Food And Fitness

WEST VIRGINIA BUREAU OF SENIOR SERVICES

January 2015
Volume 150

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Websites of Interest:

* aicr.org
* eatright.org
* todaysdietitian.com/
* aginginmotion.org/resources/

Can You Maintain Your New Years Resolution?

It's finally the New Year! Everyone is making New Year's Resolutions but how long do they really last? A couple months, one month, one week, or even one day… All because that last piece of cake from the night before is calling your name or your favorite TV show comes on when you were wanting to exercise. Here is a great way to keep you on task to meet any New Year's Resolution!

In order to help you become successful with your resolution, you need to develop a plan for your resolution. An easy guide is using a SMART goal (**S**pecific, **M**easureable, **A**ttainable, **R**ealistic and **T**imely).

When a resolution is **specific**, the resolution has a greater chance of being achieved. The six "W" questions need to be answered for this portion.

What – What are you wanting to do/ accomplish?

Where – The location in which the task will be done.

When – In what time frame.

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(Continued from Page 1)

Who – Who all is involved?

Which – Indentify the requirements and the constraints.

Why – The reason why you are wanting to accomplish this goal.

Since exercising is a very common resolutions, a good example of this would be – *I want to exercise at the local gym on Monday, Wednesday, and Friday after work for 1 hour. I want to exercise to promote good health.*

Next, the resolution needs to be **measureable**. The Measureable portion should answer – *How much?* Or *How many?*

Then, the resolution should be **attainable**. Once you have your concept for the resolution, it needs to be able to be reached. If you are wanting to accomplish a large resolution it helps to start out small and work toward the bigger objective. Plus, you do not want to set a resolution that is simply impossible. Develop steps or levels for your resolution.

Realistic is the next part of a SMART goal. In this portion, you need to ask yourself are you really willing and able to work toward this resolution? Setting resolutions with too high or too low of an expectation can keep motivation low. It is important to find a happy medium.

Timely is a major factor in setting a SMART goal. Set a time frame of when to start and when you are finished. If you leave this part out, it can make it easier to quit or say you have already completed when you really haven't. Example – *I went to the gym for 1 week on Monday, Tuesday, and Wednesday so I accomplished my goal already???*

Lastly, it is also important to make sure you reward yourself for your achievements. Working hard on a resolution takes time, effort, and dedication. Hopefully you can keep your resolution this year. In 2015, make your resolution SMART!

SMART GOAL WORKSHEET

Write out your own goals!

Specific:_____

_____

_____

Measureable:_____

_____

_____

Attainable:_____

_____

_____

Realistic:_____

_____

_____

Timely:_____

_____

_____

_____

Help Boost Your Immunity

It's that time of year for cold and flu season. There are many ways you can boost immunity and ward off colds. Our immune system can sometimes fail us, which can result in a cold or other illness. Researchers have found that as you age your immune system begins to decrease the system's capability to fight infection. There are foods and lifestyle changes you can make to boost your immune system. A healthy lifestyle is your first line of defense in keeping your immune system healthy. Strategies to help boost your immune system include:

- Not smoking
- Exercise regularly,
- Eat a diet rich in fruits and vegetables
- Maintain a healthy weight
- Get adequate sleep
- Drink alcohol in moderation
- Wash hands regularly
- If possible, do not go into the public places if you are sick

A balanced diet with a variety of foods including whole grains, fruits, vegetables, lean meats, a low-fat dairy products can help keep you healthy. Fruits and vegetables contain immune-boosting nutrients called antioxidants. Antioxidants help protect healthy cells from damage. Vitamins A, C and E are three vitamins that are also antioxidants.

