bread rounds, lightly toasted
1/2 cup plain low-fat yogurt
1 garlic clove, minced

Directions

Toss apple with lemon juice; set aside. In a large nonstick skillet, sauté onion and peppers in hot oil, stirring frequently until crisp-tender. Add turkey to skillet and stir until heated through. Stir in apple mixture. Add garlic to yogurt and mix. Fold pitas in half and fill with turkey mixture. Drizzle with yogurt mixture.

Preparation Time: 30 minutes

Yield: 4 servings

Cups of Fruit and Vegetables Per Person: 1.00

Each serving provides:
Calories: 260
Calories from fat: 30
Total Fat: 4g
Saturated fat: 1g
Cholesterol: 50mg
Sodium: 280mg
Carbohydrates: 36g
Protein: 24g

Apple Dumplings

2 tsp firmly packed light brown sugar
1-1/2 tsp cinnamon
1 tsp cornstarch
1 tsp vanilla extract
6 small apples, peeled and cored
6 square 7-inch egg roll wrappers
Non-stick cooking spray

Directions

Preheat the oven to 375° F. Spray six muffin cups with non-stick cooking spray. In a large bowl, combine the sugar, cinnamon, cornstarch, vanilla, and 1 tbsp water. Roll peeled apples in the mixture until coated. Place one apple in the center of each egg roll wrapper. Bring the corners up to the top of the apple, pressing and folding to seal the edges. Place each dumpling in a muffin cup and lightly spray the tops with non-stick cooking spray. Bake until golden, about 20 minutes. Cool on a rack 15 minutes; serve warm..



For more recipes check out "Fruit and Veggies More Matters" at:
<http://apps.nccd.cdc.gov/dnparecipe/recipesearch.aspx>