

Targeting Wellness Newsletter

Good News for Good Health!

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Quarter 2 Theme—Physical Activity and Exercise

Be stronger
**THAN YOUR
EXCUSES**

**DON'T STOP
UNTIL YOU'RE**
Proud

Your B.A.S.I.C. Spring Training



- B** = Be open to change
- A** = Accept any limitations
- S** = Strengthen your muscles both mind & body
- I** = Invest in yourself
- C** = Consistency matters



In this issue

1. Difference Between Exercise and Physical Activity
2. Benefits Of Exercise On Mind and Body
3. Weight-training: Not Just For Athletes
4. Stretch Your Body, Stretch Your Mind
5. Tips For Exercising Safely
6. Recipe Corner: Socca Pizza with Sun-Dried Tomatoes and Pesto

We are the pro athletes in our own big game...the game of *life* !

The innings unfold one day at a time!

Keep swinging to achieve a World Series Championship of OVERALL WELL-BEING!

What can you add to your "Basic Spring Training" today for YOUR success?

Exercise or Physical Activity: Is There A Difference?

It will come as no surprise to hear that physical activity and exercise are key to a healthy, vibrant life! However, is there a difference between the two? According to the American Council on Exercise:

Physical Activity “is movement that is carried out by the skeletal muscles that requires energy “ which means that any movement you do could actually be considered “physical activity”.

Exercise “is planned, structured, repetitive and intentional movement intended to improve or maintain physical fitness”. It is, therefore, a “subcategory” of physical activity.

Research shows that **both** (a.k.a. **ALL**) forms of physical activity contribute to our overall health and well-being.

Good News!

INCREASE YOUR CHANCES OF LIVING LONGER—MOVE MORE!

According to the CDC, research shows that if US adults age 40 and older were to increase their moderate-to-vigorous physical activity by a small amount, an estimated 110,000 deaths per year could be prevented! Even 10 minutes more a day would make a difference.

Regardless of the resource you reference, all recommend that adults get a minimum amount of moderate-intensity exercise per week equaling 150 minutes (if vigorous, 75 minutes is great). That boils down to just 30 minutes a day for 5 days. That may be quite easy for some and for others it's a challenge to do 30 minutes a week. There could be many reasons for that some of which might be disinterest, physical limitations, or no time...that last one I'd love the opportunity to challenge you to rethink! :-)

Also, keep in mind that even if you have a physically active job, your body adapts to that demand. Plus, depending on your job responsibilities, you might be recruiting the same muscle over and over, leaving others to weaken while increasing your risk of injury.

The latest research also suggests paying attention to how much time you spend sitting during the day is just as important. There is a new term that has been coined to describe those who get at least 30 minutes of exercise in a day, but spend the majority of their days being sedentary. This term is “**active couch potatoes**”. This inactivity can cause and/or compound existing chronic conditions. According to the World Health Organization (WHO), physical inactivity is an independent risk factor for chronic disease development and is now considered the *fourth leading cause of death worldwide!*

What is meant by “moderate-intensity” exercise?	Other activities you might also consider.
<ul style="list-style-type: none"> ⇒ Washing your car for 45-60 minutes. ⇒ Gardening for 30-45 minutes. ⇒ Raking leaves for 30 minutes. ⇒ Dancing for 30 minutes. <p>Ten minutes is the minimum amount of exercise you want to get to have any cardiovascular benefits. If new to exercise or have any medical conditions, start with just 10-12 minutes and work your way up from there. If you can do 30 minutes, just not at once, break it up into segments throughout the day. You will still reap the benefits.</p>	<p>Any exercise that gets your heart rate up 50% to 70% of maximum heart rate. What might that look like?</p> <ul style="list-style-type: none"> ⇒ Walking two miles in 30 minutes. ⇒ Biking five miles in 30 minutes. ⇒ Swimming laps for 20 minutes. ⇒ Running one and a half miles in 15 minutes. ⇒ Doing water aerobics for 30 minutes. ⇒ Playing volleyball for 45 minutes. ⇒ Jumping rope for 15 minutes. ⇒ Walking stairs for 15 minutes.

Vigorous exercise may elevate your heart rate about 70-85% of maximum.

Basic formula to calculate your maximum heart rate: take 220 and minus your age = maximum HR. Then multiple that number by .50 to .85 depending on your workout plans, to get your target HR. For more information on heart rate check out:

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/target-heart-rates>

BENEFITS OF EXERCISE ON MIND AND BODY

To get the most from an exercise program, it's important to combine different components that produce a strong and balanced body. They include: aerobic, strength training, stretching, core work and balance. Having a mix of these will provide the most overall benefits for both your body and your mind.