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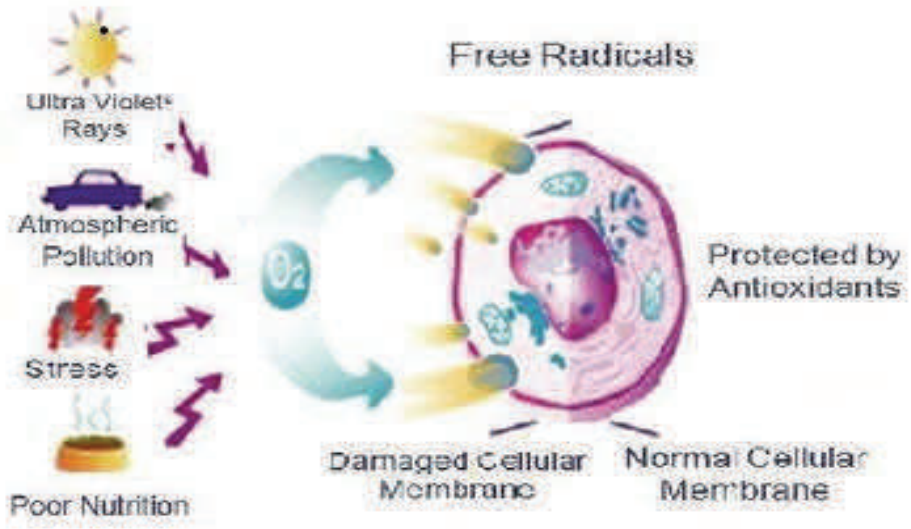

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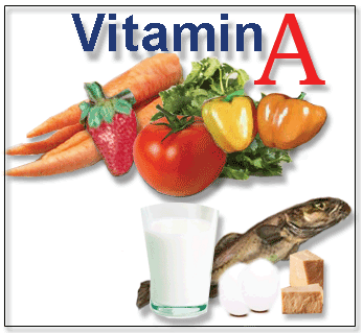
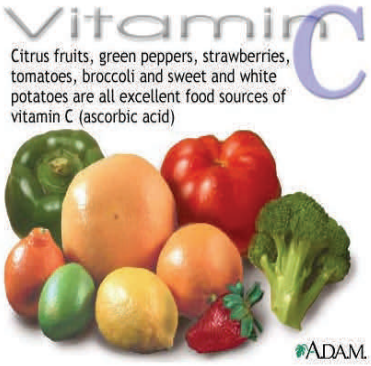
Vitamin A can be found in foods that are red, orange, deep yellow, and some dark green vegetables. These foods include squash, sweet potatoes, spinach, broccoli, cantaloupe, and tomatoes. Vitamin A helps with eye health, bone health, and immune system health.



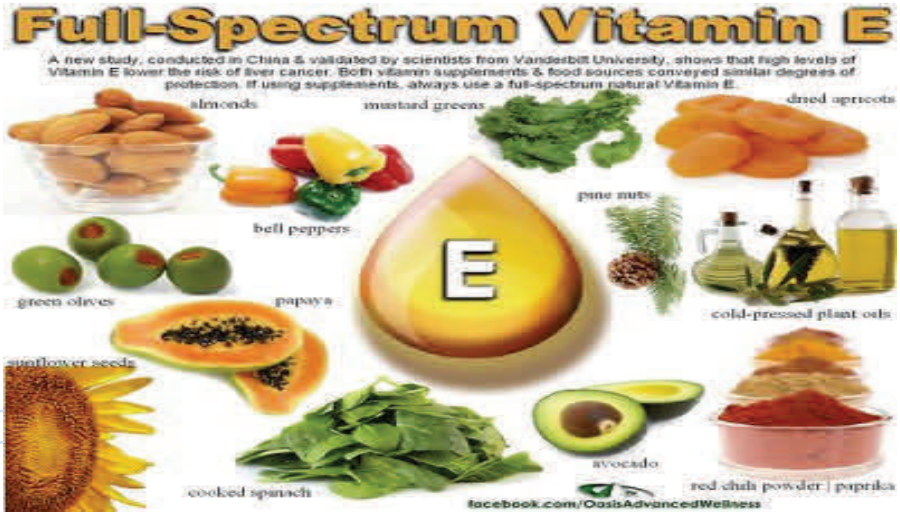
Vitamin C can be found in citrus fruits, strawberries, sweet peppers, tomatoes, and broccoli. Vitamin C helps protect the body from infection, produce collagen, and helps the body heal from cuts and bruises.

