

FOOD AND FITNESS

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CELEBRATE HEALTHY AGING!

We all know that aging is an inevitable part of life! We may think aging will be plagued with memory loss, decreased balance,



and loss of independence. But what we may not realize is that some of these challenges of aging are not inevitable, AND can be avoided!

There are a

number of things we can do to ensure a more pleasant journey through aging. The choices we make now can affect the process.

You don't have to feel doomed because of your genes and your family's health history. Research shows that genes account for only about 1/3 of how we age. That means 2/3 of it is up to us! Attitude and behavior are important.

Here are some quotes on healthy aging from fellow West Virgini-

ans who participated in Dean Ornish healthy lifestyle programs and others:

- "You are as young as your spine is flexible," is a phrase I learned nearly 35 years ago.



The point was made by observing an older person whose spine was flexible—it

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Web sites of interest:

- cdc.gov/aging
- nlm.nih.gov/medlineplus/healthyaging
- ncoa.org
- healthyaging.net
- exerciseismedicine.org
- wvexplorer.com
- americanhiking.org
- pmri.org

CELEBRATE HEALTHY AGING!

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made them appear to be much younger simply by the way they carried themselves.”

Paula—Huntington WV

- “In all that you do, be sincere and kind.”

Laura—So. Charleston WV

- “Make time for yourself. You have spent your whole life caring for others. It is your time to take care of you. Spend time exploring the things



that you have never had the time to do! You are worth it!”

Dave—Hurricane WV

- “Exercise every day! Exercise is medicine. You



wouldn't skip your blood pressure medicine, so don't skip exercise!”

Ruth—Charleston WV

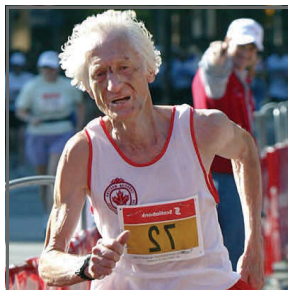
- Every second one has, is an opportunity to change for the better—no matter what your age!



Belinda—Charleston WV

- “The only time we ever really fail is when we quit trying.”

**Joe—
Charleston
WV**



- “Stay Positive.” Many studies have shown that optimism and a positive outlook are life preserving. A great way to cultivate your inner opti-



mist is to spend time involved in activities that encourage positivity!”

Lynn—Huntington WV

- Exercise your mind! Do puzzles, read, stay informed. You don't use it, you'll lose it!

John—Charleston WV

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CELEBRATE HEALTHY AGING!



- “It is wise for me to think about the past and learn from my past, but it is not wise for me to be in the past, for that is



how I lose myself.”

- “It is also wise for me to think about the future and to prepare for my future, but it is not wise for me to be in the future, for that too is how I lose myself.”



- “And when I lose myself, I lose what is precious to me—the present!”

Spencer Johnson, MD,
from **The Precious Present**

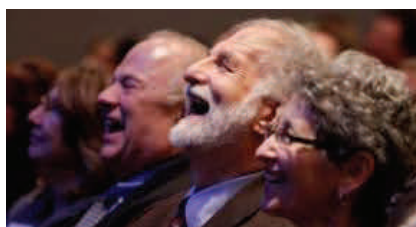
- “The 3 most important things in life: “

Be kind.
Be kind.
Be kind.”

Mother Teresa

- “When I speak to a group of young, old people, they make me feel like a child again.”

Rod Roser, PA, PhD



- “Once a person is determined to help themselves, there is nothing that can stop them.”

Nelson Mandela

Healthy aging is a state of mind. Challenges will no doubt come our

way. They will only be obstacles to our happiness if we allow them to be.

With a positive and determined attitude and the help of those



who love us we can and will age gracefully!

HAVE IT YOUR WAY WITH SHORT CUTS

Now that we've grown accustomed to the lazy days of summer, September is here with its changing schedules. Before the weather makes definite changes, why not shift gears gradually and enjoy a few cool and easy soups.

Most of us are old enough to remember Betty Crocker and how she



changed cooking for us all. She was an icon of the fifties who represented the perfect housewife and cook. But in truth, she specialized in making life easier for men and women in the

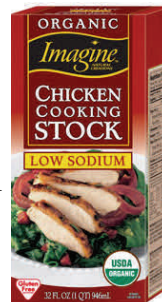
kitchen!

Originally Betty Crocker sold cake mixes, but eventually the company branched out and featured all types of mixes and avenues to culinary shortcuts. What resulted is that, over time, people decided it was not absolutely necessary to make everything “from scratch!”

