



SOUTH CENTRAL PENNSYLVANIA HEALTH CARE QUALITY UNIT

IT'S YOUR HEALTH WINTER 2009



Toll Free 1-877-315-6855
www.theadvocacyalliance.org



What Exercise Can Do for You

You've heard it said time and again – "Eat right and get exercise," but do you really know about the benefits that regular physical activity can afford? Let's take a look at what exercise can do for you, and how you can do exercise more efficiently and enjoyably.

Regular physical activity is associated with many benefits for anyone – without regard to your age, sex, or physical ability. We all know that healthy weight loss and maintenance depends partly on exercise.

Exercise is a great mood lifter. Activity stimulates the secretion of many brain chemicals that leads to a feeling of well-being. We naturally feel more relaxed and more satisfied after exercise – without any worrisome side effects of medications! Activity is an important component of a comprehensive depression management plan and should not be underestimated.

Simply participating in regular physical activity can reduce your chances of having chronic medical conditions such as hypertension and heart disease, two of the top causes of death in the United States. In addition to lowering blood pressure and conditioning your heart to work more effectively, exercise also boosts your HDL (the "good" cholesterol) and decreases your triglycerides, adding further benefit to your cardiovascular health! Osteoporosis, type 2 diabetes and many types of cancer are also greatly affected by exercise – you can help to prevent or minimize the damage from these prevalent conditions by regularly working out.

If you find that daily activities wear you out and leave you feeling winded, exercise might be just the thing to boost your energy and stamina. Physical activity increases how much oxygen and nutrition gets to your muscles and other body tissues. You'll breathe better and have more pep to enjoy life.

The quality of our sleep can significantly affect our mood and performance during our waking hours.

When we are well rested we are more productive and focused, can concentrate better and are generally more positive and able to adapt to stress and challenges. Regular physical activity will help you to fall asleep faster and stay more deeply asleep, giving your mind and body the time to restore and refresh that it desperately needs. Just be sure to not exercise too close to bed-time or you may not be able to drift off quickly.



Physical activity can be a fun thing to do. Whether it is enjoying a variety of activities, being out in the fresh air and sunshine, or getting together with other positive, upbeat people, exercise is an investment well worth the time and effort. So, what's keeping you from "just doing it?" The same barriers plague many of us who are well-intentioned but don't maintain a regular exercise program.

Not enough time in the day. People often feel stretched and stressed as a result of hectic, over-booked schedules and diverse responsibilities, so it's no wonder that they feel they don't have an hour or two to devote to a gym workout and/or run. But how about fitting in a few ten minute segments throughout your day? Shorter bursts of



activity can be as effective in providing many of the benefits of exercise and may be the perfect starting point for novice exercisers. If you are still sure you don't have even ten minutes to squeeze out of your day, consider waking up ten minutes earlier and doing something to get yourself started. The little investment of time will be well worth it when you are feeling happier, stronger and more flexible throughout your day. Another great strategy is to build in any little opportunity to move more. Take the stairs instead of the elevator or park further back in the parking lot. How about dancing when you brush your teeth or wash the dishes? Every little bit adds up!



Exercise is boring. If you are bored with a particular exercise routine, switch it up and try something new. There are more ways to be active than there are people who need to be moving, so be creative and adventuresome. There are lots of opportunities to learn new skills — check out community centers, gyms, churches and activity groups. Many are available at nominal costs. How about joining forces with others who are interested in getting moving — start a walking club in your neighborhood or at work. Changing where you walk and paying attention to your surroundings can go a long way in preventing boredom from sabotaging your workouts.

I'm too lazy or not athletic. Be realistic with what you expect — you are not training for the Olympics. Set achievable and modest short term goals — just getting out there and doing something is a great start. Plan to be active when you naturally feel more inclined to move — depending on whether you are a morning or evening person. You may want to consider scheduling your activity time in your calendar so that it doesn't get squeezed out. Remember, you are investing a little time and energy today for your health and happiness in the future — and you are worth it! Some people find it helpful to write down the reasons they exercise and post that paper at a place where they can see it- perhaps on the bathroom mirror or on the refrigerator door. Keeping focused on healthy changes to reduce health problems and improve your quality of life can carry you through times of challenge.



