

# Wartburg WELLNESS Watcher



WELLNESS NEWS from Dawn Wiegmann, RN

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## Blast through exercise barriers

We all deal with obstacles to exercise such as busy schedules and limited finances. To help overcome common exercise barriers try these strategies.

### I don't have enough time

**Solution:** Keep a journal of all your activities for seven days. At the end of the week, look to see where you can fit in 30 or so minutes. Or even break it down to 15 minutes in the morning and 15 minutes in the afternoon. Remember you can spend family time, doing family exercises! Play basketball together, or go swimming or rock climbing — these also can be great quality memories for your family.

### I don't enjoy exercise

**Solution:** Experiment with different activities until you find ones that are fun for you. Find out if you like being alone or with others when you workout. Each can be achieved by studying what is available.

### I'm afraid of getting injured

**Solution:** Meet with a personal trainer, exercise instructor, or call me (Dawn) to talk about what limitations you might have. Learning what is available will give you a piece of mind to enjoy your specialized workouts!

Also having someone to teach you how to warm up and cool down properly, complete each exercise correctly, and pick the appropriate level you need, will help you feel safe.

### I don't have the energy to exercise

**Solution:** Think about the times of day when you feel most energetic and least likely to find excuses not to exercise. Then schedule exercise around these times. And remember — that regular exercise will boost your energy level!

### I don't like exercising in bad weather

**Solution:** If your motivation dwindles when the weather changes, find your way indoors. See all that The W has to offer — swimming, playing tennis or racquetball, basketball, walking, fitness classes of all types and abilities, the rock wall and, of course, visit our fitness center with many cardio, life fitness, and hammer strength machines.



### I don't know how to exercise.

**Solution:** So long as you can walk, you already have the skills you need to exercise. From there you can learn new skills by being assisted by a trainer. If physical challenges keep you from exercising, talk with Nikki Hudnutt, our assistant director for fitness, or me (Dawn Wiegmann, RN) to find your place and your fitness program in The W!

### Exercise is too expensive

You have one body and one life. It's time to see that your life is the best investment you can spend your money on! And in time, an exercise program can help you get off those expensive meds you're taking.

## Six reasons to build a walk into your routine

- 1 Walking raises the high-density lipoprotein — HDL, or "good" — cholesterol. This reduces your risk of heart attack.
- 2 Regular walking reduces your risk of developing high blood pressure. And if you already have it — walking may reduce it!
- 3 Walking can lower your risk of developing Type 2 diabetes. And if you have it, walking can improve your body's sugar-processing ability, lower your blood sugar, and reduce your risk of heart disease.
- 4 Walking helps keep the pounds off. For example, middle-aged women who walk more than 10,000 steps a day have lower levels of body fat than do women who are less active.
- 5 Regular walking helps reduce stress, depression, and anxiety.
- 6 As you age, walking keeps you fit and makes you less prone to falling. This helps you stay mobile and maintain your independence.

## The continuing saga of the flu and the H1N1.....

We are being bombarded by headlines about the flu and the H1N1 influenza virus that has been declared a pandemic. But, before we panic, we need to remember that both are influenza, and we will treat you the same for both. So what do we do?

### Learn the facts

We know for certain health conditions the seasonal flu can be very serious and some 36,000 lives are lost, and 200,000 people are hospitalized every year, due to flu-related illness.

Get the seasonal flu vaccination ASAP. This is the first and foremost beneficial thing you can do!

The good news is that H1N1 seems to be NO MORE perilous than seasonal flu nor does it spread any more easily. Yet if trends continue, 12 to 24 percent of Americans could catch the virus this fall and winter, according to estimates from the Centers for Disease Control and Prevention. And remember, despite the nickname (swine flu), you can't catch it from eating pork or being around pigs.

### Know the risk

**First** are pregnant women, children under 5, people who are immunosuppressed, and those with chronic medical conditions such as asthma, diabetes, and heart disease have a heightened risk of developing flu-related complications such as bronchitis and pneumonia. The CDC states that pregnant women have quadruple the risk of hospitalization from influenza, so they are a priority.

