



Food and Fitness

Do You Need Extra Energy When Exercising?

January is the time of year when dieting and exercising is heavy on the mind. After eating the high fat and high calorie foods the holidays tend to offer, many add a few pounds to start the New Year. With January being a new year, goals or resolutions are set to get onto a healthier path.



So the question is, *do you need extra energy when exercising?* Our bodies use up the stored energy and at times it can need replaced. The short answer is that it really depends on the amount and type of exercise you are participating in. Often exercising can make us have the feeling of hunger. Knowing when and how much energy is needed after different types and amounts of exercise is important so we don't scarf down a whole box of doughnuts and wonder why we aren't losing the weight.

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Do You Need Extra Energy When Exercising?

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There are two different areas to consider: carbohydrates and protein. Carbohydrates can be higher depending on the exercise intensity, environmental conditions, type of exercise, and quantity of physical activity. Carbohydrates before exercising are needed, but not necessary,

in addition to your current diet. The amounts of carbohydrates before an exercise will increase for those people who are planning for a long training session or competition. Eating large meals and high fatty foods before exercising can be stressful on the gastrointestinal tract and is not beneficial for anaerobic exercise. No additional carbohydrates are required during exercise unless the exercise last more than 60 plus minutes. After exercise, intense workouts greater than 90 minutes can also require additional carbohydrates at both 30 minutes and again 2 hours after. It is recommended when needing additional carbohydrates for physical activity to incorporate protein (during exercise liquid protein is suggested over solid forms).



Protein may need to be increased. Protein recommendations have a large range from sedentary adults to ultra-endurance athletes to weight loss with exercise and calorie restriction. Most people are one step above sedentary and are recreational exercisers. Both women and endurance athletes are ones that are most likely to be at risk for protein deficiency. The amount of protein needs increases the more physical exercise being done. However, it is important to note that most people eat more protein then recommended. Most adults probably are already consuming enough protein to compensate for the amount of exercise they are intending to do.

When dieting and exercising, there are many steps to take to make sure you are getting the recommended amounts of nutrition for your body without starving or providing too much. Talking to a dietitian or a doctor is the best route to go to get an accurate diet prescription based on your needs in accordance with your exercising routine.

Springing Into Action with Senior Helpers' Seated Chair Exercises



Overhead Bend and Reach (left)

1. Raise both arms above your head.
2. Lower your right arm and lean to the right. Feel the stretch in your left side.
3. Hold for at least 15 seconds.
4. Return to your original position with your arms over your head.
5. Drop your left arm and lean to the left.
6. Repeat 2 to 4 times toward each side.



Shoulder Blade Squeeze (right)

1. Lift your arms near the level of your shoulders with your elbows pointed straight out.
2. Bring your elbows back while you squeeze your shoulder blades together. Don't lift or shrug your shoulders as you are squeezing.
3. Hold 6 seconds.
4. Repeat 8 to 12 times.

Knee Extension (right)

1. Straighten and lift one leg, and hold while you slowly count to 5. Be sure you don't lock your knee.
2. Slowly lower your leg back down.
3. Repeat 8 to 12 times.
4. Do the exercise with the other leg.



4



Neck Rotation (left)

1. Keeping your chin level, turn your head to the left, and hold for at least 15 seconds.
2. Turn your head to the right and hold for at least 15 seconds.
3. Repeat 2 to 4 times to each side.



Marching in Place (left)

1. Sit with your feet slightly apart, and keep your hands at the edge of your chair or on the armrests.
2. March in place, lifting your knees high toward the ceiling. Remember to breathe normally.
3. Keep marching in a smooth rhythm for 1 minute. Work up to marching 5 minutes or longer.



Chair Push-ups (right)

1. Sit tall with your feet flat on the floor and spread comfortably apart.
2. Grip the armrests, and take a deep breath in.
3. Breathe out as you use your arms (not your legs) to push your body off the chair. Straighten your arms as much as you can.
4. Hold for about 1 second, and then lower yourself back to the chair.
5. Repeat 8 to 12 times.

Note: Please consult a physician before starting any exercise regimen.

Handout Received From:

Mineral—Iron

Functions

Iron is a mineral that is naturally present in food and supplements. Iron is used for oxygen transportation and is used as a component of hemoglobin and myoglobin. Iron plays a role in growth, development, cellular functioning, and synthesis of hormones.

