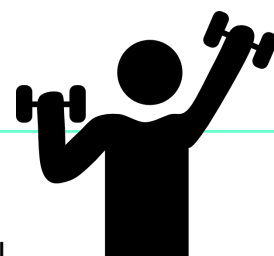


West Virginia Bureau  
of Senior Services

# Food and Fitness

April 2018  
Volume 189

## Will Exercise Help Lose Unwanted Weight?



### Inside this issue:

Will Exercise  
Help Lose Un-  
wanted Weight? **1-2**

Monthly Motiva- **3-6**  
tor—Keep an  
Eye on Healthy  
Choices

Fruit— Apricot **7-8**

Recipe—Broiled **9**  
Apricots with  
Ricotta and  
Pistachios

April Monthly **10**  
Observations

If only the answer to this question, was that simple. Often people think, if they exercise that will equal weight loss, and generally that does not ring true for many. A number of factors contribute to whether or not you can expect weight loss with exercise.

In order to lose weight, you must burn more calories than what you consume. However, it is common when one exercises they eat more. If you haven't changed your eating habits and your eating frequency increases, little-to-no weight change is likely. For best results, you should consider dieting and exercising for optimal results. Choosing a healthy diet to go along with exercise can help shed those unwanted pounds at a more rewarding rate.

Exercising and burning of calories work hand-in-hand. However, people tend to overestimate (as well as exercise equipment) how many calories we actually burn within that workout. The amount of calories burnt in one hour of exercise will differ for everyone. The amount of calories burnt are based on things like gender, weight, intensity of the exercise, and individual factors that are different for everyone. Charts are created to show how many calories you can burn for your gender, weight and type of exercise but they are not exact.

(Continues on Page 2)

## Will Exercise Help Lose Unwanted Weight?

(Continued from Page 1)

If you are counting calories, be careful if you are adding the calories “you burnt” while exercising to your calorie allowance.

Example: A person needs a 2400 calorie diet for weight maintenance. If that person chooses an 1800 calorie diet to promote weight loss, but exercises to help burn more calories to allow for foods like cupcakes on top of the 1800 calories. However, it isn’t foolproof. If you think that you burnt 1000 while exercising, but in reality expended 500 calories. You could be accounting for 500 additional calories that were never really burnt. Now, you want to add those 1000 calories you “burnt” back into your diet so you can have those high calorie foods.



Calorie Factors	Estimated Calories	Reality Calories
Weight Maintenance	2400	2400
Promote Weight Loss	1800	1800
Exercise Calories “Burnt”	-1000	-500
Calorie Consumed	2800	2800
Calorie Remaining (Consumed – Burnt)	$(2800-1000) =$ <b>1800</b>	$(2800-500) =$ <b>2300</b>
Calorie Toward Weight Loss (Weight Maintenance – Remaining)	$(2400-1800) =$ <b>600</b>	$(2400-2300) =$ <b>100</b>

Lastly, weight loss isn’t always a good indication of fat weight loss. Body measurements are good to keep track of as well. Muscle weight can be increasing while fat weight is decreasing causing confusion and frustration when you don’t see results.

Exercise is great for the body. However, exercise without a healthy diet may not lead to weight loss. Combining both diet and exercise can give you the results you are looking for.

April

# Keep an Eye on Healthy Choices

By David Roberts, WVU Extension Agent – Lincoln County

**Monthly Challenge:** Try one or all of the eye tests at home (see the April Healthy Extras).

## Health Motivator Talking Points

Of the five senses, sight is the most vital to staying independent. Vision care is too often overlooked. Keep an eye on your daily habits and take good care of your eyes. Follow these tips:

- *Eat well* – Plan a healthy menu with options, such as green leafy vegetables, oily fish, eggs, non-meat protein sources and citrus fruits.
- *Drop the butts* – Smoking increases the risks of optic nerve damage, cataracts and macular degeneration.
- *Wear sunglasses* – Choose a polarized pair that blocks 99 percent of UVA and UVB rays.
- *Use safety eyewear* – Wear eye protection around hazardous or airborne materials on the job and around the home.
- *Prevent eye fatigue with the 20-20-20 rule* – For every 20 minutes of screen time, look 20 feet ahead for 20 seconds.
- *Eye exams* – Have a comprehensive eye exam at least every two years.
- *Exercise daily* – This reduces macular degeneration risk.



