



Exercyz & Wellness

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Issue 2

Special points of interest:

Lunch & Learn:

Nov. 3 at 12:15pm

Topic: Diabetes

Improve Your Health with Exercyz!

We all know exercise benefits us in many ways. We all know it can make us look better and feel better. However, many times that which we know is so general in thought that it really does not provoke a need to change. So the aim of this article is to remind you, the reader, of some of the exact benefits of exercise.

- Exercise helps you manage your weight. Simply put you will burn those excess calories from food and eventually begin to lose weight or at least stop gaining weight.
- Strength and weight bearing exercise will help maintain healthy bones and keep your muscles strong. Starting now will help prevent the onset of such diseases such as osteoporosis and will improve your balance and coordination.
- Exercise can help reduce your risk of certain cancers such as breast, colon, and prostate cancer. And it can improve your immune system.

- Exercise can help relieve stress. When you work out your body will release endorphins which will help you relax and bring about a “natural” feeling of pain relief.
- Exercise will strengthen your heart and lungs. This will allow blood to travel more efficiently which will bring much needed oxygen and nutrients to the rest of your body.
- Exercise will also improve your sleep which is important for maintaining your physical and mental health.

As you can see exercise has many specific benefits. The benefits listed here are only a few of the many, many benefits of exercise. So it only makes sense to get up and start exercising. You don't have to make the exercise difficult just get outside and do something you enjoy.

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Exercyz On The Go!

Going to see the In-laws? Staying in a hotel, or somewhere besides your home?

Good news, you can still get a workout in! I bet that you didn't know that by choosing the right hotel you can choose one with an actual fitness center inside it! The Hilton, the Marriot and the Westin are all three large hotels that are known for having fitness centers in some of their locations. You

can also search on the web to find hotels with fitness centers, look at www.fithoteldirectory.com for more listings!

What if you aren't going to stay in a hotel, don't fret, just bring a small workout kit with you. The essentials include a jump rope and exercise bands. These can be purchased at convenience places including Wal-Mart or Target.

Jumping rope is as good as running for cardio, but you don't have to have a treadmill or go out and run in that cold weather! Go into a garage or in the living room and jump for 20 minutes! There are many exercises including resistance and stretching that you can do with elastic exercise bands. Just remember wherever you are for the holidays, you can stay fit!

Metabolism: Reality vs. Controversy

Metabolism is the sum total of living cell's energy producing and utilizing reactions. You are expending calories throughout the day with your Resting Metabolic Rate, which is 60%-70% of the energy you use to stay alive. Then you have physical activity and non-activity thermogenesis which contains shivering, toe tapping, shopping, and occupational movements. People who fidget expend approximately 352 additional calories a day! That's comparable to a 30 minute run! Not saying that you should start fidgeting instead of exercising, but

all the small movements add up! Strength training is also a great way to burn additional calories. For every pound of muscle you gain, you are burning approximately 15-25 more calories a day!

Now for a few facts: some of you may have heard that spicy foods increase metabolism, well they do, but not enough to change your diet. Another issue to be aware of is that fact that some medications such as beta blockers and depression medicine may slow down your metabolism, so be sure to check with your doctor. Try eating

a proper amount of healthy fats, proteins and carbohydrates in 6 smaller amounts to keep insulin levels regulated. The moral of the story is keep moving, every little bit adds up in the long run!

***From a lecture presented by: Len Kravitz, Ph.D

"If you set a goal for yourself and are able to achieve it, you have won your race. Your goal can be to come in first, to improve your performance, or just finish the race - it's up to you."

-Dave Scott, Triathlete-

Resistance Band Exercises

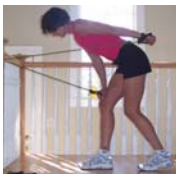
Here a few resistance band exercises to keep you going while visiting your family for the holidays.

1.) **Bicep Curls**- Step in the middle of band, hold on to handle bars, or the ends of the band, and curl your hands toward your shoulders.



2.) **Tricep Kickback** - Attach band to sturdy object

in front of you in a split stance, bent at the waist with abs in. Hold handle in one hand, elbow bent. Straighten the arm, contracting the back of the arm.



3.) **One Leg Press** - Lie down on the floor and hold onto both of the handles. Put one leg in the loop and press the

leg up and out.



