



Food and Fitness

Simplify Your Life!

Keep it simple—it doesn't have to be hard! You don't have to hire a closet organizer or a social secretary. You don't have to take a month off from work to "get organized"!

If you do it in steps—one per day, one day at a time—you can feel better instantly. You can eliminate clutter in your home, your meals, and in your daily schedule.

Schedule—we all have the same 24 hours. If we allot 8 for sleep, 8 for work, 1 for travel to and from work, 3 for preparing and consuming food, 1 for

grooming and dressing, and 1/2 for exercise, that leaves 2 1/2 hours wide open. Take 1/2 for simplifying and you still have 2 for family and friends or you can "waste" it on

Facebook, playing "Words with Friends", or watching TV!

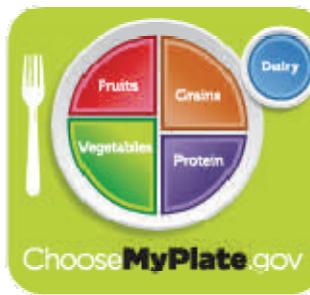
Home—take that 1/2 hour and do one drawer or one closet shelf or one stack of mail or one refrigerator shelf or one pantry shelf or one garage section at a time! Get rid of clothes you don't wear or anything you haven't touched in 6

months, unless it has sentimental value!

Meals—keep them simple. Use "Choose My Plate" as a guide for what each meal can contain. Stop at the store on the way

home from work or other errands. Never make a

special trip! Buy only what you need for the next 3 days. Use it all or make sure leftovers can go into the freezer for days when the fridge is bare! Not working? Plus eight extra hours for you!!



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Web sites of interest:

- onlineorganizing.com
- choosemyplate.gov
- dietaryguidelines.gov

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Team USA



In London the Games of the XXX Olympiad began with opening ceremonies on July 27 and will conclude August 12. Two hundred and five countries are expected to compete in 300 events.

Watching athletes in supreme physical condition vie for medals of gold, silver and bronze can be exhilarating. At the opposite extreme some of us will be glued to our comfy La-Z-Boy recliners in front of our televisions for the entire 2 weeks.

We can depend on experiencing more than

a few heart thumping moments while we watch the competition and cheer for our favorite team or individual. Unfortunately, watching men and women perform at superior levels of ability does not trans-



late into a workout for our own bodies!

However, we can exercise during the Olympics without missing a single game, race or gymnastics event. The obvious way to exercise while watching the Olympics, or any favorite television show or ball-game, is to place your



treadmill or stationary bicycle in front of your television. You can walk or pedal for at least 30 continuous minutes while watching TV. You can exercise in intervals to equal at least 30 minutes.

You may also keep free weights or Dyna bands beside your chair to do strength training. Make your workloads a little bit challenging but still comfortable.



Another way to take

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Team USA

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advantage of TV viewing time for burning extra calories and increasing fitness is to spend a few minutes marching in place while watching TV. You can stand in front of your chair and march for a predetermined number of steps every 10 minutes or you can march during each commercial break. You can also walk around the room or up and down the hallway during commercials. If you are unable to stand to march, you can sit up straight in your chair and pretend to march by swinging your arms and legs while sitting.



You can wear a pedometer to keep track of the number of steps you accumulate. Keep a log each day and compete with yourself to see if you can improve during the Olympics. Have fun by sharing your results with your friends and family members.

The Go4Life website provided by the National Institute on Aging at the National Institutes of Health has examples of many exercises you can do while watching TV. To find these exercises, go to:

www.go4life.nia.nih.gov

When you get to this site click on “Get Started”, then click “4 Types of Exercise”, then click “Go!”, then click “Try These Exercises”.

There are strengthening exercises, balance exercises,



and flexibility exercises you can use for your exercise routine. The flexibility exercises and yoga poses you find at this website can help relieve the pain and stiffness of arthritis that can be aggravated by long periods of sitting.

The muggy, dog days of August are upon us. It isn’t safe to exercise outside with high temperatures and high humidity. It’s hard to get motivated to exercise with so many distractions—like watching the Olympics! So, use these ideas to keep up your exercise routine during the Olympics and until the cool days of autumn lure us back outdoors to exercise.





Fish Oil as Health Benefit: Fact or “Fishy”?

Fish has long been promoted as a staple of a healthy diet because of its high protein and low saturated fat content. In recent years it has taken center stage for its content of omega-3 fatty acids.

The omega-3 fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) have been recognized as being health protective. The early studies of Bang and Dyerburg who documented high blood levels of these fatty acids and low heart disease in Greenland Eskimos were the basis for continued scientific exploration of omega-3 fatty acids.