## Quick Club Activity: Exercise for Your Eyes

Ask your eye care professional if eye exercises would help you. Certain exercises may strengthen eye muscles, stimulate your brain's vision center, help with focus and ease eye movements. Let's try exercises for your eyes:

1. Turn your head to the side and look in that direction. Keep looking in that direction but turn your head forward. Try this on the other side.
2. Cover one eye and look at different objects in the room. Switch eyes.
3. Without moving your head, make your eyes do a figure-eight pattern.
4. Ask participants when they had their last eye exam.
5. Share the Monthly Challenge.

## Chuckle of the Month:



A woman goes to return a pair of eyeglasses she bought for her husband. The clerk asks, "What seems to be the problem, madam?" The woman replies, "I'm returning the glasses I bought for my husband. He's still not seeing things my way."

## Learn More

<http://www.webmd.com/eye-health/good-eyesight#1>

<https://www.nei.nih.gov/healthyeyes/eyehealthtips>

## April Healthy Extras

# Keep an Eye on Healthy Choices

By David Roberts, WVU Extension Agent – Lincoln County

*Some eye tests can be done at home to note changes in vision. These do NOT replace regular professional eye exams. Ask your eye care professional if eye exercises would be helpful to you. Certain exercises may strengthen eye muscles, stimulate your brain's vision center, help with focus and ease eye movements.*

### The Face Test

Test your vision each morning in your bathroom mirror. The key to catching vision problems is to look with one eye at a time, because when both eyes work together they can hide a vision problem.

1. Cover your left eye with your hand and focus on your face.
2. Then switch, covering your right eye with your hand so you're looking at your face with the left eye.
3. If you notice any central blurring or blank areas, contact your doctor for an eye examination right away.

### The Snellen Eye Chart

The Snellen Eye Chart on the next page is similar to what is in a doctor's office. Adults should have 20/20 vision with or without glasses.

To test a person's vision at home, do the following:

1. Sit in a chair 10 feet from the chart.  
Make sure the chart is level with the eyes.  
If the person uses eyeglasses for distance vision, the glasses should be worn during the test.
2. Cover one eye.
3. Starting at the top line, have the person read the letters out loud. Continue to the bottom row or until the letters are too difficult for the person to see.
4. Write down the number of the smallest line seen correctly (the line with the majority of the letters correctly identified).
5. Repeat the test with the other eye covered. Record the results.



# Keep an Eye on Healthy Choices

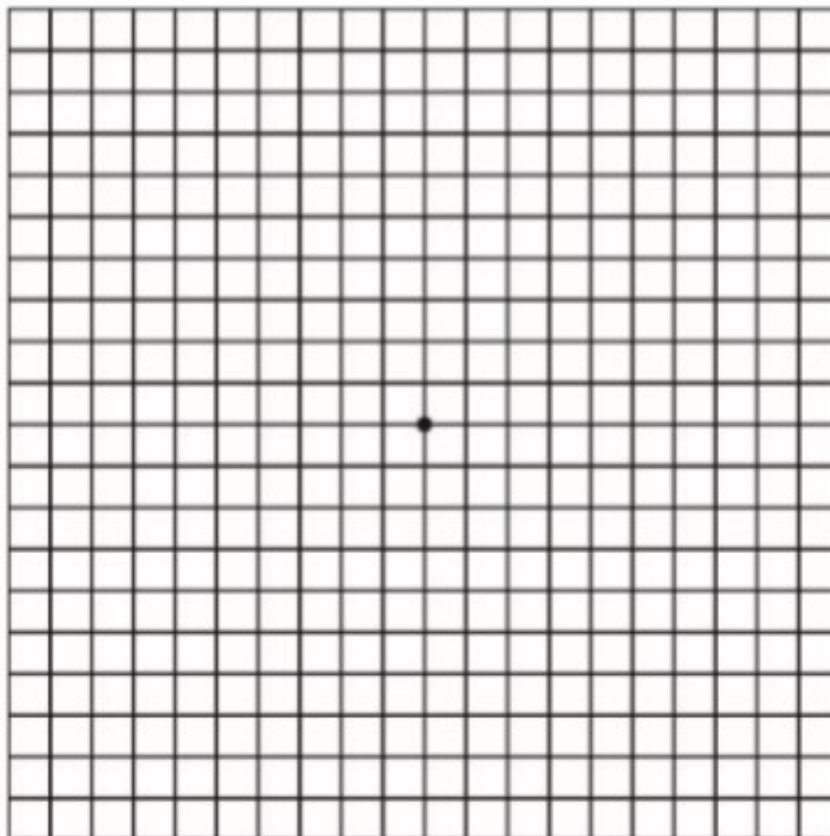
By David Roberts, WVU Extension Agent – Lincoln County