There are two different forms of dietary fiber. They are known as heme and nonheme iron. Plant based foods and fortified food contain the nonheme version of iron. While products that come from animal sources contain both heme and nonheme.

Recommendations

Dietary Reference Intakes for 51 years and older

Recommended Dietary Allowances (RDA): 8 mg/day



Food Sources

Heme

Liver	Beef
Lean meat	Clams
Poultry	Tuna
Oysters	Crab

Nonheme

Fortified Cereals	Spinach
Dried Beans	Raisins
Dark Molasses	Whole wheat bread
Tofu	Enriched breads

Deficiency

Hypochromic microcytic anemia (low levels of iron in relation to ferritin blood levels) can be caused by other underlying issues but usually iron deficiency is the most common cause. Other symptoms can occur with iron deficiency including: fatigue, palpitations, sore tongue, dysphagia, and decreased resistance to infection.

Toxicity

Hemochromatosis is an iron disorder (usually



Beef and Pinto Bean Chili

Ingredients

- 1 pound boneless chuck roast, trimmed and cut into 1-inch pieces
- 3/8 teaspoon salt, divided
- 2 medium chopped onions
- 2 Large jalapenos, diced (optional)
- 10 garlic cloves, minced
- 1 (12-ounce) beer
- 1 tablespoon paprika
- 1 tablespoon ground cumin
- 2 tablespoons tomato paste
- 3 cups fat-free, lower-sodium beef broth
- 1 (28 oz) can whole peeled tomatoes, drained
- 1 (15 oz) can pinto beans, rinsed and drained
- 1/2 cup thinly sliced radish
- 1 avocado, peeled, seeded and chopped
- 6 tablespoons cilantro leaves
- 6 tablespoons sour cream
- 6 lime wedges



Directions

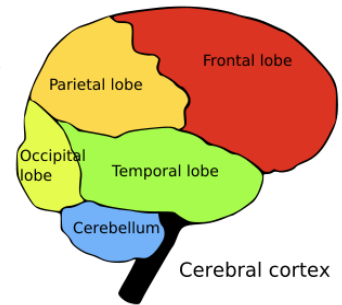
1. Heat a pot over high heat. Coat pan with cooking spray. Sprinkle beef evenly with 1/8 teaspoon salt. Add beef to pan; sauté 5 minutes, turning to brown on all sides. Remove from pan. Add oil to pan; swirl to coat. Add onion and jalapeño; sauté 8 minutes or until lightly browned, stirring occasionally. Add garlic; sauté 1 minute, stirring constantly. Stir in beer, scraping pan to loosen browned bits; bring to a boil. Cook until liquid almost evaporates (about 10 minutes), stirring occasionally. Stir in paprika, cumin, and tomato paste; cook 1 minute, stirring frequently. Add broth, tomatoes, beans and beef; bring to a boil. Reduce heat, and simmer 1 1/2 hours or until mixture is thick and beef is very tender, stirring occasionally. Stir in remaining 1/4 teaspoon salt.
2. Ladle 1 cup chili into each of 6 bowls. Divide radish and avocado evenly among bowls. Top each serving with 1 tablespoon cilantro and 1 tablespoon sour cream. Serve with lime wedges

Brain Exercise

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

Exercise your memory and reasoning skills with these US and international proverbs

Memory relies mostly on some temporal (in green) and frontal (in red) areas of the brain. These may be the areas that will get stimulated when you (assuming you are American or have lived in the US for long) try to remember the missing words in the American proverbs below.



However when it comes to international proverbs below you may have to use your reasoning skills more than your memory skills, as it is likely that you do not know these proverbs. In this case, the frontal exercise is more intense. Try to guess what the final words of each international proverb might be. Use your logical skills.

US proverbs

1. The early bird gets the _____.
2. After all is _____ and done, more is said than _____.
3. From _____ beginnings come great _____.
4. Don't _____ horses while crossing a _____.
5. There are three kinds of _____; those that make _____ happen, those that watch things _____ and those who don't know what's _____.
6. The frog does not _____ the pond in which he _____.

