



HEALTHY AT 80

www.communityhealthdayton.org

May 2017

MINDFUL MOVEMENT

We might not enjoy exercising, but we sure do feel better afterwards! Most people experience increased energy and an improvement in overall well-being as physical activity becomes routine. Studies have shown that regular physical activity can help relieve depression and may even lower your risk of developing it. But what if you're not the active type, are older or have physical limitations? You can still add healthy movement to your life!

Yoga and tai chi are examples of exercise combining gentle movements combined with breathing techniques & relaxation. Other forms of fitness like walking, dancing, & even hula-hooping can also be done mindfully as a form of meditation & relaxation. Try these simple Yoga moves to destress!

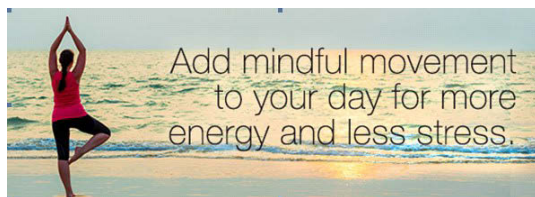
Legs Up the Wall

- Step one: Lie down next to a wall.
- Step two: With your arms by your sides, lift both of your legs straight up and against the wall.
- Step three: Scoot your glutes back so they are touching the wall, your legs positioned up the wall and your torso lying on the ground perpendicular to the wall.
- Step four: Inhale deeply and exhale deeply for several minutes.



Child's Pose

- Step one: Start in a comfortable kneeling position on the ground. Use a mat or towel to protect your knees.
- Step two: Drop your bottom to your heels and rest your torso on the top of your thighs.
- Step three: Look down and reach forward with your hands on the ground. Inhale and exhale deeply.



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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IS YOUR WORKOUT WORKING?

Lace up your sneakers and take 30 minutes out of each day to get up and be active. Here are daily tips to keep your family active all month long!

- ◇ **Park and go.** How many times have you circled the parking lot to find that “rock star” spot? Spare yourself the stress by parking farther away (or even in a remote lot) and walking the rest of the way to your destination.
- ◇ **Wear what you have.** You don’t need special clothing to simply get out and walk. A comfortable, supportive pair of shoes and you’re ready to go.
- ◇ **Schedule it.** Having trouble making time for physical activity? Set an alarm on your phone or schedule it on your calendar – and treat it like any other important appointment.
- ◇ **Take the stairs.** The elevator may go up — but it doesn’t up your opportunities for activity. Take the stairs instead, even if only for a floor or two. You may huff and puff at first, but over time, your body will thank you.
- ◇ **Go mobile.** Catching up on phone calls? Walk your talk – in your neighborhood, on a treadmill or around your workplace. If you use a headset or earbuds make sure you can still hear traffic.
- ◇ **Just dance!** Clear some space, put on some music, and take a dance break! It can reenergize a lazy Sunday or game night. Let each person take a turn as DJ so everyone’s favorites get played.
- ◇ **Put the screens on hold.** Instead of heading right for the TV or game console after dinner, make that family activity time. Take a walk, practice a sport, or play a game of tag or hide-and-seek.
- ◇ **Stress is no excuse to skip your workout.** Regular physical activity can help you manage stress, sleep better and have more energy.
- ◇ **Tune into fitness during TV time.** Walk or jog in place or on a treadmill, lift weights, or do yoga while you watch your favorite shows. Break up a TV binge with a 10-minute activity session between episodes. Or challenge the kids to see who can do the most pushups or jumping jacks during commercial breaks.

<https://healthyforgood.heart.org/Move-more/Articles/Daily-Tips-to-Help-Keep-Your-Family-Active>

WHAT'S YOUR FIT?

If you're a social person, take group classes or join a sports team. If you prefer to work out alone, running, walking, or swimming might be for you. Find activities that fit your personality. You'll be motivated to move more and keep it up. Social butterflies, text a friend and make a plan to work out together this week. Nature lovers, invite a friend to take a hike with you. Creatives, search online for a juggling tutorial! Creating new, healthy habits requires repetition and consistency. But it's worth it! Challenge yourself to do something active every day this week to start turning fitness into a natural part of your day.



MEDITATE THE EASY WAY

Meditation and mindfulness are practices — often using breathing, quiet contemplation or sustained focus on something, such as an image, phrase or sound — that help you let go of stress and feel more calm and peaceful. Think of it as a mini-vacation from the stress in your life!

You don't have to be a zen guru to reap the benefits of mindfulness, like increased productivity & decreased stress. Just sit comfortably (pretzel position not required), close your eyes, and pay attention to your breath for a minute or two. When your mind wanders (and it will) just bring it back to the breath. It's that easy! Gradually increase the amount of time you're able to stay focused.

<https://healthyforgood.heart.org/Be-well/Articles/Meditation-to-Boost-Health-and-Wellbeing>



NUTRITION BITES!