I'm afraid I might hurt myself. Especially if you haven't exercised regularly for a while, you will need to check with your primary health care provider before you start a regular activity program. Once you have gotten the green light, start off slow and build gradually. A class for beginners may be the perfect starting point for you. Also, stretching after you have warmed up is a critical component to any regular physical activity program. Let's review some important stretching points:

- ✧ Stretching will increase your flexibility, improve your daily performance, and keep your joints more mobile and less likely to be injured.
- ✧ Stretching also boosts your circulation and is a fantastic way to reduce the effects of stress on your body and your mind.
- ✧ Always warm up with at least 5 minutes of movement before you stretch. Not doing so may result in injuries.
- ✧ Walk at a low intensity for 5-10 minutes, then stretch, or do stretching at the end of your work out.
- ✧ Stretch major muscle groups, paying attention to calves, thighs, hips, lower back, neck and shoulders.
- ✧ It is also important to pace yourself and hold the stretch for 30 seconds — don't bounce or stretch to where it hurts.
- ✧ You want to feel a gentle tension, but stop immediately if it becomes painful!
- ✧ Stretch one side for 30 seconds, then the other, and do three or four sets of stretches for each muscle group.
- ✧ Finally, remember to breath comfortably throughout your stretches — don't hold your breath.



How often should you stretch? That answer may vary, but in general you should stretch each time you exercise. And after you have tried it, you may find that stretching several times a day gives you an energy boost you grow to look forward to!

WHAT YOUR HEALTH CARE QUALITY UNIT CAN DO FOR YOU

Our Nurses and Behavioral Health Professionals are available to:

- Be a part of the Individualized Support Plan (ISP) Meeting.
- Assist in easing the emergency room visit and hospital admittance/discharge process.
- Be a part of the Positive Practice Resource Team (PPRT) and Biographical Timeline.
- Conduct Record Reviews/Consumer Needs Assessments.
- Assist in gaining access to physicians, dental care, assistive technology, medical equipment, and hospice services.
- Review Behavior Support Plans and assist the team in creating new plans.
- Review Provider Policies and Procedures, as they relate to health care.

We also offer:

- Educational Programs which address more than 100 physical and behavioral health topics.
- Sexuality, Relationships/Boundaries, Personal Hygiene, Healthy Lifestyles, and Emergency Preparedness Educational Programs.
- Access to our more than 65 web-based educational programs.



GREAT EATING TIPS

Power Tip → Want to know what and when to eat and drink to get the most out of your workout with energy to spare? Take a look at these hot tips. Whether you're shaping up or slimming down, they'll help you power up and feel great!

Stand up for your Bones

Physical activity plus calcium-rich foods make for strong bones. Strong bones support better performance and are less prone to stress fractures and osteoporosis in later years. Think snacks with calcium like veggies with yogurt dip, almonds, flavored milks, smoothies, cheese and crackers, and cereal with milk.

Snack and Run

If you want to feel in top form during your workout, make the most of your activity and get a jump on recovery, have a light snack 1 to 2 hours before you start.

What you need to know

- The best muscle fuels combine carbohydrates and a little protein.
- For easy digestion, make your snack low in fat.
- Make sure you have some hydrating liquids.

Sip, Slurp, Gulp!

Your body needs to be well hydrated to function at its best. Being even a little dehydrated can zap energy and impair your workout. Keep your body up and running with these super sip tips:

- Drink a big glass of liquid, like water or milk, 2-3 hours before your activity.
- Avoid carbonated and very sweet fruity drinks before activity — they can upset your stomach.
- During light workouts, water is fine.
- The more you sweat, the more you need to drink to maintain performance — especially during hot weather.
- Make sure to drink enough after your workout.

