West Virginia Bureau of Senior Services
Volume 275
June 2025

Food and Fitness

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The Benefits of Daily Walking

Take a Step Toward Better Health



Walking is one of the easiest and best things you can do for your health. It doesn't cost anything, and you do not need any special equipment — just a good pair of shoes and a safe place to walk. Walking can make a big difference in how you feel each day.

One major benefit of walking is that it helps your heart. With only 20 to 30 minutes of walking per day, it can lower your blood pressure, improve your circulation, and reduce your risk of heart disease. For example, a daily walk around the block or at a local park can help keep your heart strong.

The Benefits of Daily Walking

Walking is also great for your joints and muscles. It helps keep your legs and hips moving, which can ease stiffness and reduce joint pain. Many elder Americans find that regular walks help them move more easily and feel less sore during the day.

Another great benefit is that walking boosts your mood. Being outside, breathing fresh air, and getting a little sunlight can help you feel happier. Some people like to walk with a friend or join a walking group, which is a fun way to stay social and connected.

Walking can even help with balance and prevent falls. As we age, it's important to stay steady on our feet. Walking every day builds strength and improves coordination, making it easier to stay safe and confident when moving around.

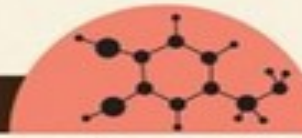
So whether it's a short stroll in your neighborhood, a few laps around the grocery store, or a walk with a pet, every step counts. Walking daily is a simple habit that can lead to a longer, healthier, and happier life.



WALK

YOUR WAY TO IMPROVED HEALTH

ANATOMY OF *Walking*



BOOSTS ENDORPHIN

Triggers positive feelings in the body.
Reduces stress,anxiety and depression.



LIMITS DISEASE RISK

Wards off diabetes and slashes the risk of developing asthma.



TONES YOUR LEGS

Giving great definition to calves,quads and hamstring.



BUILDS BONE MASS

Staves off conditions such as arthritis and osteoporosis.



BURNS MORE FAT

Than jogging.



DEMENTIA RISK

Prevents up to 40% and avoids brain shrinkage.



PHYSICAL FUNCTION

Prevents physical disabilites in older persons.



HEALTHY EFFECT

Improves measurements around your waist and hip.

Vegetable—Water Chestnuts







Water chestnuts are an aquatic vegetable. Even though they are called “chestnuts,” they are not nuts at all — they are the root part of a plant. Specifically, they are the corm (the underground stem base) of a marsh plant called *Eleocharis dulcis*. They grow in muddy, shallow water, kind of like rice, and are known for their crisp texture and mild, sweet flavor.

China is the largest producer of water chestnuts. Other producers include Thailand, India, the Philippines, and some parts of Australia.

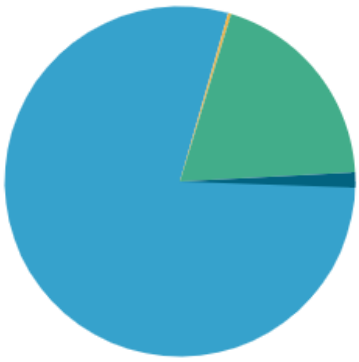
One great thing about water chestnuts is that they are very low in calories and fat, but still make you feel full. They’re also high in fiber, which helps your digestion.

Water chestnuts contain vitamin B6, which helps your brain and nervous system; vitamin C, which boosts your immune system and keeps your skin healthy; and vitamin E, which helps protect your cells from damage.

They are also a good source of potassium, a mineral that helps control blood pressure and supports a healthy heart. Water chestnuts also have magnesium, which helps your muscles and nerves work well, and copper, which helps your body make red blood cells. There are also small amounts of iron, zinc, and manganese.

Whether you add them to your favorite meal or eat them raw, water chestnuts are a great way to get more nutrition into your diet .

WHAT IS THIS FOOD MADE OF?



79.2%	Water	124.5g
1.4%	Protein	2.2g
19.3%	Carbs	30.4g
0.1%	Fat	0.14g
0%	Alcohol	0g

WHERE DO THE CALORIES COME FROM?



