



# WELLNEWS

MAY 2013

## Get Active!



There are many health benefits to being active for people of all ages, backgrounds and abilities, but you should consult your physician before starting a new activity program. If you haven't been active in a while, start slowly and build up. Do what you can; some physical activity is better than none.

Keep track of all your activities.

Source: [www.fitness.gov](http://www.fitness.gov)

## Different Types of Physical Activity

Aerobic activities can range from 60-85% of your resting heart rate.

- Aerobic activities make you breathe harder and your heart beat faster. Aerobic activities can be moderate or vigorous in their intensity levels, and range from 60-85% of your resting heart rate. A general guide to use: For moderate activities you can talk, but you can't sing. With vigorous activities, you can only say a few words without stopping to catch your breath.
- Muscle-strengthening activities make your muscles stronger.

- Bone-strengthening activities make your bones stronger and are especially important for children and adolescents, as well as older adults.
- Balance and stretching activities enhance physical stability and flexibility, which reduce the risk of injuries.

## Get Fit Tips!

Add Extra Steps to Your Day



- Get off the bus one stop early and walk the rest of the way.
- Walk up and down the field while watching your child(ren) play sports.
- Walk the dog with the whole family.
- Walk the golf course instead of using a cart.
- Replace a coffee break with an outdoor walk—or take the coffee with you on your walk.
- Keep sneakers with you at work to mix in physical activity throughout the day

Source: [www.fitness.gov](http://www.fitness.gov)

The *Physical Activity Guidelines for Americans* recommends 30 minutes of physical activity a day for adults, 60 minutes for children, at least five days a week. Sound daunting? It's much easier than you think, regardless of your current activity level. There are plenty of ways to get moving and some may even surprise you! It's time to be active, get healthy, and have some fun!

Being active doesn't require joining a gym. Look for ways to increase your heart rate during your daily routine. Walk or cycle instead of taking the car or bus, or you can choose the stairs over the escalator or elevator. Try these ways to be active and start working towards your fitness goals to jumpstart or maintain a healthy lifestyle.

*Personalized Care*

## Ways to Help Make Mother's Day Healthy



Sunday, May 12, is Mother's Day, and the start of National Women's Health Week. National Women's Health Week (May 12-18) encourages women to make their health a priority and take simple steps to live a safer and healthier life. Here's our list of a few ways to make Mother's Day a special day of health.

Make sure to include these tips in your daily life, so if mom resists, your response can be "It's easy... Let's do it together."

### Mom was right: eat your vegetables.

"Eat your vegetables" is one of several things mothers are known for saying to kids. Vegetables are a natural source of energy and give the body many nutrients needed to keep going. Find what's in season and add a variety of colors and flavors to anything you prepare.

### Put your foot down, and raise your arms too.

Get the recommended physical activity with your mom. Encourage her to walk, help her plant her garden, ride your bicycles together (with helmets), take her dancing, or anything else that will help you both get the recommended minimum 2½ hours of moderate physical activity each week.

Source: [www.cdc.gov](http://www.cdc.gov)

## Gardening benefits and physical activity!

Gardening is an excellent way to get physical activity. Active people are less likely than inactive people to be obese or have high blood pressure, type 2 diabetes, osteoporosis, heart disease, stroke, depression, colon cancer, and premature death.



- Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles. You can burn 150 calories by gardening (standing) for approximately 30-45 minutes. Help kids and teens be active for at least 1 hour a day.
- If you have been inactive, start out with just a few minutes of physical activity each day. Gradually build up time and intensity.
- Vary your gardening activities to keep your interest and to broaden the range of benefits.

Source: [www.cdc.gov](http://www.cdc.gov)

## Healthy Family Activities

Be sure to check out this month's healthy family activities in your community at: <http://search.active.com/?tab=events>



## Wayne's Plantain Pancakes



### Ingredients

1 very ripe, black colored plantain, peeled and chopped into 1 inch pieces  
1 egg  
1 Tablespoon all purpose flour  
1 Tablespoon evaporated milk  
3-4 Tablespoons grapeseed or vegetable oil

### Instructions

Prepare plantains, score the skin lengthwise with a sharp knife and then easily remove the peel.

Put all ingredients except the oil in a blender and process until nearly smooth. If you like thinner pancakes, add more evaporated milk. For thicker cakes, additional flour can be incorporated to the batter.

Heat a large frying pan with about ¼ inch of grapeseed or vegetable oil over medium high heat. Once the oil is hot, pour the batter into pancake shapes, about 3-4 inches in diameter. Fry until very dark on one side, flip and finish frying the other side.

Keep covered to retain warmth. These are super sweet and good alone or with a smidgen of pure maple syrup, honey or fruit jam.

Quickly reheated, any leftover pancakes taste almost as good the next day.

Source:

(<http://www.myglobalkitchens.com/2011/08/perfect-plantain-pancakes/>)