Happy New Year!

Food and Fitness

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Happy New Younger You!

If there were a way you could turn back the hands of time or even slow the ticking of the clock you'd want to know about it, wouldn't you? Lifestyle can make a difference. Consider the concept of vascular age and how you might slow the aging of your arteries.

After all "a man is as old as his arteries" according to 17th century physician Thomas Sydenham. Doctors currently have two tests to assess arterial age—the pulse wave velocity and the carotid intima-media thickness.

Pulse wave velocity—by measuring the speed at which blood flows through the arteries stiffness and flexibility of the arteries can be estimated. **Carotid intima-media thickness**—the intima and media are layers of the arterial wall. The thicker these layers the more likely the arteries are to be clogged.

According to the Harvard Heart Letter researchers say we can decrease stiffness and thickness of arteries with a healthy diet, daily exercise and good relationships with friends and family.

A third way to assess arterial age is the **Framingham score**. Using various factors including smoking and diabetes status, gender, age, cholesterol, and blood pressure the relative risk for heart disease or arterial age can be estimated. By controlling blood pressure and blood fats and avoiding smoking one can significantly decrease risk of developing heart and vascular disease. Find tips inside for a younger vascular age.

Websites of interest:

- www.mesa-nhlbi.org/Calcium/**ArterialAge**.aspx
- http://www.framinghamheartstudy.org/risk/coronary.html

Happy New You—Through Exercise!

The new year has arrived and, with it, many resolutions for healthy changes in our lifestyles. Diet, exercise, stress management, clearing clutter, spending more time with family and friends, tobacco cessation, helping others.....you name it, we resolve to do better!

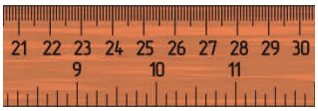
Perhaps, you made these resolutions in a previous year and now resolve to maintain the healthy changes you made at that time. When you make resolutions it is important to be realistic and to set goals that are actually achievable. In addition to making your resolutions achievable, you will want to describe your goals in specific terms, spelling out the actions you will take to achieve your goals.

For instance, if you want to lose weight, don't stop at making a resolution to lose weight. Start with a resolution to exercise 5 days per week for 30-60 minutes and make specific plans for healthy changes in the way you eat.

Be **S.M.A.R.T.** when you set goals and make resolutions. Paul J. Meyer described how to set **S.M.A.R.T.** goals in his book *Attitude is Everything*. The **S.M.A.R.T.** method is a systematic way to set goals.

S—be **S**pecific. Don't just say you will exercise 5 days per week for 30-60 minutes—decide

what kind of exercise you will do, with whom you will exercise, where you will exercise and what time of day you will exercise. When you make a specific plan, you are more likely to carry it out.



M—make your goals **M**easurable. That means numbers— for example, 10 minutes every other day, increasing your time by 3-5 minutes every third day until reaching at least 30

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Get ready.....

Get set.....

Go!!!

Happy New You—Through Exercise!

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minutes. Then add more days of exercise until you are

exercising 5-7 days per week for 30 minutes.

A—make your goals **A**chievable. If you resolve to run in the 2012 Boston Marathon, it may be unlikely that your goal is achievable. **But,** it is likely that a goal of being able to walk 2 miles in 40 minutes by summertime is achievable. You decide what an achievable goal for you would be but do challenge yourself!

R—stands for **R**ealistic, **R**elevant, or **R**easonable. Making goals or resolutions relevant means that you can answer, "Yes", to the question: "Is what I am doing worthwhile?" Being realistic and reasonable when setting exercise goals means that you choose exercises that you are able to do--walking rather than running, for example.

T—stands for **T**ime-specific. Time-specific goals usually answer questions like:

- When will I start?
- When will I make time to do it?
- Where do I want to be by March?
- How much exercise do I want to be doing by June?
- How many minutes do I plan to be able to walk on the 4th of July?

So this January 1, make resolutions that involve **S.M.A.R.T.** goals. Rid yourself of the attitudes and behaviors that have kept you from achieving your resolutions in years past. Include your friends and family in your plans to achieve your goals. And have a very Happy New You! Your younger arteries will thank you.

S-specific

M-measurable

A-attainable

R-reasonable

T-timely

Happy New You with Winter Greens

S—specific
M—measurable
A—attainable
R—reasonable
T—timely

S—I will add winter greens to my diet.
M—1 will eat one cup of winter greens every Friday
A—I love winter green!
R—they will improve my health
T—I will start this Friday

In the words of Disney's Eeyore "Try a little something new!"