7%	Protein
92%	Carbs
1%	Fat
0%	Alcohol

Minerals

	-- = missing data	%DV
Weight	158g	
Calcium	9.5mg	1%
Iron, Fe	2.1mg	12%
Potassium, K	290.7mg	6%
Magnesium	12.6mg	3%
Phosphorus, P	47.4mg	4%
Sodium	19mg	1%
Zinc, Zn	0.93mg	8%
Copper, Cu	0.25mg	27%
Manganese	--mg	--%
Selenium, Se	1.7mcg	3%

Nutrition Facts

Water Chestnut

Serving Size:

1 × 1 cup (158g)



Nutrition Facts

Serving Size
1 cup (158g)

Calories **123**

	% Daily Value *
Total Fat 0.14g	**0%**
Saturated Fat 0.04g	**0%**
Trans Fat --g	
Cholesterol 0mg	**0%**
Sodium 19mg	**1%**
Total Carbohydrate 30.4g	**11%**
Dietary Fiber 6.2g	**22%**
Total Sugars 6.1g	**12%**
Includes --g Added Sugars	**--%**
Protein 2.2g	**4%**
Vitamin C 3.2mg	4%
Vitamin D 0mcg	0%
Iron 2.1mg	12%
Calcium 9.5mg	1%
Potassium 290.7mg	6%
Phosphorus 47.4mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamins

	-- = missing data	%DV
Weight	158g	
Vitamin A, RAE	0mcg	0%
Vitamin C	3.2mg	4%
Thiamin (B1)	0.03mg	2%
Riboflavin (B2)	0.06mg	5%
Niacin (B3)	0.89mg	6%
Vitamin B5 (PA)	--mg	--%
Vitamin B6	0.39mg	23%
Biotin	--mcg	
Folate (B9)	14.2mcg	4%
Folic acid	0mcg	0%
Food Folate	14.2mcg	4%
Folate DFE	14.2mcg	4%
Choline	45.7mg	8%
Vitamin B12	0mcg	0%
Retinol	0mcg	
Carotene, beta	0mcg	0%
Carotene, alpha	0mcg	0%
Cryptoxanthin, beta	0mcg	0%
Vitamin A, IU	--IU	
Lycopene	0mcg	
Lut + Zeaxanthin	0mcg	
Vitamin E	1.2mg	8%
Vitamin D	0mcg	0%

Recipe— Stir-Fried Water Chestnuts



Ingredients:

- 1 cup canned or fresh water chestnuts (sliced)
- 1 tablespoon olive oil
- 1/2 cup sliced bell peppers
- 1/2 cup snap peas or broccoli
- 1 tablespoon low-sodium soy sauce
- Optional: garlic or ginger for extra flavor

Recipe Adapted From: tarladalal.com

Instructions:

1. Heat olive oil in a pan over medium heat.
2. Add veggies and stir-fry for 2–3 minutes.
3. Add water chestnuts and soy sauce.
4. Cook for 2 more minutes.
5. Serve warm with brown rice or on its own!

Brain Exercise

Don't Just Exercise your body — workout your brain!

DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

The Lighthouse

Word Search

S	L	T	T	M	G	O	U	C	B	C	E	F	X	S	H	R	F	Z
H	F	O	K	F	B	X	J	C	A	N	K	Q	R	P	E	A	V	Z
I	C	W	H	P	B	P	Q	N	O	K	E	B	Z	S	Q	U	Z	R
P	O	E	N	K	S	T	A	I	R	S	Z	N	C	G	U	I	D	E
S	I	R	E	N	Z	U	T	Z	N	T	G	U	I	X	C	S	E	P
V	O	O	Q	A	T	A	E	S	O	K	E	N	P	L	H	L	I	E
T	N	H	Z	I	G	D	V	T	C	E	I	S	I	G	N	A	L	E
J	C	S	C	I	V	Y	C	O	A	S	T	F	N	H	O	N	T	K
J	F	A	V	K	T	L	U	R	E	C	F	J	R	D	S	D	V	A
Z	L	A	W	X	N	B	A	M	B	S	C	J	E	E	X	A	I	P
T	N	R	E	V	O	L	V	I	N	G	O	F	T	N	S	G	L	W
J	B	N	D	R	G	K	I	X	F	W	L	J	N	A	A	N	D	F
M	A	R	I	T	I	M	E	U	R	O	B	R	A	H	Q	E	E	S
U	Z	Z	I	H	M	B	O	U	M	E	M	T	L	E	C	A	C	L
V	Q	K	J	G	P	O	Q	M	K	U	W	C	Y	F	F	T	Q	O
Y	R	T	T	C	H	A	U	W	A	R	N	I	N	G	C	E	E	H
N	J	C	L	V	L	T	C	S	V	Y	Y	T	E	F	A	S	G	R
B	C	X	O	S	T	S	I	M	E	M	H	L	D	J	V	B	Q	M
C	O	T	T	A	G	E	S	Z	I	N	M	I	Q	D	J	C	D	T