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## The Amsler Test

The Amsler chart below checks whether lines look wavy or distorted, and whether areas of the visual field are missing. Use the graph as follows:

1. Wear your reading glasses if you normally use them.
2. Sit about 14 inches away from the grid.
3. Cover the left eye.
4. With the right eye, focus on the dark center dot.
5. While looking at the dot, you should still be aware of the lines of the grid.  
Notice if any of the lines are distorted or broken, and if there are any blurred areas.
6. Next, cover the right eye and repeat the test.
7. If you notice any blurred, wavy or missing lines, contact your eye doctor right away.





# Keep an Eye on Healthy Choices

By David Roberts, WVU Extension Agent – Lincoln County

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## Snellen Eye Chart for Adults

K H O R

20/100

O Z N H V C

20/70

R K S C Z H V D

20/50

H O C Z R K D S V N

20/30

S D K H O R C V

20/20

## Fruit-Apricot

The apricot's scientific name is armeniaca. An apricot is a fruit that grows on a tree. The apricot is yellowish-orange in color with a large brown seed in the center similar to that of a small peach. Its flesh is soft and furry with little hairs on the outside skin that can be eaten. It has a mild sweet flavor that is



similar to a peach but is not very juicy with a fibrous consistency. An apricot is closely related to peaches, plums, and nectarines. Apricots are relatively small at about 1.8 inches in diameter. It is noted as one of the healthiest fruits in the world. An apricot is a good source of Vitamin A, vitamin c, rich in fiber, promotes heart health, natural source of antioxidants and contains iron. Apricots good eaten raw, cooked, or even dried. Apricots are at their best in the months in between July and September.

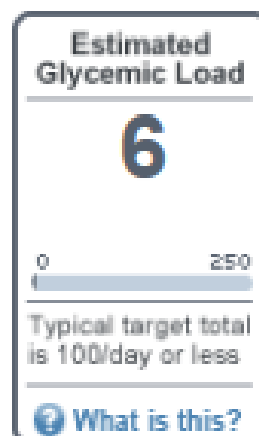


### Caloric Ratio Pyramid [What is this?](#)

Caloric Ratio Pyramid for Apricots, raw  
[Includes USDA commodity food A388]

This feature requires Flash player to be installed in your browser. [Download the player here.](#)

83%	7%	10%
Carbs	Fats	Protein



### NutritionData's Opinion

[What is this?](#)

Weight loss: ★★★★★

Optimum health: ★★★★★

Weight gain: ★★★☆☆

**The good:** This food is very low in Saturated Fat, Cholesterol and Sodium. It is also a good source of Dietary Fiber and Potassium, and a very good source of Vitamin A and Vitamin C.

**The bad:** A large portion of the calories in this food come from sugars.

# Apricots, raw [Includes USDA commodity food A386]

Serving size: 1 cup, halves (155g) ▼



## NUTRITION INFORMATION

Amounts per 1 cup, halves (155g)

### Calorie Information

Amounts Per Selected Serving		%DV
Calories	74.4 (311 kJ)	4%
From Carbohydrate	62.1 (260 kJ)	
From Fat	5.1 (21.4 kJ)	
From Protein	7.3 (30.6 kJ)	
From Alcohol	0.0 (0.0 kJ)	