Let's start by looking at some of the main life enhancing benefits of exercise.

<ul style="list-style-type: none"> ● Maintain your independence by keeping and improving your strength ● Have the energy to do the things that you want and enjoy without fatigue allowing for quality of life ● Improve your balance to help lower risk of falls and injuries from those falls ● Manage and prevent some common chronic diseases like heart disease, arthritis, stroke, type 2 diabetes, osteoporosis and 8 types of cancers, including breast and colon cancer 	<ul style="list-style-type: none"> ● Reduce your level of stress and anxiety and improve sleep ● Help you reach and maintain a healthy weight while reducing the risk of excessive weight gain ● Controls your blood pressure ● Helps to lower your levels of cholesterol ● Improves or maintains some aspects of cognitive function ● Enhances your mood and reduces feelings of depression, allowing you to feel more in control of your emotions
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EXERCISE MAY PROTECT YOUR BRAIN

It's often quite obvious to see the fitness benefits of exercise on our physical body; however, perhaps not so obvious is the huge positive impact it is having on our brain. What might not be as evident, at least initially, is that every step, mile or pool lap you take is also enhancing your cognitive fitness! One more important reason to get moving!



A study was done where nearly 500 older adults were followed for 20 years with annual physical and cognitive tests. They also agreed to donate their brains to science when they died. All their movement was tracked around the clock using an accelerometer. Here are the study findings:

- Those participants who moved the most scored better on memory and thinking tests.
 - Increased physical activity resulted in a 31% reduction for risk of dementia.

During a 6-month study, nearly 200 sedentary older people with mild cognitive impairment were given three options:

- | | |
|--|---|
| <ol style="list-style-type: none"> 1. Only add aerobic exercise 3x a week for 45 minutes/session 2. Only eat a heart-healthy DASH diet 3. Combine aerobic exercise with the DASH diet 4. Only receive health education | <ol style="list-style-type: none"> → 1. Improvement shown in thinking and memory → 2. No improvement on assessments of planning, problem-solving and multitasking. → 3. Showed the most improvement overall! → 4. Brain function worsened |
|--|---|

According to a neuropsychologist at the Cleveland Clinic, exercise, especially aerobic is key to maintaining brain health. This is true even for those who are at risk for developing dementia and Alzheimer's disease.

Check out <https://health.clevelandclinic.org/exercise-and-brain-health/> for more on how exercise protects brain health!

WEIGHT TRAINING—NOT JUST FOR ATHLETES!

Research has shown that strengthening exercises are both safe and effective for women and men of all ages, including those who are not in perfect health. In fact, people with health concerns—including heart disease, arthritis and even osteoporosis (always check with your doctor first!)—often benefit the most from an exercise program that includes lifting weights a few times each week.

You've probably heard the phrase: *Use it or Lose it*...well that is what we are setting our muscles up for if we don't do some form of strength training especially as we get older. If you have a physically demanding job you may already get a lot of weight lifting. However, your tasks may require you to use only certain muscles in a certain way. Working all our muscles is crucial for balance, flexibility and injury prevention.

Here are some of the benefits you may gain from this type of physical activity:

- Develop bone strength which increases bone density and helps reduce risk of osteoporosis.
- Manage your weight as well as improving your metabolism to help burn more calories even at rest.
- Enhance your quality of life. Doing weight bearing exercises helps to protect joints and build muscles, enhancing our balance resulting in reduced risk of falls. We all want to maintain our independence and be able to do the things we love even as we age. Strength training can help to assure that!
- Reduce signs and symptoms of chronic disease and help to manage conditions such as arthritis, back pain, obesity, heart disease, depression and diabetes.
- **Bonus:** Sharpen cognitive abilities!! Some research suggests that older adults experienced greater thinking and learning skills with regular strength training and aerobic exercise.

