

# Food and Fitness

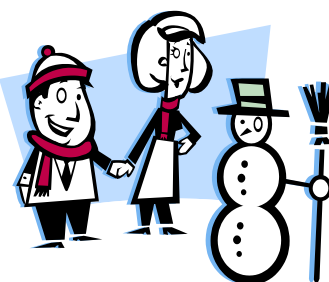
*West Virginia Bureau of Senior Services*

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Daily exercise is one of the most important aspects to living a long and healthy life. Exercise not only extends the longevity of life but also the quality of the life you live.



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One of the most common misconceptions when it comes to exercise is that it has to be a strenuous activity. Most people do not understand that exercise can be something as small as just getting up and down out of a chair unassisted. This activity actually helps build and strengthen muscles that can become weak or frail as we get older. Another way to get exercise can be as simple as walking to the mailbox to get the mail everyday or going to the grocery store and doing your own grocery shopping. These

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are good ways to get cardiovascular activity as well as keeping your knees and leg muscles from deteriorating.

As we age, we tend to get discouraged by our body's inability to perform acts that used to come easy for us. This is why setting short and long term goals is very important. Try setting aside 10 minutes a day to do small activities to start with and increase to 20 after the first week.

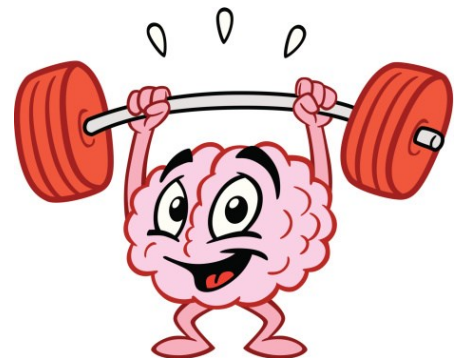
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# BENEFITS AND TIPS FOR DAILY EXERCISE

(Continued From Page 1)

While exercising, there are a few very important things to remember. First, always wear comfortable clothing. No one wants to be miserable while trying to do the right thing for their body. Second, remember to start light with low repetitions (8-10) at first. The one thing you do not want to do is hurt yourself right in the beginning and then not be able to keep with your routine and goals you have set. This can be very discouraging to someone just beginning an exercise regime. Last, and most important, if it causes pain, STOP! The old adage “no pain, no gain” is not true.

Always remember before and after exercise every person should stretch whatever muscle you had worked that day if at all possible. It is recommended to try and work each major muscle group twice per week and stretch at least once per day. By following these simple recommendations, a person can maintain an active and healthier lifestyle as we get older. Also remember that eating a healthy diet and maintaining a healthy level of protein intake are also very important factors in being able to perform certain exercises to maintain healthy muscles. To summarize the key points about maintaining a healthy exercise program; set goals, exercise does not have to be heavy lifting or strenuous activity, wear comfortable clothing, stretch, work major muscle groups twice a week, and eat healthy with plenty of protein.





## EXERCISE TIPS AND COMMON BARRIERS

### Tips for incorporating exercise into daily activities:

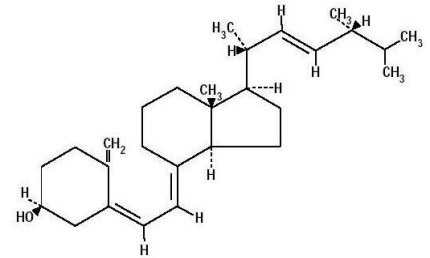
- Exercise in short, 10-minute bouts.
- Set a schedule. The key is to set aside specific days and times for exercise, making it just as much a regular part of a daily schedule as everything else.
- Wear comfortable clothes that don't restrict movement.
- Wear leg warmers or over-the-knee socks that can help prevent sore muscles in the lower leg.
- If a movement causes pain, stop! The old adage "No pain, no gain," is not true.

### Common Barriers to Exercise: How to Approach

Barrier	Approach
Self-efficacy	Begin slowly with exercises that are easily accomplished; advance gradually; provide frequent encouragement.
Attitude	Promote positive personal benefits of exercise; identify enjoyable activities.
Discomfort	Vary intensity and range of exercise; employ cross-training; start slowly; avoid overdoing.
Disability	Specialized exercises; consider personal trainer or physical therapist.
Poor balance / ataxia	Assistive devices can increase safety as well as increase exercise intensity.
Fear of injury	Balance and strength training initially; use of appropriate clothing, equipment, and supervision; start slowly.
Habit	Incorporate into daily routine; repeat encouragement; promote active lifestyle.*
Subjective norms	Identify and recruit influential others; education of patient and influential family/friends.
Fixed income	Walking and other simple exercises; use of household items; promote active lifestyle.*
Inclement weather	Walk in the mall; use senior centers; promote active lifestyle.*
Cognitive decline	Incorporate into daily routine; keep exercises simple.
Illness / fatigue	Use a range of exercises/intensities that patients can match to their varying energy level.

