



Tips to Get Started!

- Diet.com offers this free video on basic stretching (<http://www.diet.com/videos/play/katrinass5minute-stretch-routine>)
- The [CDC](#) also provides useful tools and information regarding weight loss.
- <http://www.choosemyplate.gov/> can aid you in achieving a balanced diet.

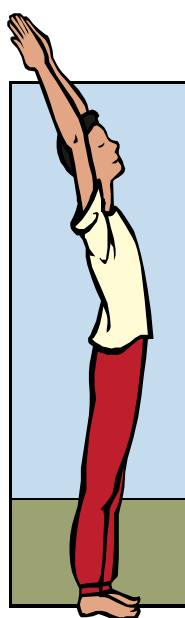
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Wellness in Balance

Flexibility

By Jessica Wilson



The five health-related components of fitness are cardiorespiratory endurance, body composition, muscular strength, muscular endurance, and flexibility. Of these five, flexibility is one of the most frequently ignored components because people do not believe there are health issues related to poor flexibility of joints (Van den Tillaar, 2006).

Adequate flexibility is important

for activities of daily living (ADL) and contributes to improvements in joint range of motion and level of physical function. As people age, flexibility tends to decrease and joints and the surrounding soft tissue become less elastic (Rees, Murphy, & Watsford, 2007).

Although joint flexibility decreases with age, flexibility can be improved at any age and maintaining an adequate range of motion is encouraged for both sedentary and active individuals (American College of Sports Medicine, 2011).

Static stretching is the form of stretching most people use when wanting to increase

flexibility. Static stretching can be defined as the elongating of the muscle to tolerance and sustaining the position for a length of time (Anderson & Burke, 1991; Leibesman & Cafarelli, 1994). The individual performing static stretching does not stretch to the point of pain, but instead until there is mild discomfort. Static stretching is commonly used in activities such as yoga or Pilates.

ACSM recommends that stretching is incorporated 2-3 times per week, performing each stretch 4 times and holding the stretch for at least 15 seconds. See page 2 for some stretches you can try!

Flexibility—Cont'd Pg 2

Warming up and Cooling down: The Benefits

By: Marshall Creed

Many people overlook the importance of a proper warm-up and cool-down, however, the warm-up and cool-down may be the most important part of the workout. When people do perform a warm-up and a cool-down, one may actually be performing these aspects of the workout incorrectly. Including a warm up will actually increase the body ability to perform the workout to follow.

An appropriate warm-up

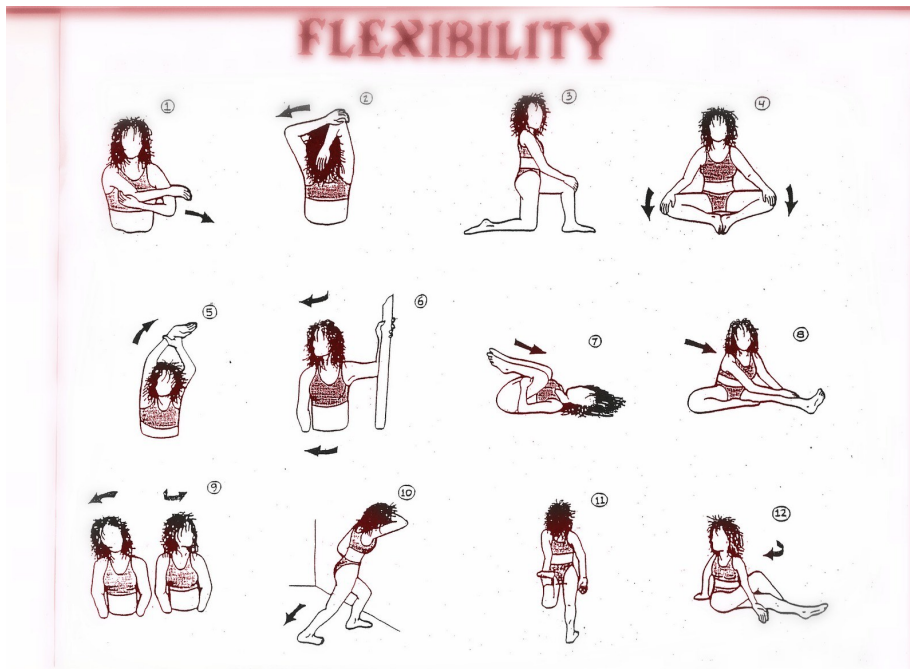
should be done prior the workout, hence the word warm-up. The warm-up generally is the exercise you are about to perform just at a lower intensity or pace. For example, if someone is about to perform an exercise like a back squat, the person can warm-up by doing air squats. Warming up could also consist of 5 to 10 minutes of walking, to increase body temperature and followed with 10-15 minutes of dynamic stretching exercise.



Dynamic stretching is more appropriate than the tradi-

Benefits —Cont'd Pg 2

Flexibility—Cont'd from Pg 1



These stretches can be used at any time of the day. Though most of them are static stretches meant to be held for long periods of time, (3) and (9) may also be practiced in a dynamic form.

