May 2014

Wellness Quick Read

From The Solutions Group Wellness Team

Regular Physical Activity Can ...

- Reduce fat
- Help control weight
- Promote bone, muscle, & joint development
- Help prevent chronic diseases
- Condition your heart and lungs
- Build strength and endurance
- Improve sleep
- Increase energy and self-esteem
- Decrease depression
- Relieve stress
- Increase your life span

One Size Does Not Fit All

No one looks alike, so it should be expected that not everyone has the same physical capabilities. The good news; physical activity is for everyone!

The physical activity guidelines for Americans recommend 150 minutes (2 hours & 30 minutes) of moderate aerobic physical activity a week plus at least 2 days a week of strengthening activities.

These guidelines beg the question, what is moderate activity? Moderate intensity aerobic activity raises your heart rate and results in labored breathing, yet you can still carry on a conversation (yet it may not be easy).

Some common examples of moderate aerobic activity are a brisk walk, heavy house keeping (lawn mowing, vacuuming, window washing), light bicycling, and even a friendly game of doubles tennis.

Your physical activity success is driven from within. It's important to identify ways to reach your goals that are practical for your lifestyle. If your work day and home life are just too busy at the moment to commit to an hour fitness class then find ways to sneak activity into your daily habits: Walk around the park at your child's sports practice, use half of your lunch break as a walking break, skip the elevator and take the stairs. No excuses, where there is a will, there is a way. Currently tied down from an injury? Or physically limited in some areas? No problem! The online resources are endless to find various unique activities that may just fit into your life.

The cost of physical inactivity is burdensome both to our bodies and our bank accounts. The current obesity epidemic is increasing our healthcare costs substantially. It doesn't matter how you meet these guidelines, find various activities for you and get moving!

Speak with your doctor, dietitian, or qualified health professional before beginning any new exercise regimens.

Fitness Highlight: Zumba

Today we are surrounded by constant advertisement of new gyms opening and the latest coupon deals. Take advantage of these opportunities to mix up your fitness routine and find something you really enjoy!

Zumba has become a sensation over the past 10 years. Zumba is a fast paced, interactive, dance class, that will certainly get your heart pumping! Who wouldn't want to dance along to the energizing Latin American dance music? It's an hour of physical activity that is spent not staring at the wall behind the treadmill. Zumba is an aerobic activity that will certainly count towards the recommended 150 minutes of moderate aerobic activity per week..

Recipe of the Month: Quinoa Burgers

Serves 8

Ingredients:

1 cup water
1/2 cup red quinoa
1 cup diced onion
2 cups finely chopped mushroom
1 teaspoon minced garlic
2/3 shredded, low-fat cheese
3/4 teaspoon dried marjoram
1teaspoon dried oregano
1 Tbsp canola oil
1 egg
1/2 cup finely chopped pecans, toasted
1/3 cup quick-cooking oats
1 Tbsp low-sodium soy sauce

Directions:

Cook quinoa with water as directed on package. Set aside to cool. Preheat the oven to 350^{0}F and line a baking sheet with parchment paper. Heat the canola oil in pan over medium heat. Sauté onions until cooked and softened, ~5 minutes. Add in the mushrooms, garlic, marjoram, and oregano and cook another ~5 minutes (until mushrooms are soft), stirring occasionally. Let mixture cool. Once all is cooled, beat the egg in a medium bowl and add quinoa, mushroom mixture, cheese, pecans, oats and soy sauce. Pat ~1/2 cup portions of mixture onto baking sheet into patties (should make 8 patties). Expect the mixture to be crumbly at this point. Bake until crispy (28-30 minutes). Top with your favorite burger garnishes and enjoy!

Recipe Source: *Eating Well*
Click here for this recipe: http://www.eatingwell.com/recipes/quinoa_veggie_burger.html

The Solutions Group

A division of Presbyterian Healthcare Services

Be Active, but Be Safe

In general, low to moderate physical activity is safe for most people. Any risks associated with physical activity are outweighed by the benefits and even still there are some precautions you can take to lower those risks. The more fit you are, the lower your risk of injury.

The most important thing to do to keep yourself safe is to match your activities with your fitness level. If you haven't consistently exercised in many years and are just committing to get back into it, then purchasing the most intense workout video and jumping off the couch is probably not the best idea. Start slow, with a low intensity activity for a limited amount of time and then gradually increase one and then the other.

Start simple, walk! Walking is a safe and low-impact activity that will get the job done! According to the American Heart Association, "Walking is the single most effective form of exercise to achieve heart health." Then, over time increase your distance and pace. Walking, gardening, yard work, bicycling, dancing, and swimming are all activities that have low injury rates.

Contact sports such as hockey, basketball and football have greater injury risks so be sure to follow safety guidelines and wear proper equipment during your given activity. Shoes are considered an important piece of equipment. Investing in a properly fitted shoe for particular activities is an important responsibility and action to stay safe.

As we enter into the summer months it's important to pay attention to temperature. The hot temperatures can quickly lead to dehydration or even heat stroke if you aren't careful. Stay properly hydrated by drinking water throughout the day, don't wait to start drinking until you're thirsty. Lastly, clothes are also an important consideration. In hot temperatures, the more surface area of skin exposed, the better sweat evaporation and heat regulation, but don't forget to cover that skin with sun protection.