**Next** are those who live with or care for children younger than 6 months, health-care and emergency-services providers, people aged 6 months to 24 years, and people aged 25-64 who have a chronic health disorder or compromised immune system.

### Mind your hygiene

The germs are spread by sneezing, coughing, and touching infected objects such as doorknobs and then touching the eyes, nose,

or mouth. Avoid touching your face too frequently and wash your hands often with soap and water or use an alcohol-based hand sanitizer. To keep from spreading germs, cough into the crook of your arm.

### Know the symptoms

The difference of symptoms is that the **flu is a sudden onset**.

Colds and the flu can have a sore throat, cough, stuffy or runny nose. But usually you only see headaches, muscle aches, and fevers of 100 degrees or higher with chills with the flu. And, again remember, the flu is a sudden onset.

If you get these symptoms, call your doctor. Most health-care officials will tell you to stay home and avoid contact with others, rest and drink fluids. Call to see if your physician will prescribe an antiviral medication, which can lessen your symptoms. If you experience shortness of breath, chest pain or pressure, sudden dizziness, severe vomiting or a productive cough, call for an appointment. You may have pneumonia.

### Be proactive with your health

Wipe down your doorknobs, arms of chairs, computers, phones, and the inside of your car, your fridge, microwave, and the washer/dryer (what many people may touch) with antibacterial wipes. **Germs can live for 24 hours on objects.**

**Don't panic.**

**Just become proactive with your own health!**

## How can we protect our bones and keep them healthy and strong?

- **Get enough calcium.**  
Because low-calcium intake contributes to poor bone density, early bone loss, and an increased risk of fractures, it's vital that adults get 1,000 to 1,200 milligrams of calcium a day.
- **You need Vitamin D.** This is essential for calcium absorption. Adults should get at least 400 to 600 international units (IU) each day.
- **Don't use tobacco.**  
Tobacco use contributes to weak bones.
- **Limit alcohol use.**  
Excessive alcohol use interferes with your body's ability to absorb calcium.
- **Be active.**  
Weight bearing exercises, like walking and jumping help increase your bone density.
- **Monitor your medications.**  
Certain meds can affect bone health like certain corticosteroids, SSRI's, and some blood-thinning meds.

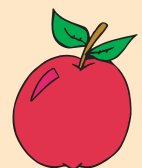
*\* More than 99 percent of your body's calcium is kept in your bones and teeth.*

## Does an apple a day keep the doctor away?

A medium-sized apple provides about 4 grams of dietary fiber (that's about 15 percent of an adults fiber needs) and less than 100 calories. An apple's soluble fiber may help to lower your blood cholesterol level. The insoluble fiber in apples helps to prevent constipation.

Apple peels are loaded with quercetin, an antioxidant that's being explored for

its health benefits for the heart, cancer, asthma, and Type 2 diabetes. Researchers also found an association between moms who munched on apples while they were pregnant and the reduced risk of their children developing asthma.



*\*Always make sure you wash your apples thoroughly to remove any pesticides or other residue.*

## Waverly Health Center and The W to offer Freedom from Smoking® program

Waverly Health Center (WHC) Home and Community Health and The W will offer the American Lung Association's Freedom from Smoking® seven-week smoking cessation program, Nov. 17-Dec. 29. The program will be weekly from 6:30 to 8:30 p.m. in Room 2242 at The W.



As America's gold-standard smoking cessation program for over 25 years, Freedom From Smoking® helps participants create personalized plans to overcome their tobacco addiction. Studies show that people who complete the program are six times more likely to be smoke-free one year later than those who try to quit on their own.

The program approaches the difficulties of quitting with a sensitive, supportive style and is based on the latest research on addiction and behavior change.