Getting Started:

If you are over 40 and have not been very active, check with your doctor before starting any strength or aerobic training program. Here are a few things to keep in mind regardless of your fitness level:

- Always warm up with a short walk (march in place, stationary bike, any activity to get your blood circulating for 5 to 10 minutes). Typically when you take an exercise class, a good instructor will incorporate a warm up at the beginning of every workout. Cold muscles are more prone to injury—this also goes for stretching too! Always warm up your muscles!
- Choose weights heavy enough to tire your muscle after 12 to 15 repetitions. Goal is to fatigue the muscle in order to build it. If you can go beyond 15 and feel no fatigue, the weight is probably too light. Progress slowly.
- A full days rest between muscle workouts will allow full recovery. It is advised not to work the same muscles back to back. That goes for abs too.
- Listen to your body. If you feel pain stop immediately! Proper form is critical to avoid injury. You may consider working with a trainer or other fitness specialist to learn the correct form and techniques. And pay attention to your breathing...many people hold their breath as they lift and that can increase your blood pressure and cause dizziness!

STRETCH YOUR BODY, STRETCH YOUR MIND!

With any physical activity, there are always benefits not only to your body, muscles and bones but also it helps to reduce stress, pain and improves posture. Stretching is no different! In fact, with regular stretching you can improve all aspects of your life, mind and body!

BENEFITS OF STRETCHING

- **Increases your flexibility**

You don't have to be flexible to stretch. Stretching will improve your flexibility! This will assist in doing everyday activities and will help delay any reduced mobility as we age

- **Increases your range of motion (ROM)**

ROM means how far you can move a joint or muscle in various directions. This means where on your own (active ROM) or with the assistance of someone else (passive ROM). This definitely will vary from person to person, however, there are expected or "normal" ranges a physical therapist will use to determine where you are on the scale. Regular stretching can help to keep your joints and muscles moving as they should.



- **Improves posture**

Often due to muscle imbalances...especially if you spend a lot of time on the computer or looking at your phone (text neck). Combining stretching with strength training can reduce musculoskeletal pain and encourage proper alignment.

- **Great stress relief and calms of your mind**

Typically when we get stressed, our muscles will tense especially around the neck and back. Stretching regularly not only will help these areas, it will also calm the mind when we can stay focused and mindful of the movements we are doing. Connecting body to mind!

There are different types of stretching that you can read up on here: <https://www.acefitness.org/fitness-certifications/ace-answers/exam-preparation-blog/2966/types-of-stretching/>

One tip to remember:

- **Use dynamic stretches before exercise to prepare your muscles. (requires continuous movement...it's your warm up)**
- **Use static stretches after exercise to reduce your risk of injury. (requires holding a pose to its maximal point WITHOUT PAIN for at least 30 seconds)**



Assisted stretching by a trained flexologist!

Resource: healthline

TIPS FOR EXERCISING SAFELY

The following tips were taken right from Harvard Health Publishing, Harvard Medical School. However, information such as this should never be a replacement for the direct medical advice from your doctor or other qualified clinician. For the most part, anyone can safely take up walking or some other form of moderate exercise. There may be a bit more caution give to taking your work out up a notch. However, in all cases, it's important to avoid injuries especially if you have been diagnosed with a chronic or unstable health condition such as asthma, high blood pressure, joint or bone disease, etc.

10 tips for avoiding injuries

Once your doctor gives you the go-ahead to exercise, the tips below can help you avoid injuries:

1. Take five to 10 minutes to warm up and cool down properly.
2. Plan to start slowly and boost your activity level gradually unless you are already exercising frequently and vigorously.
3. Be aware that training too hard or too often can cause overuse injuries like stress fractures, stiff or sore joints and muscles, and inflamed tendons and ligaments. Sports prompting repetitive wear and tear on certain parts of your body – such as swimming (shoulders), jogging (knees, ankles, and feet), tennis (elbows) – are often overuse culprits, too. A mix of different kinds of activities and sufficient rest is safer.
4. Listen to your body. Hold off on exercise when you're sick or feeling very fatigued. Cut back if you cannot finish an exercise session, feel faint after exercise or fatigued during the day, or suffer persistent aches and pains in joints after exercising.
5. If you stop exercising for a while, drop back to a lower level of exercise initially. If you're doing strength training, for example, lift lighter weights or do fewer reps or sets.
6. For most people, simply drinking plenty of water is sufficient. But if you're working out especially hard or doing a marathon or triathlon, choose drinks that replace fluids plus essential electrolytes.
7. Choose clothes and shoes designed for your type of exercise. Replace shoes every six months as cushioning wears out.
8. For strength training, good form is essential. Initially use no weight, or very light weights, when learning the exercises. Never sacrifice good form by hurrying to finish reps or sets, or struggling to lift heavier weights.
9. Exercising vigorously in hot, humid conditions can lead to serious overheating and dehydration. Slow your pace when the temperature rises above 70°F. On days when the thermometer is expected to reach 80°F, exercise during cooler morning or evening hours or at an air-conditioned gym. Watch for signs of overheating, such as headache, dizziness, nausea, faintness, cramps, or palpitations.
10. Dress properly for cold-weather workouts to avoid hypothermia. Depending on the temperature, wear layers you can peel off as you warm up. Don't forget gloves.

