

# Food and Fitness

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## Knowing the Stages of Change to Get Back to an Active Life

Covid-19 has created many things, both positive and negative. For many people, it started to create a less active lifestyle. Getting back to moving and becoming more active can be a challenge. The knowledge of the stages of change can help you understand where you are and how to get to the next stage to get back moving.



There are five total stages of change: precontemplation, contemplation, preparation, action and maintenance. Each stage is different and has its own set of rules for that stage.

The first stage is precontemplation. Precontemplation is not knowing there is an issue that needs to be changed. Often people in the precontemplation stage are not thinking about changing anything. They are in what some would call the denial stage and are often defensive when confronted about change. When you are living an inactive lifestyle, this stage is often the hardest to combat.

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# Knowing the Stages of Change to Get Back to an Active Life

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The second stage is contemplation. Contemplation is knowing that there is a problem but not yet ready to change. Often people who fall into this stage lack the confidence to make a change. People often may even go back and forth wondering if they need to make changes. People often make a list of pros and cons in this stage. For instance, they want to start walking because they need the extra movement, but their knees might hurt for a few weeks. The contemplation stage can last days or even throughout one's whole life.

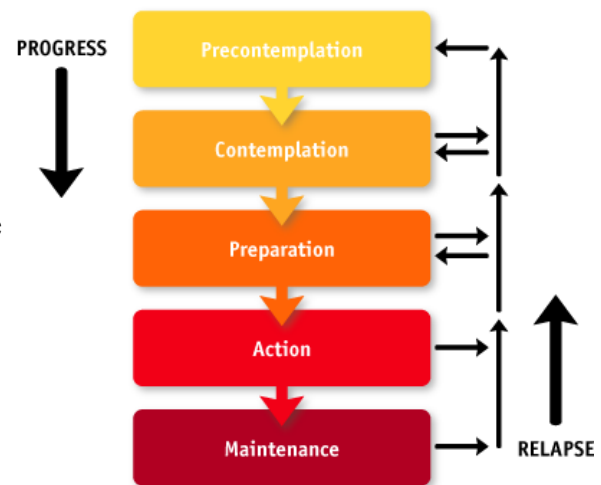
The preparation stage is the third stage and it often shows the first signs of determination. In this step, people are getting ready to actively make change. People often make statements saying they need to change. In this stage, people do research and gather information. Some people will skip this step and it can cause issues that will create a failed effort. When people decide to start becoming more active, it is very important to make sure people do not overdo it. Also, some physical activities, if done incorrectly, can cause more harm than good.

The fourth stage is action. In this stage, people are motivated and actively making change. The fourth stage is the shortest stage. This stage can be as short as one hour all the way to six months. People here are working with their own willpower but have the highest risk for going back to old habits. People in this stage often want to reward themselves. An example of this would be if someone walked an extra mile but rewarded themselves with taking the next two days off. This could lead back to the old habits.

The fifth, and last, stage is maintenance. Maintenance means one can avoid temptations successfully without returning to old habits. People here are often very proud of their success and look back at the progress they have made.

It is common that one person can get stuck in one stage. It often takes a driving force to move up through all the stages. However, the opposite is also true. People do move backward through these stages. It is important if you are actively wanting to move up to the next stage to look and see what it involves.

Exercise fits very well into these stages. We know moving our body can provide many great benefits, but finding what stage we are in and finding ways to move forward can be done. The best part about exercising and moving, is that it can look different for everyone. One person may want to walk while another wants to learn to dance. No matter the case, an active life can be measured in your own terms.



OLDER ADULTS

**MOVE**  
YOUR WAY™

# What's your move?

## Physical activity can make daily life better.

When you're active and strong, it's easier to:



Do everyday tasks,  
like chores and shopping



Keep up with the grandkids



Stay independent  
as you get older

And it has big health benefits, too.

✓ Less pain

✓ Better mood

✓ Lower risk of many diseases

## How much activity do I need?

### Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND

### Muscle-strengthening activity

Do activities that make your muscles work harder than usual.



Break it up over the whole week however you want!