Foods rich in vitamin E include vegetable oils, nuts, seeds, and green leafy vegetables.



Vitamin E is involved in immune function, protects the body from heart disease, liver disease, and dementia.

Incorporating a variety of fruits and vegetables into your diet can be done though a variety of ways. Try to consume five antioxidant rich foods a day. Adding fruit to your salad, vegetables to an egg white omelet or eating an oil-based salad dressing are easy ways to incorporate antioxidant-containing foods into your diet. The Beet, Orange, and Walnut Salad incorporates foods rich in antioxidants and it easy to make. This winter to help ward off infection and stay healthy try to eat a healthy, balanced diet with a variety of colors and foods.



January 2015

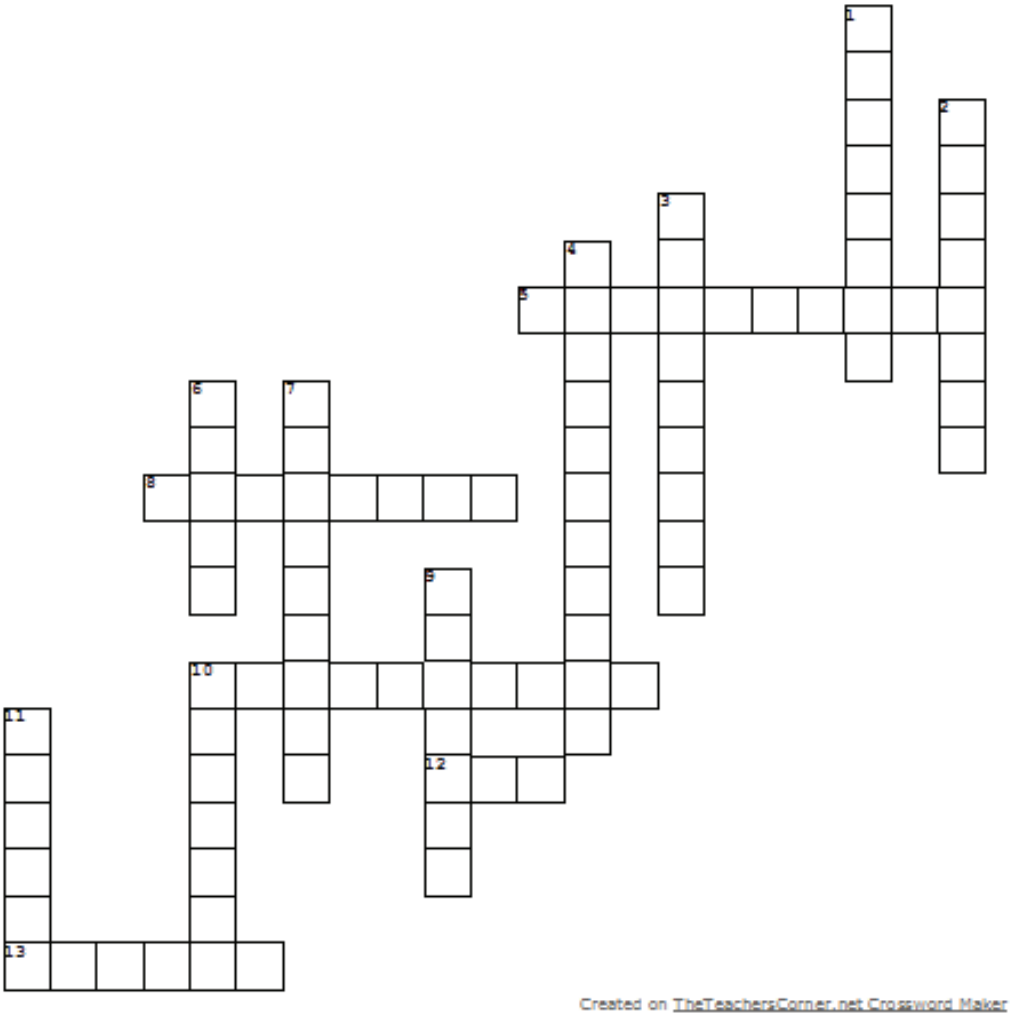
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 *New Year's Day*	*2* *Run Up the Flagpole Day*	*3* *Fruitcake Toss Day*
4 *Trivia Day*	*5* *National Bird Day*	*6* *Bean Day*	*7* *Old Rock Day*	*8* *Bubble Bath Day*	*9* *National Static Electricity Day*	*10 Houseplant Appreciation Day*
11 *Step in a Puddle Day*	*12* *National Pharmacist Day*	*13* *International Skeptics Day*	*14* *Dress up Your Pet Day*	*15* *National Hat Day*	*16* *Appreciate a Dragon Day*	*17Ditch New Years Resolutions Day*
18 *Winnie the Pooh Day*	*19* *National Popcorn Day*	*20* *National Buttercrunch Day*	*21* *National Hugging Day*	*22* *National Blond Brownie Day*	*23* *National Pie Day*	*24* *Compliment Day*
25 *Opposite Day*	*26* *Spouse's Day*	*27* *Chocolate Cake Day*	*28* *Fun at Work Day*	*29* *National Puzzle Day*	*30 National Insane Answering Message Day*	*31* *Backwards Day*

