

# AUGUST

# Food and Fitness

August 2020  
Volume 217

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Which Kind(s) of Exercise is Right for You? **1-3**

An active lifestyle is important for people of all ages and comes in many different forms. People have different ideas of what fitness or exercise looks like for them.



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Exercising and the results of exercising for a body builder look much different than someone who is practicing yoga. With seniors, many factors can determine the type of exercise that's best. When choosing the right type of exercise for your body, it all depends on your specific needs and wants. In this article, it will talk about some of the different exercise types you can choose.

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When determining what kind of exercise is going to be right for you, you will want to ask yourself some of these questions:

- How is my range of motion?
- What is my current strength and do I want to strength train?
- What is my current level of fitness?
- Do I have Osteoporosis (bone loss)?
- Is my goal to obtain weight control?

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## Which Kind(s) of Exercise is Right for You?

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Types of exercise can be listed as aerobic, strength building, balance training, endurance, flexibility, moderate intensity, and vigorous exercise. Each type of exercise is unique in their own way.

Aerobic activity is the kind that gets your heart beating fast and your lungs breathing deeper. If the term cardio rings a bell, aerobic exercise is what they are talking about. Exercise that is aerobic can create fitness. Aerobic exercises are the most common types you think of when you hear the word ‘exercise.’ Aerobic exercise often makes you sweaty, hot, and out of breath. Activities that are included in aerobic exercises are brisk walking, swimming, running, cycling, or using an elliptical.

Strength building exercise involves performance to improve strength and endurance. Strength building usually is associated with the use of weights but not always. As aging occurs, the body naturally decreases in muscle mass. Strength building increases the amount of muscle mass, increases bone density and can reduce the risk of arthritis. Strength building can also include exercises like Pilates.



Balance training helps with balance, strengthens your core, and helps to prevent falls. Balance training is good for everyone, but especially good for those who are at risk for falling. Balance exercises are Tai Chi, dancing, shifting weight from side to side, standing on one foot, yoga, and using balance boards or stability balls.

Endurance exercises are also aerobic exercises. It is outlined as an activity you can do for increasing periods of time. One example is walking. To improve the amount of time you can go without resting would be building your endurance. For example, if you can only walk ten minutes and need to rest, then walking to achieve fifteen minutes, and then twenty minutes without needing to rest. Some of these exercises include stair steppers, ellipticals, cycling, swimming, running, and aerobic dance.

## Which Kind(s) of Exercise is Right for You?

(Continued from Page 2)

Flexibility usually is associated with exercises that are in the form of stretching. Sitting down for long periods of time and over a long time decreases the body's ability to be flexible. Activities as simple as being able to look over your shoulder can start to become harder or even impossible. Exercise classes like yoga, tai chi, Pilates, and others can help improve flexibility. Exercises that you can do on your own include shoulder rolls, standing hamstring stretches, Piriformis stretches, lunges, frog stretches, butterfly stretches, and many more.



Moderate intensity exercises are the ones that get you moving fast. These exercises are strenuous and are designed to burn off energy. The exercises for moderate intensity are geared to make you breath slightly more, get your body warmer, and slightly increase your heart rate. Activities can include walking at a steady pace, cycling, dancing, and swimming. For this category, the primary focus is on the slight increase for both the breathing and the heart rate whereas aerobic it much more intense.

Vigorous exercise is sometimes also called high intensity exercise. The physical activity being done requires a large amount of effort which creates a higher heart rate and rapid breathing. The amount of effort put into this exercise would make speaking full sentences hard. When doing exercises at a moderate or vigorous rate, it is important to properly warm up and cool down.

Exercise is not a one size fits all. Exercises can be chosen for a number of different reasons. It is important to understand what you are wanting to gain from exercising as well as knowing your limitations.

## Vegetable—Endive

Endive is a vegetable that is in the chicory family. It is growing in popularity but is still not very popular in West Virginia. Endive looks like a tall and thin head of lettuce. Its leaves are white and yellow and the leaves are tightly packed together. Its flavor is sweet, nutty, and has a mild bitter taste. Endive has another variety that is known as red endive or called radicchio. It is a round shape like a head of cabbage.

Growing endive can be very challenging because it has a two-step growing process. The first step the endive grows for about 150 days and turns into a leafy green. Noticing the picture on the right, it is not a leaf green vegetable. When it is time to harvest, the leaves are cut off and the roots are dug up. The roots are stored in cold storage and go dormant. Once ready to start growing, they are grown in a dark, humid, and cool room similar to growing mushrooms. The second process takes another twenty-eight day for them to reach their desired size (usually about six inches high).