International proverbs

1. With enough "ifs" we could put Paris into a _____. (France)
2. Write injuries in sand, kindnesses in _____. (France)
3. A closed mouth catches no _____. (France)
4. Appetite comes with _____. (France)
5. If you are looking for a fly in your food it means that you are _____. (South Africa)
6. Behold the iguana puffing itself out to make itself a _____. (South Africa)
7. Milk the cow, but do not pull off the _____. (Greece)
8. If you want to gather a lot of _____, _____ knowledge, act as if you are _____ (Vietnam)

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January 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 <i>New Year's Day</i>	2 <i>Run up the Flagpole Day</i>	3 <i>Festival of Sleep Day</i>	4 <i>National Spaghetti Day</i>	5 <i>National Bird Day</i>	6 <i>Bean Day</i>	7 <i>Old Rock Day</i>
8 <i>Bubble Bath Day</i>	9 <i>Play Good Day</i>	10 <i>House Plant Appreciation</i>	11 <i>Step in a Puddle Day</i>	12 <i>National Pharmacist Day</i>	13 <i>International Skeptics</i>	14 <i>Drees UP Your Pet Day</i>
15 <i>National Hat Day</i>	16 <i>MLK Jr. Day</i>	17 <i>Ditch New Years Resolutions</i>	18 <i>Winnie the Pooh Day</i>	19 <i>National Popcorn Day</i>	20 <i>National Buttercrunch Day</i>	21 <i>National Hugging Day</i>
22 <i>National Blonde Brownie</i>	23 <i>Measure Your Feet Day</i>	24 <i>Compliment Day</i>	25 <i>Opposite Day</i>	26 <i>Spouse's Day</i>	27 <i>Chocolate Cake Day</i>	28 <i>Fun at Work Day</i>
29 <i>National Puzzle Day</i>	30 <i>Bubble Wrap Apprecia-</i>	31 <i>Inspire Your Heat with Art</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

January 2017

Brain Basics

By Zona Hutson, WVU Extension Agent, Doddridge County



Health Motivator Talking Points

Did you know . . . ?

- The brain is the most powerful body organ weighing about 3 pounds or the size of a small head of cauliflower.
- With a texture similar to firm jelly, the brain has three main parts: cerebrum, cerebellum and brain stem. The brain has approximately 100 billion nerve cells called neurons that control our body.
- The skull, or *cranium*, is 22 bones joined together to protect our brain.
- The *cerebrum* is the largest part of our brain. It fills up most of our skull, allows us to speak, solve problems and hear, see, taste, smell and touch.
- The *cerebellum* is at the back of the brain under the cerebrum. This part of the brain controls balance, posture and coordination.
- The *brain stem* connects the brain to the spinal cord. It controls automatic functions such as digestion, heartbeat, breathing and body temperature.
- With each heartbeat, arteries pump 20 to 25 percent of your blood to the brain, bringing the oxygen and fuel your brain needs.
- Your brain is divided into a right and left half. The left half controls movement on the body's right side. The right half controls the body's left side. In most people, the language area is chiefly on the left.

Quick Club Activity: Left Side or Right Side

Ask participants to quickly decide which they prefer when you say the two items. Then, participants will move to left side or right side of the room, depending on their preference. Be creative and add your own preferences or ideas.

Move to the left side if you prefer . . .	Move to the right side if you prefer . . .
Coffee	Tea
WVU	Marshall
Hot weather	Cold weather
Dog	Cat

Learn More!

3 Main Parts of the Brain. http://www.alz.org/braintour/3_main_parts.asp.

Cowger, T., & Prinzo, L. (2015). How to Train Your Brain. <http://fh.ext.wvu.edu/r/download/219426>.

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Brain Exercise Answers

Solutions

US proverbs

1. The early bird gets the **worm**.
2. After all is **said** and done, more is said than done.
3. From **small** beginnings come great **things**.
4. Don't **change** horses while crossing a **stream**.
5. There are three kinds of **people**; those that make **things** happen, those that watch things **happen** and those who don't know what's **happening**.
6. The frog does not **drink** up the pond in which he **lives**.

International proverbs

1. With enough "ifs" we could put Paris into a **bottle**.
2. Write injuries in sand, kindnesses in **marble**.
3. A closed mouth catches no **flies**.
4. Appetite comes with eating.
5. If you are looking for a fly in your food it means that you are **full**.