



## WELLNESS NEWSLETTER

### April 2007 Volume II, Number III

#### Health Benefits of Exercise

Regular physical activity reduces the risk of developing some of the leading causes of illness and death in the US.

Here are some reasons to start exercising now!

- You burn more calories and accelerate your weight loss while decreasing your appetite when you exercise.
- Exercise reduces the risk for heart disease and stroke
- You can lower your blood pressure, triglycerides and raise HDL with exercise.
- Lowering your blood sugar level and reducing the risk of diabetes occurs with exercise.
- Exercise reduces the risk of developing colon cancer and clears away constipation.
- Delaying the development of osteoporosis occurs when you exercise.
- Exercise helps normalize women's hormone levels. There's evidence to suggest that women who exercise regularly have fewer problems with PMS, menopause and breast cancer.
- Exercise reduces symptoms of anxiety and depression.



#### Mind Games

Mental exercise causes the brain to make new nerve connections and can protect against Alzheimer's disease and memory loss. According to Dr. David

Gobble, the following are good ways to give your brain a workout.

1. Card games, crossword puzzles, and games that use a new way of problem solving.
2. Hobbies that require memorizing and thinking like learning a new language.
3. Use your non-dominant hand to do tasks. This makes your brain work harder and establishes new memory pathways.
4. Be open to new ideas and experiences.

#### Keys to healthy dining out

Eating out has become a way of life. It is possible to eat out and still eat healthy. Here are four keys to help you.

1. **Plan Ahead.** Before you leave home, decide where you're going to eat and what you plan to order. Many restaurants post their menus on the Internet or you can call ahead.
2. **Be the first to order.** This will help you, if others order tempting foods.
3. **Be assertive.** There's no need to be shy about making special requests for portion size or how food is prepared.
4. **Limit fat content.** Choose entrees that are naturally lower in fat (fish or poultry). If you are craving a steak, that's fine, but order the smallest size, eat half, or take the rest home with you. Order dishes that are steamed, baked or grilled, instead of fried.

## Spring Allergies in Bloom

As you venture outside this spring to enjoy outdoor activities such as gardening, picnics, and sports, here are several tips to help you avoid the snuffle:



- Check the pollen counts for your area and avoid outdoor activities on days when it's high or windy
- Select lower pollen areas for your vacations
- Avoid drying your sheets and bedding outside so pollen doesn't collect on them.
- Use a mask when mowing the yard
- Take a shower after being outside to remove the pollen from your skin and hair.
- When riding in a car, keep the windows up.
- Take allergy medications as prescribed by your doctor.

## Protect Yourself from Golf Injuries



While the risk of injury from playing golf is low compared to other sports, injuries to the lower back, shoulder, elbow, wrist, head, and eyes are common. Here are some safety tips to follow:

- Make sure equipment fits you.
- Start slowly and work up to your level
- Pack water in your golf bag to avoid dehydration
- Warm up muscles before you play
- Wear a broad brimmed sun hat and use sunscreen
- Remember to bend your knees when picking up balls
- Make sure your swing doesn't have too much wrist movement
- Stop immediately if injury occurs.

## Bowl For Kids

Several Community Rehab employees have volunteered to donate time and money to the Bowl for Kids Campaign. This campaign helps raise money for the Big Brother Big Sister Program in your community. If you are interested in donating money to the Big Brother Big Sister annual Bowl for Kids event you can give your donations to any one of the Community Rehab employees.

## Healthy Recipe of the Month

### Asian Flank Steak

Serves 6

- 1 ½ lb flank steak
- 1/3 cup lime juice
- ¼ cup fresh mint, chopped
- 2 Tbsp low sodium soy sauce
- 2 Tbsp. rice vinegar
- 2 Tbsp. fresh ginger, peeled, minced
- 1 Tbsp. jalapeno pepper
- 1 tsp. crushed red pepper flakes
- 3 cloves garlic, crushed

Trim fat from steak. Combine steak and all the other ingredients in zip-top bag. Seal bag and marinate in refrigerator for 8-12 hours. Remove steak from bag and discard marinade. Place steak on grill rack. Cook for 8 minutes on each side. Let steak sit 5 minutes, then cut diagonally across grain into thick slices. Serve.

3 ounce serving: 213 calories; 11 grams of fat

Source: The Swedish Heart Institute