



HEALTHY AT 80

www.communityhealthdayton.org

August 2015

Amazing Abs - Strengthen Your Core

Core muscles are one of the most active muscle groups in the body. Whether you are typing, putting on your shoes, vacuuming or playing basketball, you are engaging your core abdominal muscles in some capacity. Because you use core muscles for so many activities, it is important to keep them strong and flexible. There are several specific benefits to maintaining a healthy core:

Strong Back Muscles

- Many people suffer from debilitating low-back pain. A strong core can relieve the lower back from extra strain and pressure.

Improved Balance and Stability

A strong core stabilizes your whole body, increasing your range of motion and decreasing your risk of falling.

Good Posture

- Often overlooked, posture is an important factor in overall health. By standing tall, your core muscles can minimize wear on the spine and allow you to breathe more deeply.

See inside for ab exercises you can do in a chair!



Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:

www.communityhealthdayton.org/healthyat80

In This Issue

- Amazing Abs— Strengthen Your Core
- Strong Abs Right from Your Chair!
- Plank Power
- Nutrition Bites!
- Delicious & Nutritious



Strong Abs... Right from Your Chair!

If you work at a desk, are in a wheelchair, or want to get in some extra exercise while watching TV, you can get creative and perform seated abdominal exercises with nothing but the weight of your body.

- ⇒ **Ab Squeeze:** Sit upright in your chair and look straight ahead. Contract your abs as hard as possible and hold for 2 to 3 seconds. Release and repeat for a set of reps. You can strengthen your core all the way around by also contracting sideways!
- ⇒ **Chair Crunches:** Normally thought of as being performed on the floor, crunches can also be done from a seated position. Sit up straight with your knees bent and feet flat on the floor. Place your hands on the sides of your head and curl your body downward. Squeeze your abs forcefully, rise back up and repeat.
- ⇒ **Alternating Knees & Elbows:** This exercise works your entire abdominal area. Sit up straight and place your hands on the sides of your head. Twist your body as you lift your left leg and bring your right elbow toward your left knee. Hold for a second, lower your leg and come back to an upright position. Repeat the same movement going to the opposite side. Keep going back and forth in a smooth, continuous motion.

Plank Power

The plank pose is a popular and effective exercise that is great no matter what your fitness goals are. You can do the plank in 3 different ways to best meet your body's needs!

- 1) **Seated Plank:** Place your hands on the edges of your chair and walk your feet backwards until your body forms an angle. Place your toes hip-width apart and lift your hips in the air to form a straight line from your shoulders to your heels. Hold for 30 to 45 seconds (or less if you need at first).
- 2) **Floor Plank:** Get into a pushup position. Bend your elbows so your forearms are resting on the floor directly underneath your shoulders. Focus on creating a straight line with your body from head to toe, and try to hold the pose for as long as you can. (If this is too challenging at first, try kneeling instead of bearing your weight on your toes).

Get the Facts!

As you and your family strive to eat healthier, you should be aware of what is in the food you consume. The best way to know what is in the food products you buy is to read the nutrition facts on food labels.

When reading ingredients on a product label, keep in mind that ingredients are listed in descending order: ingredients with the greatest amount will be listed first, followed by ingredients used in lesser amounts.

Sugar adds calories but not other nutrients, such as vitamins and minerals. Make sure that added sugars are not one of the first few items in the ingredients list.

<http://www.choosemyplate.gov/downloads/NutritionFactsLabel.pdf>
www.choosemyplate.gov/downloads/NutritionFactsLabel.pdf

Serving Size

Calories and Calories from Fat

Percent Daily Values (based on a 2,000-calorie diet)

Nutrition Facts

Serving Size 1 Cake (43g)
Servings Per Container 5

Amount Per Serving

Calories 200 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 26g **9%**

Dietary Fiber 0g **0%**

Sugars 19g

Protein 1g

Vitamin A 0% • Vitamin C 0%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Sat. Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

FOOD LABEL
BREAKDOWN

Nutrition Bites!

The following info on labels will help you understand what's in a portion:

- ⇒ **Serving size** – The serving size lists the recommended amount to be eaten by a single person. The rest of the nutrition facts are based on this amount.
- ⇒ **Calories** – Especially important if you're trying to lose or maintain weight, these numbers tell you how many calories are in each serving.
- ⇒ **Percent daily values** – Based on the consumption of 2,000 calories a day, this value indicates how the food compares to recommended amounts.
- ⇒ **Know your fats** - To help reduce your risk of heart disease, use the label to select foods that are lowest in saturated fat, trans fat and cholesterol.
- ⇒ **Reach for Fiber**— Healthy sources of fiber, like fruits, vegetables, beans, and whole grains, can reduce the risk of heart disease and improve digestive functioning.

Delicious & Nutritious

A delicious dish for breakfast, lunch, or dinner, packed with healthful protein and veggies! Eating seasonally can help save money too—fresh Zucchini is tasty and a great deal during the summer months!

Crustless Zucchini Quiche

- 1 1/2 cups sliced mushrooms
 - 1 1/2 cups thinly sliced or grated zucchini
 - 1 cup chopped green bell pepper
 - 1 clove garlic, minced
 - 2 tsp olive oil
 - 2 cups 1% fat or fat free cottage cheese
 - 1 1/2 cups egg whites or liquid egg substitute
 - 1 package (10 ounces) frozen chopped spinach, thawed and squeezed dry
 - 3/4 cup grated low fat cheese
 - 1 tbsp. parsley flakes
 - 1 tsp dried thyme
 - 2 tomatoes, chopped
- ⇒ Line the bottom of a 9-in. springform pan or pie pan coated with cooking spray with heavy-duty foil; set aside.
- ⇒ In a large nonstick skillet, sauté the mushrooms, zucchini, green pepper, onion and garlic in oil until tender; drain.
- ⇒ In a large bowl, combine cottage cheese and egg substitute. Stir in the spinach, grated cheese, parsley, thyme, and salt and pepper to taste. Stir in mushroom mixture.
- ⇒ Transfer to prepared pan. Bake at 350° for 45-55 minutes or until edges are lightly browned and a knife inserted near the center comes out clean. Let stand for 10 minutes. Carefully remove sides of pan. Top each serving with tomatoes!



Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

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