## Physical activity can help manage many health problems.

- ✓ Reduce symptoms of arthritis, anxiety, and depression
- ✓ Help keep diabetes and high blood pressure under control

## Just getting started?

No problem — start slow and do what you can. **Even a 5-minute walk has real health benefits.** Build up to more activity over time.

Mix in stretches and activities to improve your balance, too! Keep your body flexible and help lower your risk of falls.

## And all sorts of activities count.



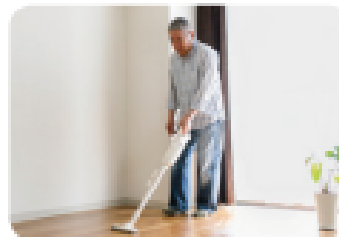
Even things you have to do anyway



Even things that don't feel like exercise

## You can get more active.

No matter your age, you can find a way that works for you.



So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.  
[health.gov/MoveYourWay/Activity-Planner](https://health.gov/MoveYourWay/Activity-Planner)





## Vegetable—Rutabaga

The rutabaga is vegetable that is not as common as some of the other root vegetables. The rutabaga is a cruciferous vegetable that grows only in cold climates. The rutabaga is often said to be a mix of a turnip and cabbage.

The rutabaga is often confused with a turnip because they do look very similar. However, there are some differences. Rutabagas are larger and more yellowish than a turnip. Both the rutabaga and the turnip have a bitter flavor, but the rutabaga is sweeter and milder, when eaten raw. Rutabagas, when cooked, often become savory, like a rich potato. When eating a rutabaga, the most common way is to treat it like it is a potato. Just about any way you can cook a potato, you can also cook a rutabaga.

The best times to find rutabagas are between the months of October and March, but the best time to get them is in the middle of winter. When picking out rutabagas, you want it to be about 4 inches in diameter and firm. Another helpful tip is, if you scratch the surface and if the underneath flesh is yellow.

As for nutrition, the rutabaga is low in calories and compared to the potato they contain less than half the amount of carbohydrates. The rutabagas are high in vitamin C and fiber. The also contain notable amounts of B vitamins, potassium, magnesium, manganese, and calcium.



### Minerals

-- = missing data

%DV

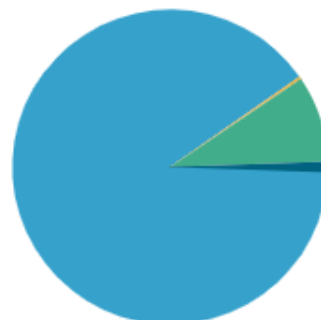
Weight	140g	
Calcium	60.2mg	5%
Iron, Fe	0.6mg	3%
Potassium, K	427mg	9%
Magnesium	28mg	7%
Phosphorus, P	74.2mg	6%
Sodium	16.8mg	1%
Zinc, Zn	0.3mg	3%
Copper, Cu	0mg	5%
Manganese	0.2mg	8%
Selenium, Se	1mcg	2%
Fluoride, F	--mcg	--%
Molybdenum	--mcg	
Iodine, I	--mcg	
Chlorine	--mg	
Chromium	--mcg	

### WHERE DO THE CALORIES COME FROM?



10%	Protein
87%	Carbs
3%	Fat
0%	Alcohol

### WHAT IS THIS FOOD MADE OF?



90.07%	Water
1.09%	Protein
8.68%	Carbs
0.16%	Fat
0%	Alcohol



## Nutrition Facts

### Rutabagas (Neeps Swedes)

Rutabagas Raw

Serving Size:

1

x

1 cup, cubes ( 140g)



## Nutrition Facts

### Serving Size

1 cup, cubes (140g)

**Calories**

**52**

% Daily Value \*

<b>Total Fat</b> 0.2g	<b>0%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Trans Fat</b> 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 16.8mg	<b>1%</b>
<b>Total Carbohydrate</b> 12.1g	<b>4%</b>
<b>Dietary Fiber</b> 3.2g	<b>12%</b>
<b>Total Sugars</b> 6.2g	<b>12%</b>
<b>Includes --g Added Sugars</b>	<b>--%</b>
<b>Protein</b> 1.5g	<b>3%</b>
<b>Vitamin C</b> 35mg	<b>39%</b>
<b>Vitamin D</b> 0mcg	<b>0%</b>
<b>Iron</b> 0.6mg	<b>3%</b>
<b>Calcium</b> 60.2mg	<b>5%</b>
<b>Potassium</b> 427mg	<b>9%</b>
<b>Phosphorus</b> 74.2mg	<b>6%</b>