Serving Sizes: If you're looking for a simple way to watch your weight & eat healthy, follow this handy serving size guide to understand portions. It's easier than you think! Don't worry, you don't have to measure everything you eat. Here are a few examples of what represents one serving of common foods. Be sure to check the Nutrition Facts label on packaged foods to understand the serving size and number of servings per package. And be aware of "portion distortion." The recommended serving size is often less than the amount you're used to eating or the portion you are served, especially at restaurants.

Vegetables

Fresh, frozen, canned, or dried ~ aim for at least 5 servings per day!

Examples of 1 serving size:

- 1 cup raw leafy greens
- 1/2 cup cut-up vegetables
- 1/2 cup cooked beans or peas

Fruits

Fresh, frozen, canned, or dried

Examples of 1 serving size:

- 1 medium whole fruit
- 1/2 cup cut-up fruit
- 1/4 cup dried fruit

Grains

Examples of 1 serving size:

- 1 slice bread or 1 small tortilla
- 1 cup ready-to-eat cereal flakes
- 1 oz (1/8 cup) uncooked pasta or rice, or 1/2 cup cooked rice or pasta

Dairy

Choose low-fat and fat-free options

Examples of 1 serving size:

- 1 cup milk or yogurt
- 1.5 oz cheese

Poultry, Meat, Eggs, Fish, and Seafood

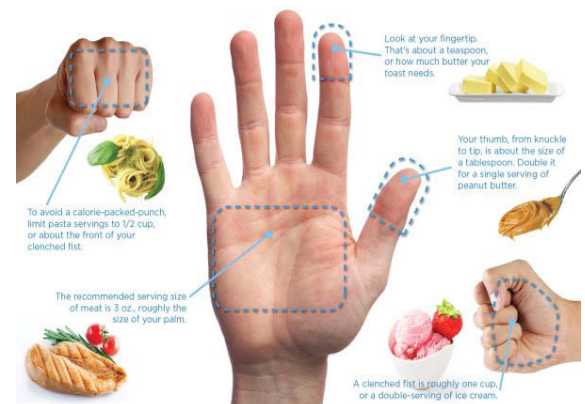
Examples of 1 serving size:

- 3 oz cooked meat or poultry
- 1 egg or 2 egg whites
- 3 oz cooked fish or seafood

Nuts, Seeds, Beans and Legumes

Examples of 1 serving size:

- 1 Tbsp peanut butter
- 2 Tbsp or 1/2 oz nuts or seeds
- 1/4 cup cooked beans or peas



| Milk & Dairy | 2-3 servings per day |
|--------------|----------------------|
| | 3/4 cup of yogurt |
| | 1 ounce of cheese |
| | 1 cup of milk |

| Meat & Protein | 2-3 servings per day |
|----------------|-----------------------------|
| | 1 chicken breast |
| | 2 small eggs or 1 large egg |
| | 1/2 cup cooked beans |

Delicious & Nutritious

AVO-FREDO ZOODLES - AVOCADO ALFREDO ZUCCHINI NOODLES

"Zoodles" or zucchini noodles, are a fresh and lower carbohydrate alternative to pasta noodles. This savory recipe pairs them with a creamy, dairy-free avocado Alfredo sauce for a healthy meal for all ages.

4 Tbsp olive oil
15-20 peeled, raw, medium shrimp (rinsed, patted dry) or 4 boneless skinless chicken breasts, cut into 1" cubes
2 to 3 medium to large unpeeled zucchini, ends trimmed
1 medium avocado (peeled, pitted, cut)
1/4 cup fresh basil
2 Tbsp fresh lemon juice
2 medium garlic cloves



- ⇒ In a large skillet, heat 2 tablespoons oil over medium heat, swirling to coat the bottom. Cook the shrimp for about 4 minutes, or until pink on the outside, or around 4 to 6 minutes for the chicken, depending on thickness, making sure chicken is fully cooked, stirring occasionally. Remove from the heat. Transfer the shrimp or chicken to a large bowl. Cover to keep warm. Wipe the skillet with paper towels.
- ⇒ Put the zucchini on a cutting board. Using a spiralizer, vegetable peeler, or mandoline, make long, noodle like strips from the zucchini.
- ⇒ In the same skillet, still over medium heat, heat the remaining 2 tablespoons oil, swirling to coat the bottom. Put the zucchini noodles in the skillet.
- ⇒ In a food processor, process the avocado, basil, lemon juice, and garlic until the mixture is smooth and creamy.
- ⇒ Stir the sauce into the zoodles. Cook for about 3 to 4 minutes, or until the zoodles are tender and the sauce is heated through, stirring occasionally. Stir in the shrimp or chicken. Cook for 1 minute, and enjoy!

<https://recipes.heart.org/recipes/2123/avo-fredo-avocado-alfredo-zoodles-noodles>

Community Health Centers of Greater Dayton

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

Health Centers

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5 South Alexandersville Road Miamisburg, OH 45342
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Corwin Nixon Health Center

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| | | |
|---|-------------------|----------------------|
|  | 1 1/2 cups | Serving size |
|  | 302 | Calories per serving |
|  | 3.0 g | Sat. Fat per serving |
|  | 108 mg | Sodium per serving |

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