

MAY 2011
Issue No. 3

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Wellness

ENHANCE

BAKER SCHOOL DISTRICT 5J



YOUR LIFE

SCHOOL * COMMUNITY * FAMILIES

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WE NEED YOU!



Contact Baker School
District 5J office for time
and date of the next
Wellness Meeting
541-524-2260



- ❑ **Zumba Classes** - Thursdays, 4:15 p.m. at North Baker Gym
- ❑ **Karate** - Mondays, 4:45 p.m. at North Baker Gym
- ❑ **Yoga** - Tuesdays and Wednesdays, 4:15 p.m. at North Baker Gym
- ❑ **Bicycle Class** - If interested contact Linda Honeywell at 541-524-2260
- ❑ **Relay for Life** - June 25 "Cyclists Against Cancer" ride that you can choose the 7, 20, 50, 80, or 100 mile bicycle route. → Registration forms are available at the YMCA, 2021 Main Street or you may email: Mitch Bulthuis at mitch56@q.com or Jerri Wickert at jerrjohn2@gmail.com



Eating fish instead of red meat saves you 90 calories per serving.

Article Acknowledgments

- ♦ www.healthymminute.com
- ♦ www.realage.com
- ♦ www.foodandhealth.com
- ♦ www.livestrong.com
- ♦ www.worlddocinc.com

This newsletter is not intended to provide medical advice on personal health matters, which should be obtained directly from a physician.

Health is at the heart of education. -Mark Twain



LET'S GET HEALTHY NOW

When Is Your Blood Pressure a Concern?

As we age we are more likely to be told our blood pressure is too high. This is because your blood vessels become stiffer as you age. When that happens, your blood pressure goes up. High blood pressure can lead to stroke, heart attack, heart failure, kidney disease, and early death.

If your blood pressure is high, it is important for you to lower it and keep it under control.

Know Your Numbers

Your blood pressure reading has 2 numbers. One or both of these numbers can be too high.

The top number is called the systolic reading. A systolic reading is considered too high if it is 140 or higher.

The bottom number is called the diastolic reading. It is considered too high if it is 90 or higher.

Diet, Exercise, and Other Lifestyle Changes

In addition to taking medicine, you can do many things to help control your blood pressure. Some of them are:

- ✓ Limit the amount of sodium (salt) you eat — aim for less than 1,500 mg per day.
- ✓ Limit how much alcohol you drink — 1 drink a day for women, 2 a day for men.
- ✓ Eat a heart-healthy diet — include potassium and fiber, and drink plenty of water.

- ✓ Stay at a healthy body weight — find a weight-loss program to help you, if you need it.
- ✓ Exercise regularly — at least 30 minutes a day.
- ✓ Reduce stress — try to avoid things that cause stress for you. You can also try meditation or yoga.
- ✓ If you smoke, quit — find a program that will help you stop.

Your doctor can help you find programs for losing weight, stopping smoking, and exercising. You can also get a referral from your doctor to a dietitian, who can help you plan a diet that is healthy for you.

Checking Your Blood Pressure

Your doctor will give you a physical exam and check your blood pressure regularly. If you monitor your blood pressure at home, keep a written record and bring the results to your clinic visit. Your doctor or nurse may ask you these questions. Having a written record will make them easy to answer:

- ✓ What was your most recent blood pressure reading?
- ✓ What was the blood pressure reading before that one?
- ✓ What is the average systolic (top) number and average diastolic (bottom) number?
- ✓ Has your blood pressure increased recently?

Courtesy of WorldDoc, Inc

Breathe in Life

Make Your Waist Smaller with This 30-Second Habit

Few things plant the waist-widening TV remote more firmly in our hands than the need to destress. But here's a healthier way to let go of it all: **Just breathe deeply.**

It takes only about 30 seconds to do it right, and a quick and easy stress reduction strategy like this is critical to your waistline — especially given a recent study on job stress and weight gain. In the study, workers who were super stressed tended to have bigger bellies than their peers who were more at ease.

Pound-Packing Stress Relief?

It's not that stress in and of itself causes waistlines to expand; it's how people deal with the



stress that makes them fat. Researchers suspect the difference in weight was more likely due to the unhealthy coping mechanisms the stressed-out folks used — like vegging in front of the TV, skipping that afternoon walk, and dipping into a pint of double fudge ice cream for cold comfort when they got home

Chill Out to Slim Down

Still, stress itself *may* do some damage as well. In fact, other research has found that chronic stress can increase the production of cortisol — an anxiety hormone that facilitates the storage of belly fat and may boost cravings for high-calorie snacks. The good news? You can put stress to bed with just 30 seconds of deep breathing.



Team Nutrition



The Snack Food Makeover

Article By: Leslie Fink, MS, RD
Weight Watchers recipe

Find out what one Weight Watchers Meetings leader thinks about some popular weight-loss snacks.

"Snacks equal treats in many people's minds. Snacks do not equal fuel," says Liz Josefsberg, Director of Brand Advocacy for WeightWatchers.com and a Weight Watchers meetings leader in New York City. But as Liz can tell you, there's no reason that a snack can't satisfy your cravings and still give your body more than just empty calories.