The program will be conducted by Joan Litterer, LPN, WHC home and community health. Joan is a trained and certified facilitator through the American Lung Association. The program includes a step-by-step plan to quit smoking. The course also will teach participants how to:

- Handle situations which trigger their smoking
- Strengthen their determination to quit
- Identify healthy substitutes for smoking
- Develop individual plans for dealing with the physical, social, and emotional aspects of quitting
- Prevent relapse through stress management skills
- Avoid weight gain

There is a \$25 fee per person to cover course materials and pre-registration is required at 319- 483-1361. If you have any questions, contact Dawn Wiegmann, RN, at [dawn.wiegmann@wartburg.edu](mailto:dawn.wiegmann@wartburg.edu)



### Brown Bag Lunch 'n Learn Series

*Bring your own lunch.*

**Noon-1 p.m.**

**Large conference room in The W's athletic suites**

Tuesday, Nov. 10

**Care for the Caregiver**

Presenter: Michele Schultz, WHC social services

Tuesday, Dec. 8

**Women's Health**

Presenter: Shannon Lau, MD, WHC Women's Clinic

Tuesday, Jan. 12

**Weight Management Strategies**

Presenter: Monica Lursen, RD, WHC nutrition therapy

## Five snack foods to fight off hunger

For me, snacking is a must! It helps me get from one meal to the next — no headaches, drops in energy or stomach rumbling. My secret: choosing snacks that contain hunger-fighting ingredients. Here are five favorites.

### Snacking basics

Snacks aren't bad. In fact, they are "mini meals" that are meant to curb hunger and help supplement nutrients you may not be getting enough of from meals (like fiber from fruits and veggies). Studies show that waiting too long to eat between meals can cause you to overeat later in the day — not exactly the best way to lose weight or stay healthy.

Stick to snacks that are between 100 and

200 calories each. I try to watch my time frame and consume something every 3-4 hours. This keeps your blood sugar from rising and falling, plus snacking correctly helps me not eat everything that I see... like chocolate, cookies, and chips. All those wonderful pitfalls we tend to have in our departments, especially during the holidays!

### Peanut butter and whole-wheat crackers

Combine lean protein, fiber, and healthy fat and you've got a satisfying snack. Protein and fiber work for cutting down and controlling hunger, while fat takes a bit longer to digest and

keeps you feeling full longer. Peanut butter is high in healthy monounsaturated fats, but be sure to portion out one tablespoon to keep calories in check. Portion: 1 tablespoon natural peanut butter and 4 whole-wheat crackers  
Total: 180 calories, 5 grams of protein



### Vegetable soup

Don't eat enough veggies? Try snacking on a warm, hearty vegetable soup — 20 minutes later you'll feel like a new person. Vegetables contain fiber, which helps you feel full and also helps stabilize blood sugar throughout the day,

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## Snack foods

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meaning no gnawing hunger pains. Try minestrone or bean soup for additional protein. If you're feeling extra hungry at snack time, add one or two whole-wheat breadsticks or a small whole-wheat roll.

Portion: 1 cup vegetable soup

Total: 100 calories, 4 grams protein

### Low-fat cottage cheese and fruit

With its good balance of protein, carbs and fat, cottage cheese is one of the most underappreciated foods. Add fiber with fresh fruit, such as berries, melon, pears, or pineapple, for a perfect snack. A 1/2-cup serving contains 7 percent of your daily calcium needs, which is important for healthy bones.

Portion: 1/2 cup low-fat or nonfat cottage cheese with 1/2 cup sliced or 1 medium piece of fresh fruit

Total calories: 140 calories, 14 grams protein

### Hummus with sliced veggies

This Middle Eastern chickpea spread is packed with protein, fiber, and heart-healthy unsaturated fats. Veggies like carrots, bell peppers, and broccoli make great dippers and add good nutrients, including beta-carotene, vitamin C and, of course, more belly-filling fiber. Two tablespoons of plain hummus has 50 calories and 3 grams of fat, so you're probably better off measuring out two to three tablespoons instead of sitting down with the entire container.

