



HEALTHY AT 80

www.communityhealthdayton.org

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We Heart Summer!

Follow these heart healthy tips this summer to keep your whole family thriving and happy:

Hydrate ~ Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie, budget-friendly flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water and refrigerate for two hours.

Protect Your Family from the Sun ~ Wear wide-brimmed hats, always apply water-resistant sunscreen with at least SPF 15, and reapply sunscreen every 2 hours.

Head Indoors ~ When the heat gets unbearable, try indoor activities at your local YMCA or rec center like basketball, swimming, yoga or racquetball.

Keep Cool as You Refuel ~ Try light, healthy pre- and post-workout snacks that can also help you stay cool:

- Chilled or frozen fruit
- Homemade popsicles made from 100 percent fruit juice
- Fruit smoothies
- Cold salads loaded with vegetables, beans, legumes and heart-healthy fish like albacore tuna or salmon
- Crisp, chilled raw veggies like cucumber, carrot or celery with a light, cool, yogurt or vinegar-based dip

http://www.heart.org/HEARTORG/GettingHealthy/PhysicalActivity/FitnessBasics/Staying-Active-in-Warm-Weather_UCM_475175_Article.jsp



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

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Grilling Season is Here!

Grilling is one of the best ways to add flavor without excess fat or sodium! Here are some of our favorite foods to grill...

- ⇒ **Vegetables!** Simply brush or mist your grill before placing your veggies directly on the racks, or toss a pound of veggies in about a teaspoon of a high quality oil like grapeseed oil or avocado oil, If you'd prefer to use absolutely no oil, wrap your veggies in nonstick foil and throw them on the grill!
- ⇒ **Fruit!** Pineapple (and other fruit like peaches and nectarines too!) are amazing on a grill – grill pineapple rounds as a dessert or chop them to put them in salsa. Pineapple salsa is especially awesome with fish!
- ⇒ **Fish!** Grilling fish is a phenomenal way to get that restaurant quality taste in your own home... without a whole stick of butter. Add your fish and some basic seasonings like salt, pepper, and an herb blend, and prepare to be wow-ed!

http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Grilling-Season-is-Here---By-Devin-Alexander_UCM_474040_Lessons.jsp



Kids on the Move!

Just because school is out for the summer doesn't mean you can become a couch potato! Doctors say children should be physically active for at least 60 minutes a day.

Physical activity is fun! Riding bikes, jumping rope, playing hopscotch, and running around the park are all types of physical activity! Any game where you are up and moving is a great way for the whole family to stay physically active and keep heart, bones, and muscles strong.

We all have our favorite TV shows and video games, but did you know that too much of those are bad for your health? The more we watch TV or play video games, the less physically active we are. It is okay to do those things some of the time, but no more than 2 hours a day.



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Chill Time

Stress may affect behaviors and factors that increase heart disease risk: high blood pressure and cholesterol levels, smoking, physical inactivity and overeating. Your body's response to stress may be a headache, back strain, or stomach pains. Stress can also zap your energy, wreak havoc on your sleep and make you feel cranky, forgetful and out of control. The actions you take to manage stress will help you feel less stressed right away and more in control of your life, giving you a greater sense of well-being.

Self-talk is one way to deal with stress. Self-talk can be positive ("I can do this" or "Things will work out") or negative ("I'll never get well" or "I'm so stupid"). Negative self-talk increases stress. Positive self-talk helps you calm down and control stress. With practice, you can learn to turn negative thoughts into positive ones.

http://www.heart.org/HEARTORG/GettingHealthy/StressManagement/HowDoesStressAffectYou/Stress-and-Heart-Health_UCM_437370_Article.jsp



Nutrition Bites!

Who doesn't like a hearty bowl of soup on a rainy day, or a chilled soup when it's warm outside? Soups can vary greatly in how much sodium or salt they contain. One cup of canned chicken noodle soup can have up to 940 milligrams of sodium! Compare the nutrition labels of similar varieties of soup at the grocery store, and choose the one with the lowest amount of sodium. At home, add plain frozen veggies to your canned soup of choice so there is less sodium per serving. You can also cook a big batch of soup and freeze the leftovers so you'll have several quick meals on hand. Here are some great salt alternatives that can add flavor to your homemade soups:

- ⇒ Tomato soup – basil, oregano, thyme, or tarragon
- ⇒ Gazpacho – minced garlic and red wine vinegar
- ⇒ Bean or lentil soup – chopped roasted red peppers, freshly ground black pepper, spinach and a drizzle of olive oil
- ⇒ Chicken noodle – ginger, lime or lemon juice, a dash of hot sauce, and a few cilantro leaves

<http://sodiumbreakup.heart.org/boost-the-flavor-and-lower-the-salt-in-homemade-soup/#sthash.OmuCMeeo.dpuf>

Delicious & Nutritious

Chilled Gazpacho is easy to make and wonderfully refreshing after a day in the summer sun!

Velvety Mediterranean Gazpacho

- 3 cups low sodium tomato juice
 - 1 tablespoon plus 1 teaspoon lemon juice
 - 1 tablespoon Maple Syrup
 - ¼ cup extra virgin olive oil
 - 1 teaspoon, sea salt
 - ½ teaspoon cumin
 - ¼ teaspoon coriander
 - 1/8-teaspoon cayenne powder
 - 2 cloves of garlic, roughly chopped
 - 3 stalks celery, roughly chopped
 - 1 English cucumber, peeled, halved and seeded, roughly chopped
 - 1 red bell pepper, cored, seeded, roughly chopped
 - 1 pint cherry tomatoes
 - 1 small red onion, roughly chopped
 - ¼ cup basil and/or cilantro roughly chopped
- ⇒ Place the tomato juice, lemon juice, maple syrup, olive oil, spices, vegetables and fresh herbs in a high-speed blender and process until velvety smooth.



<http://www.rebeccakatz.com/recipe-box/velvety-mediterranean-gazpacho>

Community Health Centers of Greater Dayton

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

Health Centers

Appointment Line:
937-461-6869

Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342
Phone: 937-247-0304

Charles Drew Health Center

1323 West Third Street Dayton, OH 45402
Phone: 937-461-4336

Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404
Phone: 937-228-0990

East Dayton Health Center

2132 East Third Street Dayton, OH 45503
Phone: 937-528-6850

Southview Health Center

25 Thorpe Drive Dayton, OH 45420
Phone: 937-258-6330

Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402
Phone: 937-558-0180

Dental Center

East Dayton Dental Center

2123 East Third Street Dayton, OH 45403
Phone and Appointments: 937-528-6830

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