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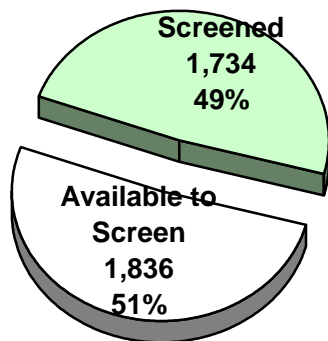
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## Easy Ways to Eat More Fruits and Veggies Every Day

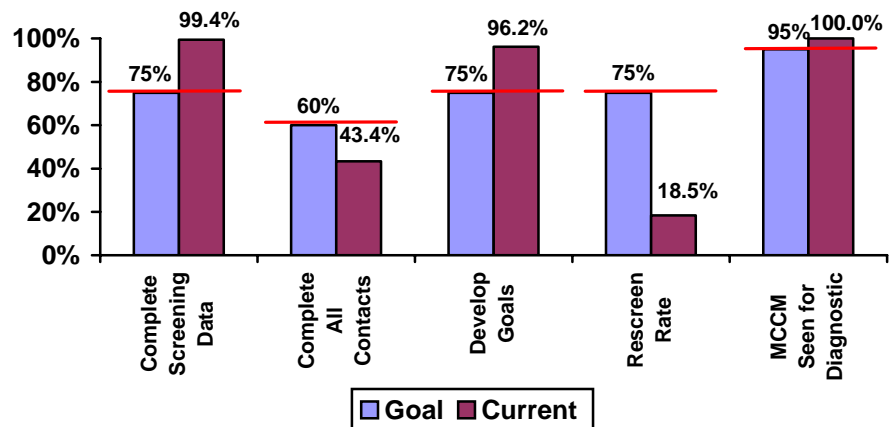
- Grind up veggies to “hide” in meatloaf and soups.
- Cut up fruits and veggies so they are ready for a quick snack.
- Frozen grapes and banana slices make a cool treat.
- Include lettuce, tomatoes, and onions on all your sandwiches and wraps.
- Forget tortilla chips! Eat raw veggies with your favorite dips and salsas.
- Take advantage of summer berries; add to muffins, pancakes, cereal, and salads.
- Don't forget about dried fruits. They make an easy on-the-go snack.
- Shop your local outdoor produce markets for a variety of fresh fruits and vegetables.
- Select a frozen 100% fruit bar as a simple and sweet snack.

## Stats At-A-Glance

FY 08 Caseload Goal = 3,570



WISEWOMAN Program Indicators



# Go Ahead, Watch TV!

~ By Genesee County Health Department

Sometimes it seems as though there aren't enough hours in a day. Finding time to workout during the week can almost be impossible at times. What if you could turn the time you watch your favorite sitcom into a healthy workout, without missing a minute?

Here are some simple exercises that you can do while watching TV that will burn calories and help you get into shape!



## Marching in Place:

Make sure you use your arms!

## Abdominal Crunches:

Hands behind your head for support

## Push-Ups:

Traditional or on your knees

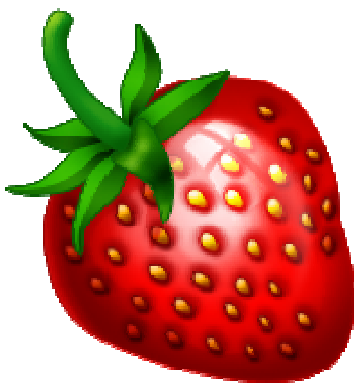
## Bicep Curls:

You can use dumb bells or even soup cans from the pantry

When you are watching your favorite show, what is your favorite snack to go along with it? Potato chips, candy, ice cream? All of those snacks are high in calories, fat, and carbohydrates. A better alternative would be a negative calorie snack. With negative calorie snacks, you burn more calories through digestion than you consume by eating them. Essentially, you are burning calories by eating them!

Here are a few examples:

- ❖ Celery
- ❖ Strawberries
- ❖ Grapefruit
- ❖ Tangerines
- ❖ Zucchini
- ❖ Oranges
- ❖ Apricots
- ❖ Carrots
- ❖ Tomatoes



## An Apple a Day...How About a Banana?

Bananas contain three natural sugars - sucrose, fructose, and glucose - combined with fiber. A banana gives an instant, sustained, and substantial boost of energy. Research has proved that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the **banana is the number one fruit with the world's leading athletes.**

A banana can help overcome or prevent a substantial number of illnesses and conditions, making it a must for our daily diet.

**Depression:** According to a recent survey undertaken by MIND among people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood, and generally make you feel happier.

**PMS:** Forget the pills - eat a banana. The vitamin B6 in a banana regulates blood glucose levels, which can affect your mood.

**Anemia:** High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

**Blood Pressure:** This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat high blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure and stroke.

**Heartburn:** Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

**Nerves:** Bananas are high in B vitamins that help calm the nervous system.

**Overweight and at work:** Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

**Ulcers:** The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronic ulcer cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

**Seasonal Affective Disorder (SAD):** Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

**Smoking:** Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

**Stress:** Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain, and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high-potassium banana snack.

**Strokes:** According to research in *The New England Journal of Medicine*, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%.

A banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around.



## Vegetable Gardens – Eat What You Sow

Growing your own produce can be easy and satisfying. All it takes is a little space and a bit of time and effort to yield big (and delicious) results. The start of summer, when the last frost has passed, is the ideal time to get started.