Some call these shortcuts “cheating” but what could be immoral about saving time in one area in order to have more time for something more fun than cooking!! If shortcuts help to get dinner on the table our ancestors would have welcomed them with open arms!

Examples:

- Canned chicken broth
- Bagged salad
- Bags of frozen skinless chicken breasts instead of having to cut up a whole chicken and remove the skin



and fat (yuk anyway!)



- Individually frozen fish filets
- Ready-made pie crust



- Bread machines and even *mixes for the bread machines!*
- Frozen vegetables
- Cleaned and prepped fresh vegetables

One last word about time-saving ideas for the kitchen: sometimes you might pay a little more up front for a time-saving ingredient. But if you were to calculate the money saved on your energy bill from heating the oven and consequently, having to cool your house, perhaps the difference would be evened. Of course, you've also saved your personal energy and a great deal of time!

COOL SOUPS WITH SHORT CUTS

Cool Cucumber Soup



5 cucumbers, peeled and seeded

3 cloves garlic, chopped

½ yellow bell pepper, seeds and core removed

1 cup low fat sour cream

2 cups non-fat plain yogurt



1 Tbs. each: Chopped fresh thyme, oregano, dill and cilantro

2 tsp. Tony Chachere's Cajun Seasoning

Place cucumbers, garlic, and yellow pepper in blender and chop. Add other ingredients gradually, blending together on medium setting until vegetables are pureed and the mixture



is fully blended. Chill for about three hours to blend flavors.

Curried Summer Squash and Tomato Soup

3 Tbs. olive oil

2 cloves garlic, pressed

1 large onion, diced

2 medium tomatoes, peeled and seeds removed

4 whole yellow squash, sliced

2 tsp. curry powder

1/4 tsp. salt

1/4 c. white wine, optional

48 oz. chicken broth

Sprig of fresh parsley or cilantro for garnish

Heat olive oil in a heavy pot over medium heat. Add garlic and onions and sauté until they start to get soft.

Add tomatoes and cook for about five minutes, until vegetables are tender. Add squash. Stir and cook for a few minutes, until squash is soft and tender.



After a few minutes add the curry powder and salt.

Add wine at this point, if you are using it, and stir to blend. Then add chicken broth.

Reduce heat to a sim-

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COOL SOUPS WITH SHORT CUTS

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mer, cover pot, and cook for about 20 minutes. Remove from heat. Cool 10 minutes. Puree soup in a blender or food processor.

If you would like to serve the soup hot, return to



cooking pot and heat. To serve the soup cool, just place it in refrigerator for at least 3 hours. The flavor will intensify as it chills. You can garnish with parsley or cilantro, if desired.

Idea for recipe originated from newspaper clipping featuring summer squash and tomatoes. Another one similar to this uses carrots, from website called <http://thepioneerwoman.com/cooking/2009/11/carrot-and-squash-curry-soup/>

Corn and Chicken Tortilla Soup

Modified from a recipe by Sara Moulton, Associated Press, as it appeared in American Press 7/17/13.

Here's a fast take on a traditional idea. Three shortcuts include a store-roasted chicken, prepared pico de gallo salsa, and tortilla chips.



2 Tablespoons olive oil
1 yellow onion, chopped
1 clove garlic, crushed
2 teaspoons ground cumin
1 teaspoon chili powder
1/2 teaspoon salt
2-3 Yukon gold potatoes, peeled and cut into 1-inch cubes

2 cups corn kernels, fresh or frozen

4 cups chicken broth

2 cups shredded roasted chicken, skinless

1 cup purchased pico de gallo salsa

2 Tablespoons lime juice

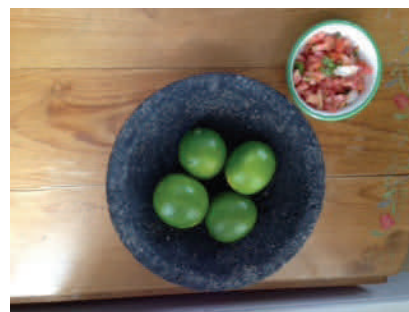
Possible Garnishes

Chopped fresh cilantro

Restaurant style tortilla chips

Avocado slices

Fat free sour cream



In a large saucepan heat the olive oil on medium setting. Add onion and sauté, stirring, about five minutes. Add garlic and cook about two minutes. Then add cumin, chili pow-

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(COOL SOUPS) HIKING TOWARD HEALTHY AGING

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der and salt, stirring.