\*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

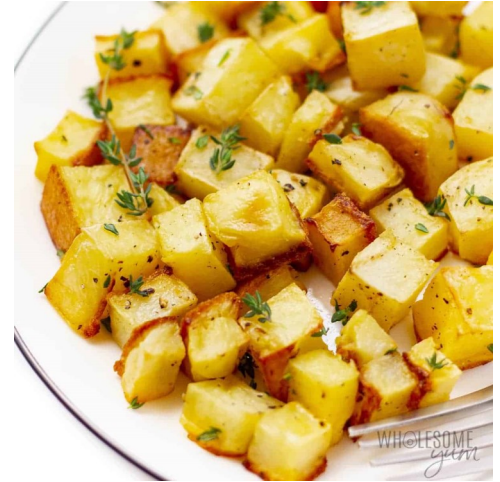
%DV

<b>Weight</b>	<b>140g</b>	
<b>Vitamin A, RAE</b>	<b>0mcg</b>	<b>0%</b>
<b>Vitamin C</b>	<b>35mg</b>	<b>39%</b>
<b>Thiamin (B1)</b>	<b>0.1mg</b>	<b>11%</b>
<b>Riboflavin (B2)</b>	<b>0.1mg</b>	<b>4%</b>
<b>Niacin (B3)</b>	<b>1mg</b>	<b>6%</b>
<b>Vitamin B5 (PA)</b>	<b>0.2mg</b>	<b>4%</b>
<b>Vitamin B6</b>	<b>0.1mg</b>	<b>8%</b>
<b>Biotin</b>	<b>--mcg</b>	
<b>Folate (B9)</b>	<b>29.4mcg</b>	<b>7%</b>
<b>Folic acid</b>	<b>0mcg</b>	<b>0%</b>
<b>Food Folate</b>	<b>29.4mcg</b>	<b>7%</b>
<b>Folate DFE</b>	<b>29.4mcg</b>	<b>7%</b>
<b>Choline</b>	<b>19.7mg</b>	<b>4%</b>
<b>Vitamin B12</b>	<b>0mcg</b>	<b>0%</b>
<b>Retinol</b>	<b>0mcg</b>	
<b>Carotene, beta</b>	<b>1.4mcg</b>	<b>0%</b>
<b>Carotene, alpha</b>	<b>0mcg</b>	<b>0%</b>
<b>Cryptoxanthin, beta</b>	<b>1.4mcg</b>	<b>0%</b>
<b>Vitamin A, IU</b>	<b>2.8IU</b>	
<b>Lycopene</b>	<b>19.6mcg</b>	
<b>Lut + Zeaxanthin</b>	<b>26.6mcg</b>	
<b>Vitamin E</b>	<b>0.4mg</b>	<b>3%</b>
<b>Vitamin D</b>	<b>0mcg</b>	<b>0%</b>
<b>Vitamin D2</b>	<b>--mcg</b>	
<b>Vitamin D3</b>	<b>--mcg</b>	
<b>Vitamin D (IU)</b>	<b>0IU</b>	<b>0%</b>
<b>Vitamin K</b>	<b>0.4mcg</b>	<b>0%</b>
<b>Vitamin K1</b>	<b>--mcg</b>	
<b>Menaquinone-4</b>	<b>--mcg</b>	

## Recipe—Roasted Rutabaga

### Ingredients

- 1 lb Rutabagas (peeled and cut into 3/4-inch pieces)
- 2 tbsps Olive oil
- 1 tsp Garlic powder
- 1 tsp Sea salt
- 1/2 tsp Black pepper



### Directions

1. Preheat the oven to 400 degrees F (204 degrees C). Line a sheet pan with parchment paper or cooking spray.
2. In a large mixing bowl, toss the rutabaga cubes with the olive oil, garlic powder, salt, and pepper.
3. Spread evenly on the baking sheet making sure each piece touches the pan.
4. Roast in the oven for about 25 minutes, until the rutabaga pieces are golden brown and tender.