January Monthly Observations

* Celebration of Life Month
* National Blood Donor Month
* National Soup Month
* National Oatmeal Month
* Hot Tea Month
* National Hobby Month
* National Braille Literacy Month
* National Bath Safety Month

Winter Weather Brain Exercise

Complete the crossword below



Down

1. S in SMART

2. Boost our_____

3. White and falls from the sky when cold

4. M in SMART

6. a type of goal

7. R in SMART

9. The first month of the year

10. We need to drink in moderation

11. Maintain a healthy _____

Across

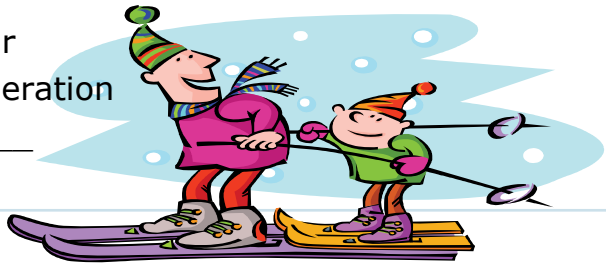
5. You make one of these at the beginning of every year

8. Maintain a_____ Diet

10. A in SMART

12. Three Antioxidant vitamins

13. T in SMART



WEST VIRGINIA
BUREAU OF SENIOR
SERVICES

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Beet, Orange, and Walnut Salad

Ingredients

Dressing

1/4 cup orange juice

2 1/2 tablespoons olive oil

1 tablespoon lemon juice

1 1/2 teaspoons sugar or Splenda

1/4 teaspoon each salt and pepper

Salad

2 (1 3/4 lb.) bunches small beets, leaves and stems cut off, beets scrubbed

1/8 teaspoon each salt and pepper

2 navel oranges

1 small head green-leaf lettuce, leaves separated

1/4 cup(s) walnuts, toasted and coarsely chopped

Directions

1. Shake all ingredients in a covered jar; refrigerate.

2. Heat oven to 375°F. You'll need a rimmed baking sheet lined with nonstick foil. Add beets; cover pan with foil.

3. Roast 1 1/4 hr. or until beets are tender. When cool enough to handle, rub off skins with your fingers and slice. Toss in large bowl with 1/4 cup of the dressing and the salt and pepper.

4. While beets roast, cut peel and pith from oranges; slice.

5. Arrange lettuce leaves, beet and orange slices on a large serving platter or individual salad plates. Drizzle with remaining dressing; sprinkle with walnuts and chives.

Recipe Received From: http://www.womansday.com/recipefinder/beet-orange-walnut-salad-122029