January is a wonderful time to make changes! A simple change that will only take one day to accomplish is to add winter greens to your diet. Go to a farm or Farmer's Market for fresh winter greens. Then try a new and simple recipe that will be delicious!

Bok Choy

Bok Choy is an attractive green and white cruciferous vegetable, cultivated in China in ancient times. In fact, A Ming Dynasty pharmacologist was said to have studied the cabbage for its medicinal qualities.

Although Bok Choy was only recently introduced to Europe in the 1800's, it is now readily available in supermarkets and farmers' markets throughout North America.

Sometimes called "Chinese cabbage" it is used in soups, stir-fries, appetizers and main dishes.

Bok Choy's popularity comes from its light, sweet flavor, crisp texture and high nutritional value. Not only is Bok Choy high in Vitamins A and C, calcium, and potassium but it is also low in calories and high in fiber.

The most common variety is

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Happy New You with Winter Greens

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the Bok Choy with dark green and white leaves; however, in Hong Kong over twenty varieties are available. In China the smaller varieties are favored for their tenderness.

Turnip Greens

Turnip greens are a great source of phyto-nutrients (plant nutrients that are not vitamins or minerals) that can protect us from cancer and heart disease. One common complaint about turnip greens is their sometimes bitter flavor. Ironically, the bitterness of turnip greens has been linked by researchers to its calcium content!

While dairy products are still our richest natural source of calcium, other greens, such as mustard greens, spinach, and kale can provide calcium, fiber and antioxidant nutrients.

Broccoli

Broccoli has been around for more than 2000 years. It was first grown in the Italian province of Calabria and was given the name Calabrese.

Today there are many varieties. In the United States the most common type of broccoli is the Italian green or sprouting variety. Its green stalks are topped with umbrella-shaped clusters of purplish green florets. It is a rich source of sulforaphane, one of the first antioxidant phyto-nutrients ever identified to have cancer-fighting properties. Use broccoli plainly steamed, in stir fries, soups, salads, and with your favorite dips.

If you take Coumadin confirm with your pharmacist that consistency in eating green vegetables is more important than avoiding green vegetables.

Recipe Corner—Winter Greens

Bok Choy with Soy Sauce and Nuts

Modified from original recipe by Karen Miller—foodnetwork.com

1 Tbs. olive oil

2 cloves fresh garlic, minced

1/2 cup cashews

1 bunch Bok Choy, sliced crosswise into 1/2-inch thick slices

1 Tbs. soy sauce

1 tsp. ground red pepper

Salt and black pepper to taste

Heat oil in a large skillet over medium heat. Add garlic and cashews and sauté about one minute. Add Bok Choy and sauté 2 additional minutes. Add soy sauce and red pepper, then cook 2 more minutes, until Bok Choy stalks are tender and leaves are wilted. Season to taste, with salt and black pepper.

Steamed Greens

1 bunch fresh turnip, mustard or collard greens

1 cup chicken broth

Cut greens into 1/2-inch slices.

Pour the chicken broth into a large heavy pot, covering the bottom with at least 2 inches of broth. Add prepared greens, filling the pot to its maximum capacity.

Cover and allow the greens to wilt and shrink down. Add any leftover greens to the pot. In approximately ten to fifteen minutes the greens should be tender.

Test for doneness by tasting---it is not necessary to cook them a long time if you start with greens that are young and tender!

Easy Cream of Broccoli Soup

1 cup chicken broth

1 large bunch broccoli

1/3 onion, chopped

1 can reduced sodium cream of mushroom soup

½ cup reduced fat cheddar cheese

Cut broccoli into medium-sized pieces. Place chicken broth together with broccoli and onion in a large pot and cover. Cook on high until tender. Place these ingredients in a food processor or blender and process thoroughly.

Pour processed vegetables back into pot with mushroom soup, add the cheese and heat, stirring until cheese is melted. Cook about ten minutes on low to blend flavors. Serve with French bread and fruit for a light

West Virginia Bureau of Senior Services

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News You Can Use

Snow Shoveling and Heart Attacks—researchers at Queens University in Kingston, Canada reviewed charts of 500 patients with heart problems and found a significant number—7%— had been shoveling snow at the time. Ask your doctor's advice before shoveling snow—it's hard on the heart!

American Journal of Public Health—teenagers were inclined to choose water over sugary drinks when provided with how much time it would take to exercise to burn off the calories in the sugary drink. Thinking about how long it takes to work off the calories might keep you from eating something extra.

American Academy of Family Physicians—find time for you!

- Make time for important relationships.
- Ask for help when you need it.
- Maintain balance between work and personal life.
- Practice relaxation for stress management.