Recipe received from: [Roasted Rutabaga Recipe \(Just Like Potatoes!\) - Wholesome Yum](#)

## Brain Exercise

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



# Labor Day

## Word Scramble

Labor Day is celebrated in the United States on the first Monday of September. The jumbles here include both historically significant words and ways people celebrate today.

MVNEMEOT

\_\_\_\_\_

MANPLUL

\_\_\_\_\_

AYPTR

\_\_\_\_\_

EBESRMTEP

\_\_\_\_\_

EWEKEDN

\_\_\_\_\_

SWEAG

\_\_\_\_\_

TSRGIH

\_\_\_\_\_

AYONDM

\_\_\_\_\_

DRAET

\_\_\_\_\_

TKEIRS

\_\_\_\_\_

ABUEERCB

\_\_\_\_\_

TFAFIRC

\_\_\_\_\_

IOTAVACN

\_\_\_\_\_

ILOYAHD

\_\_\_\_\_

IRZEAOGN

\_\_\_\_\_

CUYTISRE

\_\_\_\_\_

LRAYL

\_\_\_\_\_

CPCIIN

\_\_\_\_\_

RCEGMIU

\_\_\_\_\_

BARLO

\_\_\_\_\_

ARDPEA

\_\_\_\_\_

NNUIO

\_\_\_\_\_

RTPI

\_\_\_\_\_

OJB

\_\_\_\_\_



# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 National Cherry Popover Day	2 Internation- al Bacon Day
3 Skyscraper Day	5 Labor Day	5 Cheese Pizza Day	6 Read a Book Day	7 National Salami Day	8 Pardon Day	9 Teddy Bear Day
10 Grand- parent's Day	11 911 Re- membrance Day	12 Chocolate Milk Shake Day	13 National Peanut Day	14 Internation- al Crab Fest Day	15 Make a Hat Day	16 American Legion Day
17 National Apple Dumpling Day	18 National Cheese- burger Day	19 National Dance Day	20 National Pepperoni Pizza Day	21 Miniature Golf Day	22 Breakfast in Bed Day	23 Checkers Day
24 National Cherries Jubilee Day	25 National Quesadilla Day	26 Johnny Ap- pleseed Day	27 Crush a Can Day	28 National Good Neighbor Day	29 Chinese Moon Fes- tival	30 National Mud Pack Day

## September Monthly Observances

- Baby Safety Month
- Chicken Month
- Better Breakfast Month
- Classical Music Month
- Happy Cat Month
- Hispanic Heritage Month
- Honey Month
- International Square Dancing Month
- National Blueberry Popsicle Month
- Nation Mushroom Month
- National Piano Month
- Self Improvement Month
- National Sewing Month
- Whole Grain Month

## West Virginia Bureau of Senior Services

Kathrine J. Clark, MS, RD, LD  
Nutrition Consultant  
1 John Marshall Drive  
Huntington, WV 25575  
Kathrine.Clark@marshall.edu



## Brain Exercise Answers

### SOLUTION

MVNEMEOT	<u>MOVEMENT</u>
MANPLUL	<u>PULLMAN</u>
AYPTR	<u>PARTY</u>
EBESRMTEP	<u>SEPTEMBER</u>
EWEKEDN	<u>WEEKEND</u>
SWEAG	<u>WAGES</u>
TSRGIH	<u>RIGHTS</u>
AYONDM	<u>MONDAY</u>
DRAET	<u>TRADE</u>
TKEIRS	<u>STRIKE</u>
ABUEERCB	<u>BARBECUE</u>
TFAFIRC	<u>TRAFFIC</u>

IOTAVACN	<u>VACATION</u>
ILOYAHD	<u>HOLIDAY</u>
IRZEAOGN	<u>ORGANIZE</u>
CUYTISRE	<u>SECURITY</u>
LRAYL	<u>RALLY</u>
CPCIIN	<u>PICNIC</u>
RCEGMIU	<u>MCGUIRE</u>
BARLO	<u>LABOR</u>
ARDPEA	<u>PARADE</u>
NNUIO	<u>UNION</u>
RTPI	<u>TRIP</u>
OJB	<u>JOB</u>

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