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4 ISSUE

Summer 2010

Happy 4<sup>th</sup> of July



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# LiveWell Fitness

TO ASSIST INDIVIDUALS WITH HEALTH CARE CONCERNS TO ACHIEVE  
OPTIMAL HEALTH THROUGH A PERSONALIZED FITNESS REGIMEN

## Member Spot Light Stan Benner



Stan Benner became a member at Live Well Fitness back in October 2009. When Stan first started to exercise, he had difficulties walking short distances and troubles with daily activities due to his disk degeneration, arthritis, and spinal stenosis. Besides having daily back pain he was also paying \$300 a month for prescription medication.

All of these concerns inspired Stan to make some changes with his life. Since October, Stan has been focusing on losing weight, incorporating a healthy diet, and daily exercise. His diet change consisted of more

Proteins/fiber and decreased carbohydrates made an effort to exercise 30-40 minutes a day. He also weighed himself daily.

As of today Stan has lost about 22 pounds and is keeping the weight off. He can comfortably walk a mile and is now saving \$1000 a year due to a decrease in medications.

Stan has not reached all of his goals yet. He plans to lose another 20 pounds and to continue his same routine. He still finds motivation in being able to be active without pain and loves saving money!

His advice to others is to "Stick to it! And remember you can lose weight and become more active even after you're 70!"

### Five Easy Moves to Great Arms!

Firm arms look great in sleeveless tops and make everyday activities such as lifting groceries easier. Here is how you can get started strengthening arms you will be proud to show off.

**1. Push-ups** - This all around arm strengthener also helps your chest and abdominals. Lie with palms just out to the sides of your shoulders, fingers facing forward, elbows bent and pointing up. Slowly push your chest, hips, and thighs off the floor (your knees stay on the floor). Keep your head, neck, back and thighs in a line. Pause, then lower to just above the floor and push back up.

**2. Shoulder Press** - Try this exercise for sexy shoulders. Stand with your feet hip-width apart. Start with dumbbells at shoulder height, palms facing in, and the end of the dumbbells pointing straight ahead. Press the dumbbells straight overhead, and then lower them back to shoulder height.

**3. "No Rest" Dumbbell Curl** - This move builds that curvy shape on the front of your upper arms, biceps. Hold dumbbells with your arms down by your sides, palms facing forward. Keeping your upper arm stationary, lift the right dumbbell up toward your right shoulder until elbow is fully bent, then lower. Do a whole set with the right arm without resting. Then switch to the left.

**4. Lying Arm Extension** - Here is one for that trouble spot on the back of your arm; it works the triceps. Lying on your back, hold dumbbell in your left hand and your arm extended up. Use your right hand to support your left arm. Bending at the elbow, slowly lower the weight toward your head. Keeping your upper arm stable, slowly raise the dumbbell. Do 1 set, then repeat with the right arm.

**5. Wrist Extension** - For stronger wrist and forearms, sit in a chair with feet hip-width apart. Hold a dumbbell in your right hand; place your forearm on top of your thigh, palm facing down. Now slowly lift the dumbbell, bringing your knuckles up toward your arm. Your wrist and hand should be the only things moving. Go as far as comfortable, hold, then slowly lower, Do 1 set, then repeat with left hand.

**What to do:** Do one to three sets of 8-12 repetitions of each exercise. Count at least three seconds to do the move. Hold for one second and then allow three seconds to return to start. Rest for 30 to 60 seconds between sets. Use a weight that allows you to do at least eight repetitions. If you cannot, the weight is too heavy. If you can easily do 12 repetitions, it too light. Do 2 to 3 workouts a week but allow at least 1 days rest between workouts. - FitnessandFreebies.com

## Funny 5 A Day Quiz

Take the quiz.

This quiz will bring a few laughs. It will also give you ideas for eating more fruits and vegetables. Write your answer after each question. Then compare with the answers at the end.

1. A vegetable that asks permission. "Let us..." Eat it as salad!! - \_\_\_\_\_
2. A "sofa spud." Eat this one with fat free sour cream and a large tossed salad. \_\_\_\_\_
3. \_\_\_ you glad. Hint- the color is the same as its name. Eat this one for breakfast or a snack most days of the week. \_\_\_\_\_
4. "I think I am going to go \_\_\_\_\_!" Take this one along with you in its own wrapper!! \_\_\_\_\_
5. An Australian bird fruit. Use this fruit as a lovely garnish for salads, fruit desserts and to top yogurt. \_\_\_\_\_
6. A vegetable name that sounds like it should be used when weighing gemstones. Mini versions of this vegetable are a delicious snack. \_\_\_\_\_
7. A vegetable that is really a fruit - seriously! Cut it and use it on sandwiches, salads and on top of chili. \_\_\_\_\_
8. These little green gems rhyme with please. Add them to salads and rice to boost your fiber. \_\_\_\_\_
9. A vegetable that keeps away vampires - and loved ones. Use this wonderful vegetable to add a wonderful flavor without salt to many dishes \_\_\_\_\_
10. A dried plum. Eat them as a snack or use their puree in place of 50% of the oil in baked goods. \_\_\_\_\_

Answers: 1. lettuce, 2. potato, 3. orange, 4. bananas, 5. kiwi, 6. carrot, 7. tomato, 8. peas, 9. garlic, 10. prune

# HAPPY BIRTHDAY!



## June

Deborah  
Bill  
Trudy  
Sarah Larson

## July

Duane  
Heidi  
Janet  
JoAnne  
Helen  
Shari  
John  
Vern  
Betsy

## August

Janet  
Helen  
Sue  
Mike  
Darwin  
Jim  
Mary



## Sixty Miles, Three Day, Susan G. Komen 3-Day for the Cure!

Sixty miles, three days, thousands of steps, and months of preparation to make a personal difference in finding the cures. Paula Meskan and I have joined forces to aid in the fight against breast cancer and we're preparing for the 2010 Susan G. Komen Twin Cities 3-Day for the Cure, presented by Energizer.