## VITAMIN D

Also Known As Calciferol



### Functions

Functions with calcium and phosphorus to maintain homeostasis, essential for healthy bones and teeth, helps with heart regulation, and protects against muscle weakness.

### Daily Amounts Needed for Adults 50 and Older:

Recommended Daily Allowance:

Men and Women 50-70 years of age — 15 µg/d

Men and Women 70+ years of age — 20 µg/d



### Sources

Eggs	Butter
Liver	Fortified Milk
Fatty Fish	The Sun*

\*Wearing SPF of 15 and over will block any



### Deficiency

In adults, deficiency is usually osteomalacia. Can also cause rickets in infants.

### Toxicity

For adults, can cause sudden anorexia, nausea, vomiting, polydipsia, polyuria, and calcification of soft tissue.

## MINISTRONE SOUP

### Ingredients

- 4 cups vegetable stock
- 2 (14.5ounce) cans stewed tomatoes
- 1 large potato, cubed
- 1 onion, chopped
- 2 stalks of celery, chopped
- 2 carrots, chopped
- 1 large head cabbage, finely chopped
- 2 tablespoons Italian seasoning
- 1 (15 ounce) can kidney beans
- 1 large zucchini, sliced
- 1 cup uncooked pasta of your choice —macaroni, small shells, orzo
- Salt and pepper to taste



### Instructions

1. In a large pot combine vegetable stock, both cans of tomatoes undrained, potatoes, onion, celery, carrots, cabbage and Italian seasoning.
2. Bring to a boil and reduce heat. Simmering for about 15 minutes.
3. Stir in the beans, corn, zucchini and pasta.
4. Simmer for an additional 10 to 15 minutes.
5. Season with salt and pepper to taste.



# BRAIN EXERCISE

DON'T JUST EXERCISE YOUR, BODY, WORKOUT YOUR BRAIN!

## Sudoku #1

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



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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.



# January 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					<b>1</b> <i>New Year's Day</i>	<b>2</b> <i>Run up the Flagpole</i>
<b>3</b> <i>Festival of Sleep Day</i>	<b>4</b> <i>Trivia Day</i>	<b>5</b> <i>National Bird Day</i>	<b>6</b> <i>Bean Day</i>	<b>7</b> <i>Old Rock Day</i>	<b>8</b> <i>Bubble Bath Day</i>	<b>9</b> <i>Play God Day</i>
<b>10</b> <i>Houseplant Appreciation Day</i>	<b>11</b> <i>Step in a Puddle and Splash Your Friend's Day</i>	<b>12</b> <i>National Pharmacist Day</i>	<b>13</b> <i>Make Your Dream Come True Day</i>	<b>14</b> <i>Dress Up Your Pet Day</i>	<b>15</b> <i>National Hat Day</i>	<b>16</b> <i>National Nothing Day</i>
<b>17</b> <i>Ditch New Years Resolutions Day</i>	<b>18</b> <i>MLK Jr. Day</i> <i>Winnie the Pooh Day</i>	<b>19</b> <i>National Popcorn Day</i>	<b>20</b> <i>National Buttercrunch Day</i>	<b>21</b> <i>National Hugging Day</i>	<b>22</b> <i>National Blond Brownie Day</i>	<b>23</b> <i>National Pie Day</i>
<b>24</b> <i>Compliment Day</i> <b>31</b> <i>Backwards Day</i>	<b>25</b> <i>Opposite Day</i>	<b>26</b> <i>Spouse's Day</i>	<b>27</b> <i>Chocolate Cake Day</i>	<b>28</b> <i>Fun at Work Day</i>	<b>29</b> <i>National Puzzle Day</i>	<b>30</b> <i>National Inane Answering Message Day</i>

## JANUARY MONTHLY OBSERVATIONS

- National Bath Safety Month
- National Blood Donor Month
- National Braille Literacy Month
- National Hobby Month
- Hot Tea Month
- National Oatmeal Month
- National Soup Month

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

Huntington, WV 25575



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

## BRAIN EXERCISE ANSWERS

HINTS:

### Sudoku #1

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

ANSWERS:

### Sudoku #1

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