

Celebrate! *A Healthy You*

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

Volume 9, Number 1

January 2009

Keeping Fit When Winter Weather is Frightful

When the weather outside is frightful, you may be tempted to stay curled up inside by the fire rather than brave the elements for the sake of fitness. However, staying active is too important to your health to wait until the spring thaw. Try some of the following suggestions to have a more active lifestyle, whatever the weather.

Dress for Success. Staying active in cold weather can be pleasurable (truly!) if properly dressed. Successful cold weather garb includes these essentials:

- ◆ Start with your head. A warm hat is essential for maintaining body temperature. Make it one that is comfortable, and stays on your head even when the wind blows.
- ◆ Warm gloves add greatly to comfort, and help prevent sore, chapped hands. Mittens may be even warmer. Likewise, keep feet warm and dry in wool-blend socks and insulated boots for snowy fun.
- ◆ Layers are important for holding in body heat, and let you regulate body temperature by taking off a layer as you warm up. Good layering garments include long underwear, tights or leggings, long sleeved T-shirts, turtleneck tops and sweaters, vest and coat or jacket.
- ◆ Fabrics can make a big difference in comfort. Fleece is very warm yet light in weight. Microfiber and silk garments can be much warmer than heavy cottons. Nylon is an effective wind block. Waterproof finishes are a must for snow activities.



Fit in several short fitness breaks throughout the day. Health experts recommend a minimum of 30 minutes of movement on most days, but that time can be broken into shorter segments.

- ◆ Try a couple of 10 to 15 minute periods with different activities. For example, take a stretch break instead of a coffee break at work. Get up and walk to speak with a co-worker instead of sending an email. Need a copy? Take the long way to the copy machine.



- ◆ Make movement part of your everyday routine. Take the stairs instead of elevator. Park as far from the door as possible. Do calisthenics or household chores during TV ads. Walk into the bank instead of using the drive up window.
- ◆ Use household chores like vacuuming, dusting or laundry as an opportunity to move vigorously.

Explore new activities.

- ◆ Try mall walking, indoor swimming or other water activities; sign up for Tai Chi; or take dancing lessons. Treat yourself to a new aerobic dance video, or look for a yoga program on TV.
- ◆ Join or start a church or community-based sports team. Look into joining the YMCA or other community fitness program.
- ◆ Buy a piece of exercise equipment. A treadmill or stationary bicycle may be just the ticket for keeping you moving and motivated. Learn as much as you can before shopping, and consider purchasing gently used equipment rather than new.
- ◆ Try listening to music or books on tape, watching TV, or reading a good book while on the treadmill or bike to keep your mind occupied and make the time fly. You won't want to stop!
- ◆ Give new meaning to the term 'active social life' by choosing active entertainment when you go out with friends. Dancing, bowling, laser tag, and ice skating are fun, active alternatives to sitting in a movie or concert.
- ◆ Bring out all your fitness equipment and set up a fitness circuit. Spend 5 to 10 minutes on each piece of equipment, alternate with walking or jogging in place until you make the complete fitness circuit.
- ◆ Sign up for a strength training program. University of Missouri Extension has a strength training program especially for middle aged and older adults called Stay Strong, Stay Healthy. For information about this program call your county Extension office or visit <http://missourifamilies.org/sssh/>.



Menu of the Month

A bowl of chili chases away January's cold with both the heat of the chili peppers that give the dish its name and the warmth from cooking on the stove top or slow cooker. This recipe, adapted from [Lickety-Split Meals](#) by Zonya Foco, is an economical way to feed a hungry crowd or to have plenty of leftovers to stock the freezer for future meals. Costing less than \$2 per serving, everyone can go back for a second helping without breaking the budget, and get a bowlful of protein, fiber and vitamins too. Add a basket of corn muffins and a tray of crisp, cool raw veggies to complement the flavors of the chili and take a bit of the edge off the heat.

3-Bean Turkey or Vegetarian Chili

2 onions
1 red bell pepper, seeded
1 green bell pepper, seeded
4 carrots or 1 cup shredded carrots
1 T olive oil
1 tsp minced garlic (2 cloves)
20 oz extra-lean ground turkey breast (optional)
1 can (15 oz) kidney beans
1 can (15 oz) garbanzo or pinto beans

2 cans (15 oz each) black beans
2 T cumin seeds or 1 T ground cumin
1 T chili powder
1 tsp oregano
¼ tsp red pepper flakes (optional)
3 shakes cayenne pepper (optional)
¼ cup jalapeno or hot pepper rings from a jar (optional)
8 cups low-sodium vegetable juice
1 can (14 ½ oz) diced tomatoes, no salt added



Chop the onions and bell peppers. Heat oil in a large kettle over medium-high heat. Add garlic, onion, green and red peppers and carrots, and ground turkey if using it. Sauté 5 minutes. While vegetables are sautéing, open all the beans. Toss in a colander, rinse, drain, and add to sauté. Add cumin, chili powder, oregano, vegetable juice, tomatoes, and the optional red pepper flakes, cayenne pepper and hot peppers if using them. Stir and simmer for 10 to 20 minutes.

Makes 10 servings of 1½ cups each. Nutrition information (including ground turkey) per serving: 290 calories, 23 g protein, 3.5 g fat, 42 g carbohydrate, 12 g fiber, 629 mg sodium.

Request Newsletter by Email

We are asking all Celebrate! subscribers to consider receiving the newsletter via email instead of through the U.S. Postal Service.

There are two reasons for this request. First, it is the 'green' thing to do by helping to reduce the amount of paper, fuel and energy that goes into making the paper, printing, folding, stuffing into envelopes, and mailing. Second, funding for the St. Charles County Extension Office has been cut by 25% due to the current economic situation. Most of the funds that support the Extension Office come from the St. Charles County government. Lower tax revenues for the county have forced county officials to reduce spending in all areas, including the support for the local office of the University of Missouri Extension.

We are looking at a number of measures to meet our budget shortfall. Reducing mailing costs is one of those measures.

Emailing newsletters reduces their cost significantly while still providing information to readers.

Please help us to continue providing the Celebrate! newsletter without charge in an environmentally friendly way by signing up to get it by email. To sign up, send an email message to RellergertL@missouri.edu with 'subscribe Celebrate' in the subject heading. Thanks!

Words to Consider

"Swallow your pride occasionally, it's not fattening."
—Frank Tyger

"The ability to focus attention on important things is a defining characteristic of intelligence."
—Robert Schiller