### Carbohydrates

Amounts Per Selected Serving		%DV
Total Carbohydrate	17.4 g	6%
Dietary Fiber	3.1 g	12%
Starch	0.0 g	
Sugars	14.3 g	

[More details ▼](#)

### Fats & Fatty Acids

Amounts Per Selected Serving		%DV
Total Fat	0.6 g	1%
Saturated Fat	0.0 g	0%
Monounsaturated Fat	0.3 g	
Polyunsaturated Fat	0.1 g	
Total trans fatty acids	~	
Total trans-monoenoic fatty acids	~	
Total trans-polyenoic fatty acids	~	
Total Omega-3 fatty acids	~	
Total Omega-6 fatty acids	119 mg	

Learn more about these fatty acids and their equivalent names

[More details ▼](#)

### Protein & Amino Acids

Amounts Per Selected Serving		%DV
Protein	2.2 g	4%

[More details ▼](#)

### Vitamins

Amounts Per Selected Serving		%DV
Vitamin A	2985 IU	60%
Vitamin C	15.5 mg	26%
Vitamin D	~	~
Vitamin E (Alpha Tocopherol)	1.4 mg	7%
Vitamin K	5.1 mcg	6%
Thiamin	0.0 mg	3%
Riboflavin	0.1 mg	4%
Niacin	0.9 mg	5%
Vitamin B6	0.1 mg	4%
Folate	13.9 mcg	3%
Vitamin B12	0.0 mcg	0%
Pantothenic Acid	0.4 mg	4%
Choline	4.3 mg	
Betaine	~	

[More details ▼](#)

### Minerals

Amounts Per Selected Serving		%DV
Calcium	20.2 mg	2%
Iron	0.6 mg	3%
Magnesium	15.5 mg	4%
Phosphorus	35.7 mg	4%
Potassium	401 mg	11%
Sodium	1.6 mg	0%
Zinc	0.3 mg	2%
Copper	0.1 mg	6%
Manganese	0.1 mg	6%
Selenium	0.2 mcg	0%
Fluoride	~	

### Sterols

Amounts Per Selected Serving		%DV
Cholesterol	0.0 mg	0%
Phytosterols	27.9 mg	

[More details ▼](#)

Did you hear the joke about the  
apricot?

It was pit-iful.



## Broiled Apricots with Ricotta and Pistachios

### Ingredients

- 4 apricots, cut in half
- 1 Tablespoon sugar
- 8 Tablespoons ricotta
- 2 Tablespoons pistachios, chopped



### Instructions

- Preheat broiler. Place sugar in a small saucer. Dip cut side of apricots in sugar to coat and transfer to a small broiler proof baking dish. Broil, rotating once, until apricots are caramelized and juicy, 3 to 4 minutes.
- Remove apricots from oven. Let cool slightly and top with ricotta and pistachios.
- Serve immediately.

# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Easter Sunday	2 National Peanut Butter and Jelly Day	3 World Party Day	4 Walk Around Things Day	5 National Dandelion Day	6 National Walk to Work Day	7 Caramel Popcorn Day
8 Zoo Lover's Day	9 Name Yourself Day	10 National Siblings Day	11 Eight Track Tape Day	12 Grilled Cheese Sandwich Day	13 National Peach Cobbler Day	14 International Moment of Laughter Day
15 World Art Day	16 Mushroom Day	17 National Cheeseball Day	18 International Juggler's Day	19 National Garlic Day	20 Volunteer Recognition Day	21 Husband Appreciation Day
22 National Jelly Bean Day	23 National Zucchini Bread Day	24 Pig in a Blanket Day	25 Administrative Professionals Day	26 National Pretzel Day	27 National Prime Rib Day	28 Kiss Your Mate Day
29 National Shrimp Scampi Day	30 Hairstyle Appreciation Day					

## March Monthly Observations

- National Humor Month
- International Guitar Month
- Keep America Beautiful Month
- Lawn and Garden Month
- National Kite Month
- National Poetry Month
- National Pecan Month
- National Welding Month
- Record and Information Awareness Month
- Stress Awareness Month

## West Virginia Bureau of Senior Services

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## Food and Fitness

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ginia Bureau of Senior Services.



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## Fun Facts



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