BEACON
BOATS
BRIGHT
CLIFFS
COAST
COTTAGES
FLASHING
FRESNEL
GUIDE
HARBOR
HAZE
ISLAND
KEEPER
LANTERN
MARITIME
MISTS
NAUTICAL
NAVIGATION
OCEAN
RESCUE
REVOLVING
SAFETY
SHIPS
SHORE
SIGNAL
SIREN
STAIRS
STORM
TOWER
WARNING



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June 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Frozen Yogurt Day	2 National Rocky Road Day	3 National Egg Day	4 National Cheese Day	5 World Environ-ment Day	6 National Doughnut Day	7 National Trails Day
8 World Ocean Day	9 Interna-tional Omelet Day	10 Herb and Spices Day	11 National Corn on the Cob Day	12 National Jerky Day	13 Sewing Machine Day	14 National Cucumber Day
15 Father's Day	16 Fresh Veggies Day	17 Eat Your Vegetables Day	18 Sushi Day	19 National Kissing Day	20 Ice Cream Soda Day	21 Interna-tional Yoga Day
22 National Onion Ring Day	23 Interna-tional Wid-ows Day	24 National Pralines Day	25 National Catfish Day	26 For-giveness Day	27 National Onion Day	28 Insurance Awareness Day
29 Waffle Iron Day	30 Meteor Day					

MONTHLY OBSERVATIONS

- Accordion Awareness Month
- Alzheimer's and Brain Awareness Month
- Candy month
- Cucumber Month
- Dairy Month
- Effective Communications Month
- Fresh Fruit and Vegetables Month
- Great Outdoors Month
- National Iced Tea Month
- Rose Month

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The Lighthouse

Word Search

SOLUTION

S	L	T	T	M	G	O	U	C	B	C	E	F	X	S	H	R	F	Z
H	F	O	K	F	B	X	J	C	A	N	K	Q	R	P	E	A	V	Z
I	C	W	H	P	B	P	Q	N	O	K	E	B	Z	S	Q	U	Z	R
P	O	E	N	K	S	T	A	I	R	S	Z	N	C	G	U	I	D	E
S	I	R	E	N	Z	U	T	Z	N	T	G	U	I	X	C	S	E	P
V	O	O	Q	A	T	A	E	S	O	K	E	N	P	L	H	L	I	E
T	N	H	Z	I	G	D	V	T	C	E	I	S	I	G	N	A	L	E
J	C	S	C	I	V	Y	C	O	A	S	T	F	N	H	O	N	T	K
J	F	A	V	K	T	L	U	R	E	C	F	J	R	D	S	D	V	A
Z	L	A	W	X	N	B	A	M	B	S	C	J	E	E	X	A	I	P
T	N	R	E	V	O	L	V	I	N	G	O	F	T	N	S	G	L	W
J	B	N	D	R	G	K	I	X	F	W	L	J	N	A	A	N	D	F
M	A	R	I	T	I	M	E	U	R	O	B	R	A	H	Q	E	E	S
U	Z	Z	I	H	M	B	O	U	M	E	M	T	L	E	C	A	C	L
V	Q	K	J	G	P	O	Q	M	K	U	W	C	Y	F	F	T	Q	O
Y	R	T	T	C	H	A	U	W	A	R	N	I	N	G	C	E	E	H
N	J	C	L	V	L	T	C	S	V	Y	Y	T	E	F	A	S	G	R
B	C	X	O	S	T	S	I	M	E	M	H	L	D	J	V	B	Q	M
C	O	T	T	A	G	E	S	Z	I	N	M	I	Q	D	J	C	D	T

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