

# Celebrate! *A Healthy You*

*A newsletter devoted to helping individuals of every size live in a healthy body*

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## 25 Benefits of Physical Activity

We all know that there are many benefits of physical activity. Before reading further, turn this newsletter over and jot down as many benefits as you can think of in one minute. No fair peeking! When you're done, come back here to compare your list with the one below.

1. Increases physical fitness.
2. Helps build and maintain healthy bones.
3. Helps build and maintain healthy muscles.
4. Helps maintain healthy joints.
5. Builds endurance.
6. Builds muscular strength.
7. Helps manage weight.
8. Lowers risk factors for cardiovascular disease.
9. Lowers the risk of certain cancers.
10. Reduces risk of developing type 2 diabetes.
11. Helps relieve stress and improve mood.
12. Helps control blood pressure.
13. Promotes psychological well-being and self-esteem.
14. Reduces feelings of depression and anxiety.
15. Improves blood circulation.
16. Improves energy level.
17. Improves balance and coordination.
18. Enhances immune function.
19. Increases flexibility.
20. Reduces the risk of falls.
21. Increased heart and lung capacity.
22. Raises HDL (good) cholesterol.
23. Lowers total cholesterol.
24. Increases metabolism.
25. And, most importantly, it's a way to have *fun!*



## Excuses, Excuses!

Why aren't we more physically active? The same excuses crop up over and over in response to that question. Do any of these sound familiar?













- ◆ **Time:** This is the excuse cited most often.
  - It only takes a minute to start, and it all counts!
  - Turn off the television. You'll be surprised at how much more time you have
  - Or, exercise while you watch.
  - Remember that any physically active chore counts too. For example, house cleaning, washing the car, yard work.
- ◆ **Too expensive:** I can't afford a club or expensive equipment.
  - Walking is free.
  - Change how you do everyday tasks to make them more vigorous. For example, use a push mower instead of a riding lawn mower; sweep with a broom instead of a blower.
  - Simple games like tag and hide-n'-seek can be fun and require no equipment or other cost.
- ◆ **Exercise is boring!**
  - Recapture the zest of joyful play.
  - Change the "E" word to enjoyment.
  - Variety is key.
  - Go back to activities you enjoyed as a child.
- ◆ **Too old.**
  - Research and the experience here in Missouri with our Stay Strong, Stay Healthy class shows that people in their 90s can safely and effectively exercise.
  - Participating in an exercise program can reduce the risk of falling.
  - Will help maintain an independent lifestyle by improving the ability to perform everyday tasks like carrying groceries.
- ◆ **Too tired.**
  - This is the best argument for being active.
  - Exercise boosts your energy.
  - You'll feel better all day.
- ◆ **I get sore.** I could get hurt.
  - No pain, no gain is a myth.
  - Start out slowly and increase gradually.
  - If you have pain that lasts more than a couple of days, contact your healthcare provider.
- ◆ **I'm too fat!**
  - Remember that fitness, not body size, is an indicator of health.
  - Water aerobics are gentle to the body.
  - Physical activity and healthful food choices can help stabilize weight.



## Timely Tip #39

### Let's go berry picking!

Whether you pick berries one by one from a bush or by the pint at the store or farmers market, following these tips:

-  Select vividly colored, plump berries.
-  Many blueberry varieties typically have a frosted appearance.
-  Strawberries should have a fresh green leafy cap attached.
-  Ripe raspberries separate freely from a central core, as they are picked.
-  Avoid berries which are shriveled or discolored.
-  For packaged berries, examine the box carefully for uniform ripeness. Berries do not ripen further after picking.
-  Also check boxes for moldy fruit or juice stains.
-  At home, spread fragile berries, such as raspberries, in a single layer on a tray before storing in the refrigerator. Plan to use within a day or two.
-  Sturdier berries like blueberries can be stored in pint or quart boxes in the refrigerator for several days.
-  Wash berries just before use.
-  Berries freeze easily. Just wash, pat dry and place on a tray or shallow pan in the freezer. When frozen hard, scoop into freezer bags, label and return to freezer.
-  Berries are low in calories, high in fiber and phytochemicals; many are also high in vitamin C.

