



# HEALTHY TODAY

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

March 2019

## BOOST YOUR ENERGY!

Want more energy? Who doesn't? We'd all like to be able to do more and feel better doing it. Fast-fix energy drinks aren't the answer, despite what TV ads tell you. The key to boosting energy is making healthy, lasting lifestyle changes like these simple ways to give your energy a boost.

- ⇒ **Move More? Yes!** Increasing physical activity to increase energy seems counter-intuitive, but in the long term, it works. You don't have to be a marathoner to see benefits. Just start where you are and do more. If you don't exercise, walk around the block and gradually work up from there.
- ⇒ **Eat Smart for Energy!** Eat a variety of fresh fruit and veggies; the vitamins and minerals they contain are good for your body. If you need a quick snack during the day, keep a serving or two of your favorite fruit or vegetable handy wherever you are. Avoid big meals with too much salt, sugar and saturated fat, which can leave you feeling groggy. Eating smaller amounts and more frequent nutrient-rich meals will help balance your blood sugar levels over the course of the day, helping you feel more alert and energetic. Drink lots of water, too. Dehydration reduces energy levels.
- ⇒ **Sleep Well.** Most adults need around seven hours, but you may need more. You need quality sleep, too. If you have sleep apnea, a condition that causes you wake up many times during the night, you won't get the quality sleep you need and may feel sleepy all day. Heavy snoring is a major sign of sleep apnea. If your spouse or partner says you snore or that you periodically stop breathing for brief periods during sleep, tell your doctor. Sleep apnea can put you at risk for stroke.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/5-simple-heart-healthy-energy-boosters>

Healthy Today is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you and your family stay healthy and thriving every day!

To read more Healthy Today articles, please visit the archives on our website:

[www.communityhealthdayton.org/healthyat80](http://www.communityhealthdayton.org/healthyat80)

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## THE MOST POPULAR FORM OF EXERCISE

*When it comes to simple ways to be healthy, walking is all the rage. You can get active in lots of ways, but walking is one of the easiest! For most people, it's safe, easy to stick with, and low- or no-cost.*

**For every hour of brisk walking, life expectancy for some people may increase by two hours!**

**Did you know more Americans walk for fitness than run? Maybe you're not that into running. Or maybe you've had an injury and can't run anymore. Then just walk — every step counts. In fact, walking briskly can help your health as much as running. Research has shown that walking at a lively pace at least 150 minutes a week can help you:**

- ⇒ Think better, feel better and sleep better.
- ⇒ Reduce your risk of serious diseases like heart disease, stroke, diabetes and several types of cancer.
- ⇒ Improve your blood pressure, blood sugar & cholesterol levels.
- ⇒ Increase your energy and stamina.
- ⇒ Improve your mental and emotional well-being and reduce risk of depression.
- ⇒ Improve memory and reduce your risk of dementia.
- ⇒ Boost bone strength and reduce your risk of osteoporosis.
- ⇒ Prevent weight gain.

If 150 minutes sounds like a lot, remember that even short activity sessions can be added up over the week to reach this goal.

- ⇒ **Easy does it!** If you're out of shape, begin with short distances. Start with a stroll that feels comfortable (perhaps 10-15 minutes) and gradually increase your time or distance. If it's easier on your body and your schedule, stick with a couple of 10- to 20-minute walks a day instead of one long walk.



## FITNESS WALKING

Maybe you haven't been active for a while. No problem! Just get started. It's not all or nothing... it's step by step.

- **Focus on Form.** Keep your head lifted (no texting!), abs engaged and shoulders relaxed. Swing your arms naturally. Avoid carrying heavy items or hand weights because they can put extra stress on your elbows and shoulders — try a backpack instead. Stick to a comfortable, natural stride.
- **Breathe.** If you can't talk or catch your breath while walking, slow down. At first, forget about speed. Just get out there and walk!
- **Pick up the Pace.** To warm up, walk at an easy pace for the first several minutes. Then gradually increase your speed.
- **Gear up.** All you need to get started are comfortable clothes and supportive shoes. Shoes designed for walking or running are best, but not required. Just make sure you have a little wiggle room (about half an inch) between your longest toe and the end of the shoe. Avoid cotton socks because they retain moisture and can lead to blisters. (Who knew?!)