- **Pick a location.** You'll want a spot that gets a good dose of sunshine.
- **Choose a container or a raised bed.** If you have space constraints, a container may work best. If you have a bit more room, consider building a raised bed.
- **Prepare the soil.** For an in-ground garden, you may need to till the soil or add fertilizers to make the soil just right for your plants. For containers and raised beds, consider using potting soil from a plant nursery.
- **Select the plants.** With smaller gardens, avoid "space hogs" like yellow squash, corn, pumpkins, or beans. Good ideas for smaller gardens are carrots, tomatoes, and peppers.
- **Plant and watch.** With consistent watering and an eye for weed, insect, and animal activity, you'll be enjoying the fruits – or vegetables – of your labor soon!

## 15 Quick Tips for People Who Hate to Exercise

1. Start sensibly. Don't get intimidated by the prospect of a daily exercise regimen. You don't have to run a marathon. You just need to get your body moving each day.
2. Reframe the way you think about exercise. Begin to think of each workout as a gift you give to yourself instead of just another "should", "ought", or "must."
3. Make sure you enjoy your exercise program. Some people like classes. Some people don't. Choose what's right for you so it becomes something you actually look forward to.
4. Make sure your workout is convenient. Schedule it for a time of day when you typically feel the most energetic. Have your gym bag packed and ready to go by the door or in the car.
5. Make your workout weather-proof. If you run or walk outside, get the right workout gear so weather conditions are never an excuse.
6. Make sure you're doing it right. One reason for wanting to quit exercising is injury or pain. Check with your doctor before you start an exercise program so you know you're safe in the workout you choose.
7. If you're having a low-energy day, tell yourself you have to exercise for only ten minutes. That will get you moving, and once you're in the exercise groove, you'll usually want to finish your workout.
8. Go with friends. Start a group for walking, running, or training. The camaraderie (and peer pressure) can do wonders for your daily motivation.
9. After a really good workout, write a few notes in your journal about how good you feel. Use it as a reference the next time you don't want to begin.
10. Start with small goals. If you want to run for 30 minutes, for example, start by walking fast. When you can do that, make a goal to spend those 30 minutes running for one minute, walking for one minute.
11. Recognize that some days it will be easier to exercise, and some days you'll have to struggle through the workout. This has to do with a lot of factors, including mood and hormones. Take the pressure off by understanding the fluctuations and exercise anyway.
12. Try behavior modification tapes.
13. Use a visible reward system. The effects of exercise are cumulative and long-term, so sometimes it helps to see your results on a daily basis. After each workout, put a big red star on the calendar as a symbol that you completed the day's workout. Take photos of yourself every month in your workout gear so you have a visual record of your results, too.
14. Get to the bottom of your exercise aversion. Figure out the reasons why you don't want to exercise and balance them with just as many reasons to exercise.
15. Be gentle with yourself. Take a day off at least once a week. And if you do skip a few workouts, don't beat yourself up, but do get right back in the routine.

## Did You Know....

Maintaining a healthy body weight depends on achieving energy balance – balancing the amount of energy burned and the food consumed in your day. To stop weight gain, most Americans needs to do just two simple things:

- Add 2,000 more steps each day
- Eat 100 fewer calories daily

### Tips for Cutting 100 Calories at Breakfast

- Select nonfat or 1% milk instead of whole milk.
- Use a small glass for your juice and small bowl for your cereal.
- Savor a bowl of bananas, berries, low-fat milk, and sugar substitute instead of a sweet roll.
- Choose light yogurt made with no-calorie sweetener.
- Split a bagel with someone, or wrap up the other half for tomorrow's breakfast.
- Substitute a no-calorie sweetener for sugar in your coffee, tea, and cereal.
- Use a non-stick skillet and cooking spray in place of butter or margarine to prepare your eggs.
- Spread your muffin, bagel, or toast with 2 tablespoons of fat-free cream cheese in place of regular cream cheese.
- Substitute no-sugar-added jelly or jam for the sugar-rich varieties.
- Select lean ham or Canadian bacon in place of regular sausage or bacon.
- Fill your omelet with onions, peppers, spinach, and mushrooms instead of cheese and meat.
- Lighten up your omelet, frittata, or scrambled eggs by using 4 egg whites or ½ cup egg substitute.
- Make your toast with light, whole-wheat bread.

### Tips for Adding 2,000 Steps

- Circle around the block once when you go outside to get your mail.
- Walk around the outside aisles of the grocery store before shopping.
- Drive or walk to a nearby high school and go around the track: 4 laps equals approximately 2,000 steps.
- Make several trips up and down the stairs to do laundry or other household chores.
- Pass by the drive-thru window and walk into the bank or restaurant.
- Stroll the halls while waiting for your doctor's appointment.
- Mow the lawn.
- Accompany your children on their walk to school.
- Take your dog for a walk.
- Walk to a nearby store, post office, or dry cleaners to accomplish errands.
- Catch up on the day's events with your spouse and children on an after-dinner walk.
- Pace around your house while talking on the phone.
- Buy a walking video so you can get in your steps on rainy days.
- March in place while watching your favorite TV show.
- Put your grocery cart back in the store after you unload your purchases.
- Try "retro-walking"; walking backwards distributes your weight more evenly (be sure you are in a safe area and are aware of your surroundings).
- Experience the splendor of a sunrise on an early morning walk.