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- ◆ **None of my friends exercise.**
  - Urge family and friends to join you. Explain why you need their support.
  - Help yourself and others—pets too.
- ◆ I do not like to **sweat!**
  - Wear breathable, loose clothing.
  - Shower after strenuous activities.
  - Try swimming or water aerobics.
- ◆ I don't have the **right clothes.**
  - Good shoes are a great investment in you.
  - Find appropriate support garments.
  - Remember, comfort over fashion.
- ◆ **It's too cold** outside!
  - Wear layers.
  - Warm up inside first.
  - Participate in indoor games like basketball and volleyball.
- ◆ **I have kids** and can't get away.
  - Ask friends and family to help. Then exchange the favor.
  - Use nap time.
  - Do activities together. It's fun, and you'll be setting a great example!

## Survey Reminder

Many of you have returned surveys and we greatly appreciate getting them. However, we haven't heard from everyone. Even though the deadline has passed, we'd still love to have yours. All responses are anonymous unless you tell us your name, so please be frank. Responses will be compiled into a report for our funders and administrators.

Also keep in mind that if you wish to add someone else to the mailing list, you may do so at any time. Likewise, if you no longer wish to be on the *Celebrate!* mailing list, just let us know.

Here are a few of the comments from surveys recently returned:

- ◆ "I have been trying to look at each day as a gift and not as a stepping stone to a perfect place."
- ◆ "I'm a little more focused on keeping active instead of vegging out on television."
- ◆ "I have been trying to eat less sugar and more vegetables. Your recipes encourage me to try new things"

A summary of the results will be printed in the July issue of *Celebrate!*.

## Activity Suggestion for June

June is a great month to take a hike. The weather is warm, but usually not searingly hot. Trees and shrubs are fully leafed out so shade is plentiful. Pick a trail with a creek to cross so you get a chance to cool off by wading in the water.



Whether your hike takes you on a remote trail through a state or national park, or on a paved path through a local park, being well-prepared will help keep the experience enjoyable.

- ◆ Carry a small back or fanny pack with simple first aid supplies, sun screen, bug spray, water and a nonperishable snack.
- ◆ Wear a hat, long sleeves, pants, sturdy shoes and socks.
- ◆ A bandana is a versatile fashion accessory that can protect your neck from the sun, cool you when wet, or serve as a headband to soak up sweat.
- ◆ Finally, be sure someone knows where you intend to go and when to expect your return.

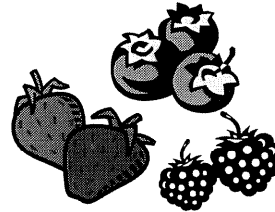
## Menu of the Month

Berry season is upon us! Fresh, in-season berries are one of the very best summer foods. Celebrate the season by mixing up **Summertime Fruit Salad**. Use a combination of fruits that appeal to you from the recipe suggestions or any that you like, keeping the amount of fruit to about six cups total.

**Summertime Fruit Salad** is so versatile you can serve it for breakfast, lunch, dinner or a snack. It would be especially enjoyable as a light dessert after a hearty dinner of barbecued ribs, potato salad and corn on the cob.

### Summertime Fruit Salad

- ½ cup orange juice
- ¼ cup honey
- 1 pint strawberries, stemmed and halved
- 1 half-pint raspberries
- 1 half-pint blueberries
- 2 oranges, peeled and sectioned
- 1 cup cantaloupe or honeydew melon balls
- 3 tablespoons fresh mint leaves (optional)



In medium bowl, whisk orange juice and honey. Gently stir in fruit. Chill 1 hour to allow flavors to blend. Top with mint leaves before serving, if desired.

Makes 6 servings. Nutrition information per serving: 129 Calories, 31g carbohydrates, 3g fiber, <g fat, 5mg sodium.



### Words to Consider

"Spring being a tough act to follow, God created June."—Al Bernstein

"The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible, inevitable battles inside all of us—that's where it's at."—Jesse Owens

"Success is liking yourself, liking what you do, and liking how you do it."  
—Maya Angelou

"Everything I eat has been proved by some doctor or other to be a deadly poison, and everything I don't eat has been proved to be indispensable for life. But I go marching on."—George Bernard Shaw

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