Delayed muscle soreness that starts 12 to 24 hours after a workout and gradually abates is a normal response to taxing your muscles. By contrast, persistent or intense muscle pain that starts during a workout or right afterward, or muscle soreness that persists more than one to two weeks, merits a call to your doctor for advice.

Socca Pizza with Sun-Dried Tomatoes & Pesto



Socca is a flatbread made from chickpea flour. This recipe requires only 10 ingredients and 1 bowl to make and comes together in about one hour. If you are watching how much bread and grains you eat, this is grain and gluten-free! And unlike regular pizza, you won't get stuffed on the crust! This is a whole food plant-based recipe from Minimalist Baker.

<https://minimalistbaker.com/socca-pizza-with-sun-dried-tomatoes-pesto/>

CRUST

- 1 cup [garbanzo bean flour](#)
- 1/2 heaped tsp sea salt
- 1 tsp baking powder
- 1/2 tsp garlic powder
- 1 tsp [nutritional yeast](#)
- 1 scant cup warm water
- 1 Tbsp olive oil (if avoiding oil, omit)
- 1 Tbsp fresh oregano (or sub dried // *optional*)

TOPPINGS

- 1/4 cup thinly sliced red onion or shallot
- 1/4 cup sun-dried tomatoes (or sub fresh*)
- 1/4 cup [almond ricotta cheese](#) (or Macadamia Nut Cheese* // or sub store-bought vegan cheese*)
- 4 Tbsp [Vegan Pesto](#) (or sub store-bought)
- Arugula or other peppery greens (*optional*)
- Raw garlic, minced (*optional*)
- [Vegan Parmesan Cheese](#) (*optional*)

1. In a medium mixing bowl, add garbanzo flour, sea salt, baking powder, garlic powder, and nutritional yeast and whisk to combine. Then pour warm water into dry ingredients and whisk until smooth (add the water slowly, and if it starts to look too runny – it should be a thin but not a watery crepe-like consistency – refrain from adding all the water). Cover and let rest for 30 minutes.

2. In the meantime, heat oven to 425 degrees F (204 C). Once the batter has rested, add the olive oil and oregano (*optional*) and stir to combine.

3. Heat a large (12-inch) oven-safe cast-iron or metal skillet over low-medium heat (if using a smaller skillet, this will make two small pizzas instead of one large pizza). If using a non-stick pan or a cast-iron that's seasoned, it shouldn't need more oil. But if your pan tends to stick, add a little oil – it won't hurt.

4. Add the chickpea batter into the greased, hot skillet and move the pan around to allow batter to flatten like a large pancake, leaving a little room on the very edges of the pan to allow room for a spatula to slide under. Add onion and cook for 1 minute. Then carefully transfer skillet to the oven and bake 10-15 minutes or until bubbles have formed, the edges have browned, and the top is slightly golden brown.

5. Remove from oven after baking, gently loosen with a spatula, and slice on a cutting board (or slice right in the pan). Then add remaining toppings of choice. We went with chopped sun-dried tomatoes, macadamia cheese, arugula, raw chopped garlic, and vegan pesto. Vegan parmesan and/or red pepper flake can also make nice additions.

6. Best when fresh. Store leftovers in the refrigerator up to 3-4 days. Reheat in a 350 degree F (176 C) oven until hot (arugula does not reheat well).



Notes:

*If using fresh tomatoes instead of sun-dried, add to the socca when adding the onion so they bake into the crust.

*If using a store-bought shredded cheese instead of fresh nut cheese, add to the socca when adding the onion so it has a chance to melt and bake into the crust. Find the recipe for the [Macadamia Nut Cheese here](#).

*Nutrition information is a rough estimate calculated without optional ingredients.

Nutrition Facts:

1 serving
Calories: 182
Carbohydrates: 17 g
Protein: 6 g
Fat: 9 g
Saturated Fat: 1 g
Cholesterol: 0 mg
Sodium: 280 mg
Potassium: 469 mg

Fiber: 3 g
Sugar: 4 g
Vitamin A: 255 IU
Vitamin C: 2.3 mg
Calcium: 91 mg
Iron: 2 mg