Next add potatoes, corn and chicken broth. Bring to a boil then simmer about fifteen minutes or until vegetables are tender.

For a creamy soup, transfer about half the mixture, mostly solids, to a blender and blend until smooth. Return this mixture to the saucepan.

Then add the shredded chicken and pico de gallo. Cook for another ten minutes to blend flavors. Finally, add the lime juice.

Divide soup into four



serving bowls. Garnish with fresh cilantro, tortilla chips, avocado, and a dollop of fat free sour cream.

Now that summer is on its way out, it's time for the ultimate fall workout—hiking! Hiking is simply walking, performed in a natural environment with scenic forests, mountains or lakes. What place could be



lovelier for hiking with your friends than West Virginia.

Hiking is most often done on a trail rather than a sidewalk, roadway, or treadmill. Why is it called the ultimate workout? Because it



has so many benefits, both physical and mental.

The American Hiking

Society lists many benefits associated with hiking. Hiking can prevent heart disease, decrease blood pressure, reduce cholesterol, and aid in weight loss and blood sugar control. Hiking is also a good way to manage stress since you can get away from the hustle of everyday life for a while.

Hiking is great exercise. Its continuous movement combines walking and climbing, both of which are good for your heart and lungs.

Hiking may require your body to move at different angles than regular walking since you, most often, hike up hills, step over branches, rocks and logs,



and negotiate lakes and streams. You will use your

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HIKING TOWARD HEALTHY AGING

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back, your outer thighs, and the core muscles of your abdomen when you hike.

Hiking burns calories, so it aids in weight loss. A person who weighs 150 pounds can burn about 240 calories, when hiking for an hour at a comfortable 2 mph pace. If you carry a daypack with a bottle of water and a snack of fruit, nuts and string cheese the extra weight carried may cause you to burn more calories!

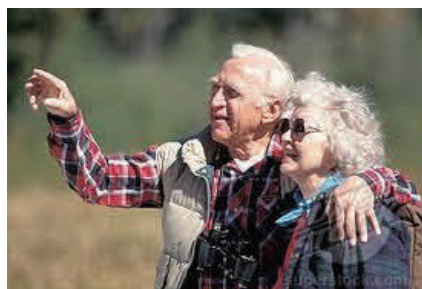
You may need to stop occasionally to rest. While you are resting you can en-

joy the beautiful scenery. Stopping to rest at a scenic overlook is a bonus!

Exercise of any kind can be a stress reliever. Hiking is no different.

Hiking can take your mind off your worries. A walk in the woods can help break the cycle of negative thoughts that feed anxiety and depression.

You can admire trees, flowers, and plants along the path. You may be able to watch birds and animals



when you stop to admire the view. Some people find they sleep better after a relaxing hike in the woods.

West Virginia has many beautiful trails to enjoy on a pleasant autumn day when the foliage is in full color. You can find a list

of WV trails online at wvexplorer.com. Click onto “recreation” and then choose “hiking in WV”. Then click onto “hiking trails in West Virginia” and a list will appear.

If you click onto a particular trail, you will be given information about where the trail is located, how hard that trail is to hike and how long the trail is.

Take friends and family and have a special hiking outing. If you are new to hiking choose an easy trail at first and build up to longer, more challenging hikes.

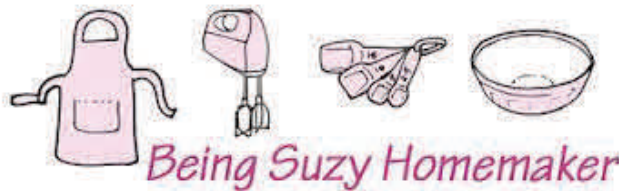
Never hike alone. Pay close attention to warning signs and symptoms like chest pain, shortness of breath, extreme fatigue, or dizziness. Report any of these symptoms to your physician if they occur. Be sure to dress for the weather—layers are best—and carry water and a snack with you.



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NEWS YOU CAN USE!

If it's good for the heart chances are, it's good for the brain! Researchers at Wake Forest School of Medicine published a study where people who ate a high fat, high sugar diet had a change in a protein called Apolipoprotein E, making it less able to clear amyloid beta proteins



from the brain. Amyloid beta proteins have been associated with plaque formation in the brains of people with Alzheimer's disease.

In a study from UCLA researchers reported subjects with a more active lifestyle including gardening and walking preserved more gray matter in the brain.

Larger gray matter volume means a healthier brain. Shrinking volume is associated with Alzheimer's. Active subjects had larger gray matter volume in areas of the brain critical for memory and thinking.