<https://www.heart.org/en/healthy-living/fitness/walking/why-is-walking-the-most-popular-form-of-exercise>

## STAYING MOTIVATED

Staying motivated for fitness can sometimes be a struggle but keeping active is crucial to maintaining long-term health for your heart and body.

You've made the decision to become more physically active -- the first major step toward better health and fitness. But what's next? Adults benefit from at least 150 minutes of moderate aerobic activity each week. But everyone's goals are different, and you should tailor your exercise plan to your abilities and needs.

*Whether your goal is simple -- achieving 150 minutes-per-week of recommended activity on a regular basis or more complex -- like finishing your first triathlon -- write down a meaningful reward before beginning your fitness journey. And make sure you follow through when you reach your goal. One caution: food rewards are generally not recommended because they reinforce unhealthy eating habits!*

<https://www.heart.org/en/healthy-living/fitness/staying-motivated/celebrating-your-fitness-success>

# NUTRITION BITES!

How to get energy when you're too tired: Power Up!

## POWER UP TO + MOVE MORE

Do you have trouble staying energized for your post-workday workout? We feel you! Try these tips to keep your energy going strong so you can Move More.



**HYDRATE:** Drink water throughout the day and especially before, during and after physical activity.



**FUEL UP:** When your energy is starting to lag, snack on healthy carbs, like vegetables, fruits and whole grains.



**FIGHT FATIGUE:** Alternate sitting and standing during the day. Wear comfy shoes you can easily walk in, or use insoles to keep your legs and feet feeling fine.



**REFRESH:** Try stress-relieving activity breaks, like lunchtime walks, meditation and yoga to rejuvenate and refresh anytime.



**BREATHE:** Practice breathing deeply by inhaling through your nose and exhaling through your mouth slowly to deliberately send more oxygen to your brain and body.



**EAT FOR ENERGY:** Avoid eating saturated fats or too much protein throughout the day. They digest more slowly and can take away oxygen and energy-delivering blood from your muscles.



**DON'T WAIT:** Make it a habit to go right from work or school to your workout or activity. If you stop at home, you may be tempted to skip it.



**REFUEL:** Refuel after your sweat sesh with lean protein, healthy carbs and plenty of water so your body can recover more quickly.



# Delicious & Nutritious

## CRUNCHY CUCUMBER-DILL SALAD

Add this vegetable salad bursting with flavor to your next meal!

- 1 Tbsp fresh lemon juice
- 2 tsp extra virgin olive oil
- 1/4 tsp pepper
- 2 cucumbers
- 1/2 small red onion
- 1 Tbsp fresh chopped dill (or 1 tsp dried)

- ⇒ In a small bowl, whisk together the lemon juice, olive oil, and salt.
- ⇒ Peel cucumbers, and slice in half lengthwise. Thinly slice halves into half-moon shaped pieces and place in a medium bowl. Thinly slice onion and add to bowl. Sprinkle dill on top of cucumber mixture. Add lemon juice mixture and toss well to coat. Cover and chill 1-2 hours and serve.
- ⇒ Serves 4 (serving size: about 1/4 cup)

<https://recipes.heart.org/en/recipes/crunchy-cucumber-dill-salad>



## Community Health Centers of Greater Dayton

Give us a call to discuss your health with our caring doctors and nurse practitioners!

### Our Health Centers

#### Appointment Line:

**937-461-6869**

Hours: Mon-Fri 7:30am-5:30pm

#### Alex Central Health Center

5 South Alexandersville Road Miamisburg, OH 45342 Phone: 937-247-0304

#### Charles Drew Health Center

1323 West Third Street Dayton, OH 45402  
Phone: 937-461-4336

#### Corwin Nixon Health Center

2351 Stanley Avenue Dayton, OH 45404  
Phone: 937-228-0990

#### East Dayton Health Center

2132 East Third Street Dayton, OH 45403  
Phone: 937-528-6850

#### Patterson Park Health Center

1074 Patterson Road Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402 Phone: 937-972-0303

### Dental Center

#### East Dayton Dental Center

2132 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

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#### Nutrition Facts

Calories	37
Total Fat	2.5 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	3 mg
Total Carbohydrate	2 g
Dietary Fiber	1 g
Sugars	2 g
Protein	1 g

Dietary Exchanges  
1/2 fat

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