Portion: 3 tablespoons of plain hummus plus 1 cup of sliced veggies

Total calories: 120 calories, 7 grams protein

### Trail Mix

Almonds, cashews, walnuts, peanuts, or pecans are full of healthy fat, fiber, and protein. A delicious homemade trail mix is simple: Portion out a handful of nuts and mix in two tablespoons of dried fruit like raisins, cranberries, or apricots. To minimize calories, choose nuts that are dry roasted or raw. For a change of pace, throw in whole-wheat pretzels or some of your favorite cereal (I've been on Cheerios kick lately). Packing your trail mix in plastic bags or containers makes it easy to grab and go. If you find yourself plowing through your snack mix, try using shelled nuts that will take longer to eat. Portion: 15 nuts plus 2 tablespoons of dried fruit  
Total calories: 170 calories, 7 grams protein

## Recipes to share

### Granola Ginger Apples *(instead of apple crisp)*

4 large apples of your choice (golden delicious or any other baking apple)  
3 oat and honey granola bars, finely crushed (Nature Valley has a great crunchy one)  
1/4 cup roasted almonds, chopped  
1/4 cup ginger (or chopped crystallized ginger)  
1 T. soft margarine  
3/4 tsp. cinnamon  
1 1/4 cup apple cider  
1/3 cup cherry or strawberry jam

Preheat oven to 375°, and cut the apples in half. Cut through the stem and bottom ends. Scoop out the core and thinly slice the rounded edge of the apple to form a flat base. Stir together crushed granola bars, almonds, ginger, margarine, and cinnamon in a small bowl. Spoon the mixture into the core side of the apples, pressing to gently pack. Arrange apples with the flat base down, in a 13 x 9-inch pan. Combine the apple cider with the jam in another bowl and pour into the pan. Bake the apples for about 45 to 50 minutes, basting twice with the pan juices. When the apples are tender, carefully remove them from the pan. Return the juices to the oven for an additional 10 minutes until the juices thicken slightly. Serve the apples warm or cold and top with the pan juices. Serves 8.

180 calories, 5 g fat, 0.5 g saturated fat, 0 g trans fat, 34 g carbs, 0 mg cholesterol, 50 mg sodium, 3 g fiber

### Pumpkin Angel Food Cake

1 cup cooked or canned pumpkin  
1 tsp. vanilla extract  
1/2 tsp. ground cinnamon  
1/2 tsp. ground nutmeg  
1/4 tsp. ground cloves  
1/8 tsp. ground ginger  
16-oz. package one-step angel food cake mix

In a large bowl, combine the pumpkin, vanilla and spices. Set aside. In another bowl, prepare cake mix according to package directions. Fold 1/4 of the batter into pumpkin mixture. Gently fold in the remaining batter. Spoon into an ungreased 10-inch tube pan. Cut through the batter with a knife to remove air pockets. Bake on the lowest oven rack at 350° for 38-44 minutes or until top is golden brown and cake springs back when touched. Immediately invert pan onto a wire rack and cool completely, about 1 hour. Run a knife around sides of cake and remove to a serving plate. Garnish each slice with reduced-fat whipped topping and sprinkle with cinnamon.

151 calories (with 1 Tbsp. reduced-fat whipped topping per slice), 1 g fat, 1 g saturated fat, 33 g carbs, 1 g fiber, 3 g protein

### Caramel Apple Salad

6 small apples, cored and cut into bite-sized pieces  
8-oz. can unsweetened crushed pineapple (do not drain)  
1 oz.- size sugar-free butterscotch instant pudding mix (unprepared)  
1 cup miniature marshmallows  
1/4 cup chopped peanuts (optional)  
8-oz. container fat-free whipped topping

In large bowl, mix first five ingredients together and stir well. Gently fold in the whipped topping, then transfer to another bowl and chill.

1 cup serving: 188 calories, 2.6 g fat, 39 g carbs, 3.4 g fiber, 1.5 g protein