

HERKIMER COUNTY OFFICE FOR THE AGING

NUTRITION NEWS

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Welcome, Spring!

MAY 2024

Dieting and exercise go hand in hand. While this combination used to be thought of in terms of weight loss, people now are trying to adopt an overall healthier lifestyle. Instead of dieting, we talk about lifestyle changes— something you can do that may involve altering your diet but something that can be maintained over the long term. Add adding or increasing your physical activity can add to your overall health.

There are many benefits to physical activity besides weight loss. Regular physical activity promotes better sleep habits, better mental health, improved joint health, and can help create lasting social connections.

Of course, the benefits of a healthy weight have been well documented. Maintaining a weight that is considered healthy for your age can reduce your risk of high blood pressure, stroke, high cholesterol, heart attacks, certain cancers, and diabetes. Even though it seems counterintuitive, regular physical activity can even give you an energy boost!

It's finally spring! Being able to get outside will give you many more opportunities to get and stay active. It doesn't need to be "exercise", like running, walking, or biking. Exercise can be found in your everyday chores. Getting outside and starting spring projects or spring cleaning are good examples. Getting out and starting your garden is a great option— digging, kneeling, bending, and standing while you plant your garden provides a fantastic opportunity to burn some extra calories and build some strength, flexibility, and endurance. On the next page, there are some additional examples of how to turn your regular chores into exercise!

A few years ago, an organization called American on the Move started distributing educational materials to help people increase their physical activity. Their initiative stated that adding 2000 steps and cutting 100 calories each day would help maintain your weight. Here is a partial list of their ideas for adding more steps every day,

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MONTHLY

EXERCISE

EAGLE ARMS

- Sit tall on chair with feet flat on ground
- Extend your arms out to the sides shoulder height
- Cross your right arm over your left, bringing your palms together
- Inhale as you lift your elbows towards the ceiling, exhale as you lower them towards your chest

including at work, at home, or in the community!

- ◆ Circle around the block once you go outside to get the mail
- ◆ Walk around the outside aisles of the grocery store before shopping
- ◆ Make several trips up and down the stairs to do laundry or other household chores
- ◆ Stroll the halls while waiting for your doctor's appointment
- ◆ Listen to music or books on tape while walking
- ◆ Invite friends or family members to join you for a walk
- ◆ Mow the lawn
- ◆ Take your dog for a walk
- ◆ Walk to a nearby store, post office, or dry cleaners to accomplish errands
- ◆ Walk to church
- ◆ Pace around your house while talking on the phone
- ◆ Walk to a friend's house for a visit
- ◆ Focus on walking distance over speed
- ◆ Sleep more soundly at night by taking a walk a few hours before you go to bed
- ◆ Designate 10 minutes of your lunch break for a quick walk
- ◆ Avoid elevators— take the stairs instead
- ◆ Walk to coworkers' desks to speak instead of sending an email
- ◆ Walk around the campus of a nearby college
- ◆ Window shop while you pace through the mall
- ◆ Tour a museum or zoo

- ◆ Circle around a craft show before selecting your purchases
- ◆ Vary your pace while walking— start out slowly then increase your speed
- ◆ Hike on a wilderness trail
- ◆ Contact your local visitors bureau and sign up for a walking tour
- ◆ Volunteer to walk dogs at an animal shelter
- ◆ Organize a community clean up day
- ◆ Drive to a neighboring community and tour its Main Street on foot
- ◆ Spend a day at the beach and walk the shoreline
- ◆ Stroll around the field while watching your child's or grandchild's sporting event
- ◆ Play a round of golf but pass on the cart
- ◆ Try a canoe or kayak trip
- ◆ Ice skate at a local rink
- ◆ Snowshoe over hills during the winter months
- ◆ Cross country ski on a well marked trail
- ◆ Swim laps in a pool
- ◆ Benefit a good cause by joining a charity walk
- ◆ Boost the results of your walk by using trekking poles

The second main push of the initiative was finding ways to cut calories throughout the day. Here are some tips— keep in mind that even small changes make a big difference!

- * Pack a healthy lunch instead of going out to eat
- * Try a piece of fresh fruit to satisfy your sweet tooth

- * For office birthday celebrations, avoid the corner cake slices
- * If you go out, eat half and save the other half for tomorrow
- * Replace soft drinks with water for lunch meetings
- * Choose a familiar restaurant with healthy options
- * Substitute potato chips with pretzels, low fat popcorn, or baked chips
- * Bring a frozen portion controlled meal to work
- * Make time to sit down at the table and enjoy your meal slowly
- * Flavor your water with a splash of 100% fruit juice
- * Choose 100% whole grain bread when preparing your sandwich
- * Add tomatoes, lettuce, and onions to your sandwich instead of cheese
- * Low for low fat and slow churned ice cream for dessert
- * Instead of cake or pie, try angel food cake with strawberries and low fat topping
- * Make your own low fat smoothie (check out the next page for a recipe)
- * Use a salad plate instead of a larger plate to control your portions
- * Choose mustard instead of mayo
- * Try substituting hummus for mayo
- * For extra flavor without extra calories, add lemon, mint, or rosemary to your ice cubes
- * If you stop at a fast food restaurant, order from the kids' menu to control portions
- * When buying lunch eat, choose chicken or turkey breast

- * Eat lunch before going grocery shopping to avoid impulse buys that are less healthy
- * If you drink coffee, use skim milk instead of creamers
- * When on vacation, try to plan for lunch by packing food ahead of time or choosing restaurants with healthier options
- * Choose wholegrain wheat breads for sandwiches
- * Buy tuna packed in water instead of oil
- * Focus on fresh and frozen fruits and vegetables whenever possible
- * If you have to stop for lunch, choose half a sandwich and a salad
- * Use a smaller glass (6-8 oz) for your lunch beverage when it's a higher calorie drink
- * Add some salsa to your sandwich or wrap instead of mayo

Finding lighter fare and varying your recipes can keep you motivated! Put away the crock pot and try recipes like the following to lighten up your plate!





HEAP

If you received HEAP this year you may qualify for a Air Conditioner - Call the office after May 15th as there are limited supplies (315) 867-1195

HEAP covers furnace inspections and tuning—Call today (315) 867-1195

HERKIMER COUNTY OFFICE FOR THE AGING

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Spring Pea and Pasta Salad with Chicken and Asparagus

- 1 tbs fresh parsley
- 1 tbs finely chopped chives
- 3 tbs olive oil
- 2 tsp minced shallots
- 2 tsp fresh topped tarragon
- 1 tsp Dijon mustard
- 1/2 tsp Kosher salt
- 1/4 tsp black pepper
- 2 cups skinless shredded chicken
- 8 oz uncooked fusilli pasta

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 - 8 oz uncooked fusilli pasta
 - 1 1/2 cups (1 1/2 inch pieces) asparagus
 - 1 cup fresh or frozen, thawed peas
 - 3 oz Parmesan cheese grated, about 3/4 cup
- Combine first 8 ingredients in a large bowl, stirring with a whisk. Add chicken; toss to coat. Prepare pasta according to package. Add asparagus and peas during the last 2 minutes of pasta cooking time. Drain well. Add pasta and vegetable mixture and Parmesan to