Good Snacks

- Small homemade muffin
- Cottage cheese and fruit cup
- Drinkable yogurt
- Half a turkey sandwich
- Fresh fruit and yogurt
- Small container of dry cereal, a few nuts and dried fruit



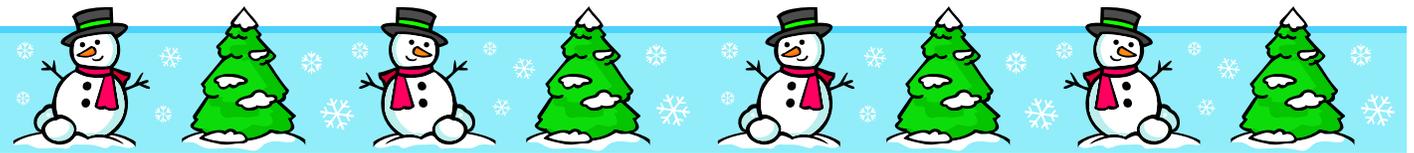
Replenish, Refuel, Repair

What you eat and drink following activity can make a big difference to future performance. You need liquid to replenish fluids and electrolytes lost in sweating and carbs to refuel exhausted muscles and protein to repair damaged tissue. If you don't get all of these, you'll lose some of the benefits of your workout. Boost recovery with these steps:

Within 15 to 30 minutes of activity, eat and/or drink a small snack that delivers the fluids, electrolytes, carbs and protein your body craves. Some examples:

- Chocolate milk
- Cheese and whole grain crackers with 100% juice
- Yogurt with fruit

Within 2 to 3 hours, eat a nutritious post-workout meal to complete the recovery process. It doesn't have to be complicated. Just make it a balanced meal with food from the four food groups.





BOOSTER BARS

Energy bars can be smart sports snacks, but some brands can be like expensive chocolate bars stuffed with ingredients you can't pronounce. This easy no-bake energy bar tastes great and is a healthy snack, too.

Ingredients

1 cup each of rolled oats, raisins and crunchy peanut butter

1/2 cup each of dark chocolate chips, honey, oat bran, toasted wheat germ and skim milk powder

Preparation

Mix all dry ingredients together.

Mix in peanut butter and honey.

Press mixture into pan.

Chill and cut into bars.

Store in refrigerator or freezer.



Links to Check Out

www.TobaccoFreeNE.com

www.mayoclinic.com

www.cookinglight.com

<http://www.southcentralpa-hcqu.org/>

EAT WELL TO STAY HEALTHY DURING WINTER MONTHS

Good nutrition—always in season—is the key to staying in top health during flu season.

Immunity-Boosting Foods

Food alone can't protect against the common cold or flu, and the science isn't yet clear on which nutrients may bolster immunity to reduce your risk of getting sick. But experts agree that a diet rich in a variety of produce, whole grains, lean proteins, and low-fat dairy products—along with adequate sleep, moderate exercise, and minimal stress—contributes to a well-functioning immune system and may promote a faster recovery if you do come down with a cold or flu. Here are some key nutrients and tips that will help increase the likelihood that you'll fly through the winter months in good health.

“An overall healthful diet rich in vitamins and minerals is your best bet for the cold weather months,” says Julia Zumpano, RD, of the Cleveland Clinic Department of Preventive Cardiology. “You’ll also benefit from other nutrients not typically found in supplements when you eat a whole food.” Zumpano encourages plenty of fruits and vegetables (for vitamins C and E); whole grains, lean meats, and poultry (for zinc); and low-fat dairy products (for vitamin A). For example, in addition to vitamin E, a whole grain like quinoa or rye bread offers fiber, B vitamins, minerals, and other nutrients, which support overall good health.

Choose citrus, like grapefruit, oranges, kumquats, tangerines, and clementines as well as canned tomatoes, chilies, or pineapple for vitamin C.