3.) **Squats**-Place band under both feet, hold onto the handles and press them over your head while squatting down into a squat position, like you are sitting on a chair.



DID YOU KNOW?

November is American Diabetes Month

November is American Diabetes month. Diabetes is a disease in which your blood glucose (sugar) levels are too high. Your body needs glucose for energy, but too much glucose is bad for your health.

- Nearly 21 million children and adults have diabe-

tes in the U.S. And it is the 5th deadliest disease in the U.S. and has no cure.

- Risk factors for diabetes include: having high blood pressure (130/80 and/or above), having a family history of diabetes, and having diabetes during pregnancy or having a baby that weighs over nine pounds at birth.
- Being very thirsty, urinating frequently, or losing weight without trying can be

symptoms of diabetes.

To lower your risks for diabetes you can maintain weight control, eating low fat meals and high fruit, vegetables and whole grain foods, and staying physically active 3 or more days a week.

Ask your doctor about your risk for diabetes during your next visit.

***Call 1-800-DIABETES (1-800-342-2383) for free info about diabetes.



REWARD YOURSELF!

Maple Roasted Squash (with Apple Filling) Recipe

Ingredients

4 acorn squash, halved lengthwise and seeded
Salt and freshly ground black pepper
8 teaspoons whipped butter or less-fat margarine
4 tablespoons maple syrup or 8 tablespoons light pancake syrup
3 apples, cored and diced
2 tablespoons finely chopped assorted fresh herbs (thyme, rosemary, parsley) OR 2 teaspoons assorted dry herbs (thyme, rosemary, or parsley)

Instructions

Preheat oven to 450 degrees. Place squash halves, cut side up, on a baking pan. Season the inside of squash with salt and pepper.

Place 1 teaspoon of whipped butter or margarine and 1/2 tablespoon of maple syrup (or 1 tablespoon light pancake syrup) into the bowl of each squash half.

Distribute diced apples into the bowl of each squash half. Sprinkle herbs over the top.

Roast squash until tender and nicely browned (about 1 hour). Periodically (every 20 minutes or so), spoon syrup from the squash bowl over the top of the apples.

Nutrition Facts (Per Serving)

180 calories, 3 g fat, 2 g protein, 8 g fiber, 41 g carbohydrate, 1.7 g saturated fat, 0.8 g monounsaturated fat, 0.3 g polyunsaturated fat, 7 mg cholesterol, 33 mg sodium.

***This recipe makes 8 servings.



Thanksgiving Leftovers??

No matter how well you plan, it's inevitable that you will always have leftovers from Thanksgiving. Well, here's a great way to use your leftover turkey in a delicious soup with low calories.

Ingredients

- 2 cups leftover turkey, cut
- 3 1/2 cups water
- 1 can chicken broth
- 1/2 onion or 2 leeks, chopped
- 2 celery stalks, chopped
- 3 Tbs fresh parsley, finely chopped
- pepper, to taste

Directions

- In a large pot, heat water and chicken broth to boiling.
- Add turkey, onion, celery, and parsley. Heat to boiling, then reduce heat.
- Simmer for 10 minutes.

"It doesn't make any difference whether what you face is something that affects your work, your personal relationships, your sense of security, your appraisal of self-worth, or your appearance--the way you think about your situation largely determines whether you will do anything about it and what you will do."

- Arthur Freeman -

Don't Forget To Eat Your Vegetables!!

It's hard to remember why we eat vegetables, but for many of you, it's usually not because they taste good. Vegetables help reduce our risk of certain cancers, diabetes, and cardiovascular disease. So, apparently it's important to make sure we incorporate our 2-3 servings of vegetables a day. There are plenty of ways to mix it up so veggies won't seem so boring. Here are some good tips on how to dress up your veggies into healthy meals for the month of November!

*Plan some meals around a vegetable main dish, such as a vegetable stir-fry or soup. Then add other foods to complement it.

*Try a main dish salad for lunch. Go light on the salad dressing. Include a green salad with your dinner every night.

*Shred carrots or zucchini into meatloaf, casseroles, quick breads, and muffins.

*Include chopped vegetables in pasta sauce or lasagna.

*Order a veggie pizza with toppings like mushrooms, green peppers, and onions, and ask for extra veggies.

*Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.

*Grill vegetable kabobs as part of a barbecue meal. Try tomatoes, mushrooms, green peppers, and onions.

***For more information go to www.mypyramid.gov.