Omega-3's are noted for several potential benefits—as anti-inflammatory agents, to lower triglycerides, and to calm minor rhythm disturbances that any heart may experience. Because of these properties health experts recently recommended in the 2010 revision of the USDA Dietary Guidelines for Americans that Americans eat more fish —

about 8 ounces per week to provide an average of 250 mg per day of EPA and DHA. This follows earlier recommendations from the American Heart Association to do the same.

Not a big fan of fish? How about fish oil capsules as a dietary supplement? There could be benefits. However, the studies on omega-3 fatty acids and recurrent heart problems have been contradictory. Some

earlier studies have shown that heart patients taking omega-3 supplements had a lower risk of another heart attack and heart-related death than those not taking them, but others have shown no significant relationship between the two.

A recent analysis of 1007 studies of fish oil supplementation and the prevention of new heart events in people already diagnosed



with heart disease did not show benefits of supplementation. This report published in the *Archives of Internal Medicine* by Seung-Kwon Myung, M.D. and colleagues of Seoul Korea National Cancer Center suggests that beneficial effects of omega-3 supplementation shown in earlier trials may not be reliable.

Which fish have these benefits? Fatty fish such as salmon, mackerel, and herring have the highest content. Lower fat fish will obviously have less omega-3 fatty acid, but still do contain a small amount. But all fish can be used in a heart healthy diet due to the lower saturated fat content as compared to other animal protein sources.



Recipe Corner

Easy Fish Tacos

2 frozen fish filets, tuna or trout

Juice of one lime

2 small tomatoes, chopped



3 sprigs fresh dill

Olive oil spray

½ medium white onion, chopped

1/3 head of fresh cabbage, shredded

1 clove fresh garlic, minced

½ teaspoon cumin

4 taco shells

Chop fish into bite-sized pieces and sprinkle with lime juice. Set aside.

Prepare a salsa by mixing tomatoes and dill and set aside.

Using olive oil spray to coat bottom of skillet, sauté onion and cabbage until

shiny. Add fresh garlic and then fish. Mix in cumin and cook until fish has changed in color from opaque to white, about six minutes over medium heat. Add salt and pepper to taste.

Heat taco shells briefly in microwave, then add fish mixture, dividing between four shells. Top with tomato salsa and serve; garnish with fresh herbs if desired.



Eggplant Roll-Ups

(Modified from a video presentation, *Healthy Eating with Ellie Krieger*)



2 medium eggplants, sliced lengthwise

Pinch of table salt

8 oz. ricotta cheese

2 cloves garlic, minced

1 cup baby spinach leaves, chopped coarsely

1 egg, beaten lightly

3 cups prepared marinara sauce

Wash and prepare eggplant by removing stems and slicing lengthwise. Place slices on paper towels and salt lightly. Set aside to drain fluid while preparing filling.

Combine ricotta, garlic, spinach leaves and egg in a small bowl. Set aside.

Drain eggplant and wipe dry. Spray slices of eggplant lightly with olive oil spray. Place slices on baking sheet and bake about 25



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Recipe Corner

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minutes in 350 degree oven. Remove from oven and cool slightly.

Pour about 1 cup marinara sauce into casserole dish, covering bottom. Place several teaspoons of ricotta mixture at wide end of eggplant slice, then roll up and place in baking dish. Repeat until all slices have been filled. Sprinkle about 1 teaspoon Romano cheese on top of each roll. Pour remaining marinara sauce in and around roll-ups.



Cover with foil and bake casserole for about 40 minutes, until sauce bubbles and filling is hot. Remove from heat and cool for about ten minutes before serving.



Serve with whole wheat pasta for a healthy seasonal dish.

Tuna-Stuffed Tomatoes



This recipe is light, colorful and heart-healthy!

One large can tuna, packed in water

Two-three fresh tomatoes

½ cup celery, diced

½ cup dill pickles, chopped

¼ cup green onions, chopped

¼ cup parsley, minced

Juice of one lime

Salt and pepper to taste

Combine all ingredients and stir together.



Slice off top of medium sized tomato and remove core. Place cored tomato on a bed of fresh greens, filling each tomato with about 2/3 cup tuna salad. Serve with crackers or French bread, a vegetable, and a fruit.



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Drop-Ins Welcome!

Summer is the time when friends have more time on their hands and are more likely to drop in unannounced than at other time. You will want to welcome them and be



ready with a healthy snack to refresh and energize but not add to the burden of unwanted calories. Try something as simple as:

- A few fresh vegetables to munch with a small wedge of cheese



- A slice of watermelon
- Fresh cherries
- Reduced fat tortilla chips and jarred salsa