As far as nutrition, endive has about one calorie per leaf and is a good source of potassium. Endive can be eaten both cooked or raw. Similar to a head of lettuce, remove the outer few leaves before using. It can be used in salads, braised, or baked. Sometime people will separate the leaves and use the leaves as a small edible serving dish. Add endive to the list of must try foods if you haven't tried it before.



### Caloric Ratio Pyramid [? What is this?](#)

Caloric Ratio Pyramid for Endive, raw		
This feature requires Flash player to be installed in your browser. <a href="#">Download the player here.</a>		
72%	10%	18%
Carbs	Fats	Protein

**Estimated Glycemic Load**

1

0 250

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Typical target total is 100/day or less

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[? What is this?](#)

**NutritionData's Opinion** [? What is this?](#)

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Weight loss: ★★★★★

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Optimum health: ★★★★★

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Weight gain: ★☆☆☆☆

**The good:** This food is low in Saturated Fat, and very low in Cholesterol. It is also a good source of Vitamin E (Alpha Tocopherol), Magnesium and Phosphorus, and a very good source of Dietary Fiber, Vitamin A, Vitamin C, Vitamin K, Thiamin, Riboflavin, Folate, Pantothenic Acid, Calcium, Iron, Potassium, Zinc, Copper and Manganese.

## Endive, raw



## NUTRITION INFORMATION

Amounts per 1 head (513g)

## Calorie Information

Amounts Per Selected Serving		%DV
Calories	87.2 (365 kJ)	4%
From Carbohydrate	63.0 (264 kJ)	
From Fat	8.6 (36.0 kJ)	
From Protein	15.6 (65.3 kJ)	
From Alcohol	0.0 (0.0 kJ)	

## Protein &amp; Amino Acids

Amounts Per Selected Serving		%DV
Protein	6.4 g	13%

[More details ▾](#)

## Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	17.2 g	6%
Dietary Fiber	15.9 g	64%
Starch	0.0 g	
Sugars	1.3 g	

[More details ▾](#)

## Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	11116 IU	222%
Vitamin C	33.3 mg	56%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	2.3 mg	11%
Vitamin K	1185 mcg	1481%
Thiamin	0.4 mg	27%
Riboflavin	0.4 mg	23%
Niacin	2.1 mg	10%
Vitamin B6	0.1 mg	5%
Folate	728 mcg	182%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	4.6 mg	46%
Choline	86.2 mg	
Betaine	~	

[More details ▾](#)

## Fats &amp; Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	1.0 g	2%
Saturated Fat	0.2 g	1%
Monounsaturated Fat	0.0 g	
Polyunsaturated Fat	0.4 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	66.7 mg	
Total Omega-6 fatty acids	385 mg	

[Learn more about these fatty acids and their equivalent names](#)

[More details ▾](#)

## Minerals

Amounts Per Selected Serving		%DV
Calcium	267 mg	27%
Iron	4.3 mg	24%
Magnesium	76.9 mg	19%
Phosphorus	144 mg	14%
Potassium	1611 mg	46%
Sodium	113 mg	5%
Zinc	4.1 mg	27%
Copper	0.5 mg	25%
Manganese	2.2 mg	108%
Selenium	1.0 mcg	1%
Fluoride	~	

## Recipe—Sautéed Endive with Balsamic Butter

### Ingredients

- ◆ 1 tablespoon extra-virgin olive oil
- ◆ 3 medium-small heads Belgian endive, trimmed, halved vertically
- ◆ 2 tablespoons balsamic vinegar
- ◆ 3 tablespoons unsalted butter, in small pieces
- ◆ 3 tablespoons fresh oregano leaves
- ◆ Pinch of sugar
- ◆ Salt to taste
- ◆ Pepper to taste



### Directions

1. Heat oil in a heavy skillet. Add endive halves, cut side down, and sear on medium-high heat for a couple of minutes per side, turning once, until golden brown but still somewhat firm in the middle. Salt to taste, transfer to a serving dish and tent with foil to keep warm.
2. Simmer vinegar in a small saucepan for about a minute. Remove from heat and whisk in butter bit by bit. Whisk in sugar and, if desired, some salt and pepper.
3. Drizzle some of the balsamic butter on endives, strew with marjoram and dust with pepper. Serve. Remaining balsamic butter can be refrigerated for future use.