Source: www.cookinglight.com



Tropical Citrus Compote

This fruit combo is refreshing by itself and a serving offers about a day's worth of vitamin C. It can also top waffles or pound cake. Garnish with thinly sliced lime rind, if desired. Yield: 4 servings (serving size: 1 cup)

Ingredients

- 1/2 cup water
- 1/2 cup sugar
- 1 teaspoon grated lime rind
- 1 teaspoon grated orange rind
- 1 1/2 cups orange sections (about 3 oranges)
- 1 1/2 cups chopped peeled mango (about 1 mango)
- 1 1/2 cups chopped peeled papaya (about 1 papaya)
- 1 cup red grapefruit sections (about 2 grapefruit)

Preparation

1. Combine 1/2 cup water and sugar in a small saucepan; bring to a boil, stirring until sugar dissolves. Remove from heat; stir in rinds. Cool to room temperature. Strain sugar mixture through a fine sieve; discard solids.
2. Combine orange and remaining ingredients in a bowl. Add sugar mixture; toss gently.

Nutritional Information:

Calories:	139 (2% from fat)	Cholesterol:	0.0mg
Fat:	0.3g (sat 0.1g, mono 0.1g, poly 0.1g)	Iron:	0.2mg
Protein:	1.1g	Sodium:	3mg
Carbohydrate:	35.6g	Calcium:	37mg
Fiber:	2.9g		

Jackie Mills, MS, RD, Cooking Light, DECEMBER 2008



I QUIT!

Are you sick of:

- Coughing all the time?
- Spending your money on cigarettes?
- Smelling like an ashtray?
- People hassling you about smoking?
- Hurting your health?

YOU'RE READY TO QUIT!

Who ya gonna call?

1-800-QUIT-NOW American Cancer Society

1-866-974-QUIT Tobacco FREE NE PA or www.TobaccoFreeNE.com

When you're ready to quit, set a "quit date."

Tell everybody when you're going to stop smoking.

- If your family or friends smoke, ask them not to:
 - Smoke around you.
 - Offer you cigarettes.
 - Leave cigarettes where you can find them.
 - Tease you about not smoking.
- Turn your room into a "no smoking zone" especially if your family smokes.
- Spend a lot of time in places where you're not allowed to smoke.
- Drink a lot of water and fruit juice, but don't drink anything with caffeine in it, like soda, coffee or tea.

THE DAY YOU QUIT

- Throw away all your cigarettes, lighters and ashtrays
- You will feel the urge to smoke, but it usually passes in two to three minutes. When you feel the urge, do something else. Take deep breaths and let them out slowly or drink a glass of water.
- Carry things to put in your mouth like gum, hard candy, or toothpicks.
- Keep busy: Go to the movies, ride your bike, walk the dog, play video games, or call a friend.
- Go to places where you're not allowed to smoke, like the movies or the mall.



How Bad Will Quitting Be?

The agitated feelings and cravings you experience after quitting usually last for one to two weeks. After that, your body begins to forget about nicotine and you start feeling better. For heavy smokers, the agitated feelings and cravings may be tougher and last longer. Even after the feelings and cravings are gone, there will be times you will still want to smoke. That's because nicotine is a powerful addiction. After you quit, you can get hooked again with just ONE cigarette. The only way to be safe is to become a non-smoker — **FOR GOOD!**



I Got It Beat!

- Lots of people quit smoking for a few days, but it's harder to stay off cigarettes for good. Remember, lots of other people have quit and you can too!
- Plan ways to handle stress.
- If you blow it, try and try again.
- Pat yourself on the back.
- When you quit, you are doing something GREAT!

ARE YOU ADDICTED?

Take the test!

1. Do you smoke your first cigarette within 30 minutes of waking?
2. Is it tough for you to NOT SMOKE when it is not allowed?
3. Do you smoke 20 cigarettes (one pack) or more each day?
4. When you are sick enough to stay in bed, do you still smoke?
5. Do you smoke more frequently during the first hours after waking than the rest of the day?

Two or more "YES" answers may mean you are addicted!

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IDEAS FOR OUR NEWSLETTER?

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