Some people load up on sugary snacks, such as jellybeans and licorice. "People think they're great snacks because they're fat-free," Liz says. But they're loaded with simple sugars that don't fuel you for very long. The same goes for diet cookies and ice cream bars — two popular snacks among Weight Watchers members.

Some savory snacks, such as microwavable kettle corn and individual packs of crackers, don't give your body much more than a rush of carbohydrates.

Clean up your snack act

So what sorts of snacks get Liz's seal of approval? "I'm always telling people to think about food combining when they're choosing a snack. Consider the Weight Watchers Good Health Guidelines and try to achieve several within each snack," she says.

Here are some smart snack ideas to get you started:

- ✓ Enjoy yogurt with almonds and fruit — you'll get the benefits of dairy, fruit, protein and some healthy fat.
- ✓ Pair an apple with low-fat cheese (and you've got some dairy, fruit and protein covered).
- ✓ Add low-fat cheese to your favorite salty carb snack. Or team it up with some peanut butter or bean-based dip and you've upped your dairy or protein intake. Keep in mind that many soy-based chips give you a leg up over potato chips when it comes to protein and fiber, so that's a big plus, too.

GAME ON!

Badminton

Some people call badminton "lawn tennis," but the only similarity is the net and the racket. In your backyard, the amount of space available for play, rather than regulations, defines the badminton court. The equipment includes a shuttlecock: a small ball attached to a webbed cone that makes its travel from one side of the court to the other more efficient. The rackets for badminton are similar to tennis rackets, but much lighter, often using plastic for the strings and in some cases, the handle. The net stands at a height of five feet, between two poles driven into the lawn, and removed as needed. Like tennis, you play badminton with two players or as doubles, a team of two players on each side. In doubles, only the server scores points when the opposing side fails to return a serve.



Take it one snack at a time

Changing what you eat

and how you perceive food is tough, so it's important to take it slowly. Replace a high-sugar item with something more nutritious, one snack at a time, Liz recommends. Then assess how you feel: Write down how long you feel full, how long the snack affects your energy level or how long you can concentrate at work. It's easier to make changes when you can "see" the benefit.

That said, it's not necessary to steer clear of all your favorite sweet treats. Deprivation can sometimes lead to its own cycle of overeating. Get the max from sugary snacks by:

- ✓ Freezing small, individually wrapped candy bars, since frozen foods take longer to consume.
- ✓ Opting for automatic portion control such as a Weight Watchers snack bar — a crutch for Liz when she's really craving chocolate.
- ✓ Choosing items with long-lasting eating-power like lollipops and sucking candies (and don't forget about gum).

STRETCH AT YOUR DESK



Stretch while you're at your desk or waiting for the copier. You'll feel better now and help prevent injuries later.

WHEN STRETCHING, REMEMBER:

- * You shouldn't feel any pain.
- * Don't bounce - move slowly and smoothly.
- * Keep breathing.
- * Relax after each stretch.



Brought to you by ODS Personal Best and Human Resources

Grow More Brains with



Three of These

Our brains naturally shrink as we get older. But you can reverse the trend with just three of these: walks.

Research shows that walking just three times a week for 40-minute stints can help people hang on to more of their gray matter.

Turning Back the Clock

In particular, walking seems to help preserve the hippocampus — a memory-making part of the brain. In older adults who do not have dementia, the hippocampus normally shrinks about 1 to 2 percent per year, which gradually increases the risk of cognitive impairment. But in a recent study, a year of dedicated moderate-intensity walking resulted in about a 2 percent increase in volume, which researchers say is about the equivalent to rewinding the brain-aging clock about 1 to 2 years. In the study, older adults who were not regular exercisers were assigned to year-long exercise programs focusing on either walking or doing a combination of stretching and toning three times a week. After a year, imaging scans of the brain showed that hippocampus volume increased in the walkers but actually decreased a bit in the stretchers and toners.

Brain-Saving Steps

With the increase in brain volume, blood levels of an important memory-supporting protein called brain-derived neurotrophic factor also increased — which probably helps explain why the walkers who had bigger-than-average brains at the outset and achieved the greatest volume increase during the study intervention also made the biggest improvements on spatial memory tests. Researchers think that aerobic exercise helps boost brain matter because it increases blood flow to the brain. Studies have also shown that walking can help increase the brain's ability to learn, retain, and use new information.

HEALTHY Minute

Eat breakfast like a **KING**, lunch like a **PRINCE** and dinner like a **BEGGAR**.

Water is the 'Fluid of Life' - We think better, have more energy, age slower and are less susceptible to colds when we are optimally hydrated. This also helps to support the body's defense team (the immune system) to better protect us from "bugs". Bugs can include viruses, bacteria, mold, yeast, fungus and toxins.

Most health professionals recommend about 64 ounces of H₂O a day. NOT AT ONE TIME. And beer doesn't count. The most water a body can absorb is 4 ounces at a time. To remind yourself, set a timer repeatedly for 30 minutes (8 hours a day). Drinking pure water with additional minerals is most effective.