## Don't Just Exercise Your Body, Workout Your Brain!

Intermediate Sudoku by KrazyDad, Volume 1, Book 50

## Sudoku #1

	7					6		5
3		9			5			
			6					4
	8	3					2	
			1		2			
	4					5	9	
1					7			
			8			1		9
6		4					8	

Friendship is one soul in two bodies.

© 2013 KrazyDad.com

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

# August 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Campfire Day
2 Friendship Day	3 National Watermelon Day	4 U.S. Coast Guard Day	5 National Underwear Day	6 National Fresh Breath Day	7 National Lighthouse Day	8 National Clown Day
9 Book Lover's Day	10 Lazy Day	11 Son and Daughter Day	12 Middle Child's Day	13 Left Handers' Day	14 National Creamsicle Day	15 Relaxation Day
16 National Tell a Joke Day	17 National Thrift Shop Day	18 Bad Poetry Day	19 National Potato Day	20 National Radio Day	21 Senior Citizen's Day	22 Be an Angel Day
23 Ride the Wind Day	24 Vesuvius Day	25 National Banana Split Day	26 National Dog Day	27 Just Because Day	28 Stuffed Green Bell Peppers Day	29 More Herbs, Less Salt Day
30 Toasted Marshmallow Day	31 National Eat Outside Day					

## Monthly Observances

- Admit You're Happy Month
- Family Fun Month
- National Catfish Month
- National Eye Exam Month
- National Golf Month
- Peach Month
- Romance Awareness Month
- Water Quality Month
- National Picnic Month

August

# Get Moving with Dance

By Kerri Carte, WVU Extension Agent – Kanawha County



**Monthly Challenge:** At least once a week while doing housework, put on your favorite music and dance away the dirt!

## Health Motivator Talking Points

Dancing is often associated with celebrations and community events, but few think of the health benefits.

- Dancing is considered a weight-bearing activity because you are required to move your body. It promotes balance, agility and flexibility. Dancing also is good for your cardiovascular system, because the more you move the more the heart pumps blood and oxygen through your system.
- Popular dance styles include ballet, ballroom, belly dancing, square dancing, hip-hop and tap. Within each of these styles a person must learn certain moves, positions and postures in order to correctly perform the style of dance. Then, these steps must be incorporated with music. When you combine all these elements, it is easy to see how beneficial dancing also is for your brain. In addition, because most people enjoy dancing, there also is a positive social and emotional component.
- There are many ways to incorporate dance into your life. To get the most benefit sign up for a class. Look around your community and see what is available. If you can't find a class, approach your local dance studio and inquire if they would add an adult class.
- Many community centers and churches offer dances. If you are in a small community that doesn't offer this, consider sponsoring a dance.
- Finally, dance daily. If you have a partner, push back the couch, put on your favorite tunes and cut a rug! If you don't have a partner, move to your favorite music. If you have mobility issues, dance while sitting in a chair.

### Quick Club Activity:

### Let's Dance

Select a favorite song from the era of your participants. The song could be Elvis Presley's "Jailhouse Rock" from the 1950s, the classic Beatles' tune "Twist and Shout" from the 1960s or Michael Jackson's best-seller, "Thriller," from the 1980s. Put the music on and cut a rug!

### Learn More

<https://utswmed.org/medblog/dancing-exercise-keywords/>

<https://www.betterhealth.vic.gov.au/health/HealthyLiving/dance-health-benefits>



### Chuckle of the Month:

How do you make a tissue dance?  
*Put a little boogie in it.*

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## **Brain Exercise Hints and Answers**

### **Hints**

**Sudoku #1**

6		14	19	27	20		21	
	1		57	47		48	22	49
7	8	12		23	15	11	16	
31			50	51	32	28		2
33	34	9		36		52	24	53
4		3	54	37	17			13
	55	5	38	39		56	29	40
18	41	10		35	30		25	
	42		43	44	26	45		46

### **Answers**

**Sudoku #1**

4	7	2	9	8	1	6	3	5
3	6	9	7	4	5	8	1	2
8	1	5	6	2	3	9	7	4
9	8	3	4	5	6	7	2	1
7	5	6	1	9	2	3	4	8
2	4	1	3	7	8	5	9	6
1	9	8	2	6	7	4	5	3
5	2	7	8	3	4	1	6	9
6	3	4	5	1	9	2	8	7

**This newsletter is created by Kathrine J. Clark, MS, RD, LD, Nutrition Consultant to the West Virginia Bureau of Senior Services.**

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