The Susan G. Komen 3-Day for the Cure is a 60-mile walk for women and men who want to make a personal difference in the fight to end breast cancer. Komen 3-Day for the Cure Participants need to raise a minimum of \$2300 and will be educating tens of thousands of people about

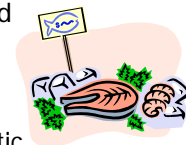
breast health with every step. Funds raised impact breast cancer research and community-based breast health and education programs.

The Susan G Komen Twin Cities 3-Day for the Cure Starts on Friday morning, August 22<sup>nd</sup> and ends with a Closing Ceremony on Sunday afternoon, August 22<sup>nd</sup>. Walkers cover about 20 miles a day, traveling at their own pace. Hundreds of volunteer crew members support the walkers through the three-day journey providing meals, refreshments and snack stops, gear transport, hot showers, portable restrooms, safety on

the streets and 24 hour medical services. The Komen 3-Day for the Cure is the greatest distance a person can go in the fight against breast cancer.

More than 1.3 million women will be diagnosed with breast cancer globally each year. Please help Paula and I reach our goal by making a donation, visit <http://www.the3day.org> and click on the "making a donation", type in Paula Meskan or Mary Kramer.

We will also be having a silent auction July 21<sup>st</sup>, 2010 7am to 4pm in the main hospital conference room.



## Fettuccini with Salmon and Tomatoes

8 ounces dry fettuccini pasta	7 ounces can salmon, no salt added
2 tsp olive oil	2 tsp dry dill weed
2 tsp minced garlic	¼ c. freshly grated Parmesan cheese
3 c. seeded, chopped tomatoes (medium)	¼ c. fortified soymilk or evaporated skim milk

Cook fettuccini according to package directions; drain in colander and reserve. Meanwhile, make the sauce. Heat a large nonstick skillet over medium high heat and add the olive oil. Sauté the garlic until golden brown, about 1 minute. Add the tomatoes and sauté briefly. Add the rest of the ingredients and cook until heated through. Toss with the cooked pasta and serve hot.

Serves 4. Each 1 ½ c. serving: 357 calories, 9 g fat, 2.5 g saturated fat, 16 mg cholesterol, 174 mg sodium, 48 g carbohydrate, 2.5 g fiber, 19 g protein, Diabetic exchange 3 starch, 1 meat.

## Calorie Density: Choose to Lose

Most people eat until they feel satisfied or full, and this is why portion control alone will not work for weight loss. To lose weight without chronic hunger, you need to choose the right foods, which are those low in calorie density.

### What is "calorie density?"

Calorie density is defined as the concentration of calories in a given weight of food. Comparing calories per pound, ounce or gram provides useful way to compare them for weight loss purposes.

### Why is calorie density important?

Foods with a high calorie density provide MORE calories than foods with a low calorie density. For example, your favorite chocolate candy bar is far more calorie dense than a low-fat green leafy salad. Two ounces of chocolate contains 240 calories. To eat the same amount of calories in lettuce, you would have lettuce!

Of course you can probably fit in a

little chocolate into your eating plan, but if all of the foods you eat are that calorie-dense you will be starving yourself to keep the portions very small so you don't consume too many calories. And we all know where that leads – to diet failure and weight regain.

### How does calorie density aid weight loss?

A Penn State study (Am J Clin Nutr 69:863-871) looked at how lean and obese women ate. Study subjects ate all their meals in a testing laboratory for a 4-day period. They were required to eat the entire portion of the main dish at each meal (and this main dish varied in calorie density). Otherwise, they could eat whatever they wanted during meals and snacks.

When the calorie density of the main dish was lower, the women ate fewer calories over the day. Their calorie intake decreased by 16 percent, yet they felt just as full.

### Okay, so how do I choose the right foods?

We don't want to bore you with huge lists and charts of foods. Just remember that the best foods are fruits, vegetable, cooked grains (especially cooked whole grains) and low-fat dairy products (without sugar). Water and fiber rich foods are the best choices for weight control.

**Very Low-calorie foods** have 0-.5 calories per gram. These include nonstarchy vegetables, many fruits, skim milk, and light non-fat yogurt  
**Low-calorie-dense foods** have 0.6-1.4 calories per gram. These include starchy vegetable, cooked grains (barley, rice, pasta), canned beans  
**Medium-calorie dense foods** have 1.5-3.9 calories per gram. These include chicken breast, whole-wheat bread, apple pie, bagels, lean ground beef and dried fruit.

**High-calorie-dense foods** have 4.0 to 9.0

calories per gram. These include baked and regular chips, croissants, cookies, French fries, pretzels, oils, margarine, cake and many other high-fat/high-sugar foods. Most people are surprised to find that many fat-free snacks and cookies fall in this category, too.

Compare a few popular foods by calories per gram to understand how fat and fiber have an impact on the calorie density of foods:

- A skinless, roasted chicken breast provides fewer calories by weight than lean ground beef because it is lower in fat.
- An apple has .6 calories and apple pie has 2.4 calories per gram. The addition of fat, white flour and sugar increases calorie density. This comparison helps you realize that it is better to choose whole foods versus refined foods.