Overall, the benefits of stretching are many and include:

- Increased blood circulation.
- Relief of minor to moderate joint and muscle pain.
- Increased flexibility and resistance to impact.
- Higher blood oxygen levels (from breathing).
- Increased focus and stress resistance (from breathing)

Try these stretches when you can and see if they're right for you!

Warm up; Cool down—Cont'd from Pg 1

tional static (holding the stretch) stretching because dynamic stretching reduces muscle stiffness while static stretching during warm-up does not. Dynamic stretching is constantly moving through a full range of motion without holding at the end of the stretch, for example, high knees and walking lunges

The benefits of including a warm-up are the following:

- Allows muscles to contract and relax faster
- Reduces muscle stiffness,
- Increases heart rate prior to the workout.

An appropriate cool-down is as important as an appropriate warm-up. The cool-down is done at a lower intensity after the workout is over. It could be as simple as 5 to 10 minutes of jogging or walking to decrease the body's temperature and lower heart rate; followed by 5 to 10 minutes of static stretching.

Unlike the warm-up where dynamic stretching is more appropriate, the cool-down is just the opposite.

Static stretching during the cool-down is more appropriate because it allows the muscles to relax. The benefits of a cool-down include the following: removal of waste products such as "lactic acid," reduce the potential of DOMS

(soreness), and allows heart rate to return to resting rate.

Including an appropriate warm-up and cool-down into an exercise program will greatly benefit one's performance during the exercise session, and between exercise sessions.



What Constitutes a Healthy Diet?

By Constance Herriott, B.S., Dietetic Intern

When most people think of the word 'diet', they think of a weight-loss regimen that often involves gimmicks and quick-fixes. Healthy eating is not the 'diet' that comes to the mind of most when thinking of the word. Rather, it is just the food that is consumed by that person on a regular basis. Healthy eating is not a set of strict rules, a way to lose weight fast or eliminating the foods you love. Healthy eating promotes a person's health while providing them with additional energy. Following a few simple guidelines can put you on the road to healthier eating today.

Tip #1: Choose quality foods

- When it comes to vegetables, it is important to incorporate as many colors as possible and especially to consume a variety of green vegetables in order to include a variety of vitamins and minerals.
- For those sweet cravings, it is always good to have fruit nearby for their sweetness, antioxidants, vitamins and fiber. Incorporating naturally sweet vegetables such as carrots and sweet potatoes may also keep sweet cravings at bay.
- When choosing grains, go for whole grains as often as possible. Avoiding refined grains will give you a boost of fiber and keep you feeling fuller longer!

- When it comes to proteins, choosing lean proteins is important. Limited saturated fat by increasing your intake of beans, nuts, fish and poultry is very beneficial for heart health.

Tip #2: Think of healthy eating as a lifestyle

- Rather than thinking about what you cannot eat or counting calories, concentrate on what to eat more of. You will be surprised how much better you eat and feel just by concentrating on fulfilling the myplate guidelines, which can be found at choosemyplate.org
- Don't think you have to make several changes in your diet overnight. Take it slow and make changes as you feel comfortable. After all, this changes should be permanent so you want to be sure you're comfortable with them.
- Don't get discouraged. If you are not losing weight like you would like or you feel someone around you is doing better than you at healthy eating, try to step back and think of the progress you *have made and look back to where you started rather than feeling defeated.*

Tip #3: Moderation is key

- Measure your portions. You will be surprised how many servings you are eating in one sitting. You may also be surprised to find that you can still get full while eating less.
- Use smaller utensils, plates and bowls. Research has shown that people who eat off of smaller dishes eat less than those with larger dishes and are still just as satisfied.
- Do not consider any food off-limits; it could lead to disaster. By telling yourself that you cannot have your favorite dessert, you will constantly be thinking about that dessert. Instead, have a smaller portion of the dessert and eat it less often than you would previously.

Following these guidelines is a simple way to facilitate your journey to a healthier you. Keep in mind that no change you make is insignificant; slow and steady is the way to go!



Feta and Herb Dip

recommended by the American Heart Association

Ingredients

1 15-ounce can white beans, rinsed
3/4 cup nonfat plain yogurt
1/2 cup crumbled feta cheese
1 tablespoon lemon juice
1 teaspoon garlic salt

1 teaspoon freshly ground pepper
1/4 cup chopped fresh parsley
1/4 cup chopped fresh dill
1/4 cup chopped fresh mint
1/4 cup chopped fresh chives

Cooking Instructions

Place beans, yogurt, feta, lemon juice, garlic salt and pepper in a food processor and puree until smooth. Add herbs; puree until incorporated. Chill until ready to serve.



Try this dip with crackers or assorted vegetables for a healthy snack!



Nutritional Analysis Per Serving

Nutritional Analysis

Per 1/4 cup serving

Calories Per Serving

32

Total Fat

1 g

Saturated Fat

1 g

Cholesterol

4 mg

Sodium

167 mg

Carbohydrates

5 g

Fiber

1 g

Protein

2 g

Potassium

77

Dietary Exchanges

1/2 starch, 1/2 very lean meat

Serves: 8 servings, 1/4 cup each

Prep Time: 30 minutes