



# HEALTHY TODAY

www.communityhealthdayton.org

May 2021

## FIND YOUR FIERCE

**Find Your Fierce in Movement for Better Mental Health**  
Being active is a great way to maintain our physical and mental health – especially during this time of isolation and social distance.

- ⇒ **Fierce 5 Movement Breaks.** Give yourself a body and brain boost by scheduling Fierce 5—5 minute movement breaks. This is your time to walk, stretch, dance, do yoga or enjoy any form of movement you love or want to try. When you move more, you improve your energy, mental health, physical health and overall well-being. This helps you feel better, get more done and stress less so you can make a positive impact on those around you out.
- ⇒ **Fierce Can Start Small:** Take small steps to build more movement into your life. Five minutes here and there throughout your day will add up. Scheduling meetings or calls for 50 or 55 minutes instead of an hour will allow participants time for a 5-minute movement break.
- ⇒ **Find Your Own Fierce:** we're all different when it comes to how we like to get our bodies moving. Power your commitment to move more by finding out what your body likes. What makes it feel strong, healthy, empowered? What moves you to move more?

[https://www.heart.org/-/media/healthy-living-files/fitness/move-more-month-2021/move\\_more\\_2021\\_activation\\_guide.pdf?la=en](https://www.heart.org/-/media/healthy-living-files/fitness/move-more-month-2021/move_more_2021_activation_guide.pdf?la=en)

Take a Fierce 5 anytime:



Find your fierce on a conference call.



Find your fierce during TV time.



Find your fierce on your way.

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)

### IN THIS ISSUE

- Find Your Fierce
- How Much Physical Activity Do You Need?
- Make Every Move Count
- 5 Steps to a Flawless Floss
- Dental Hygiene Awareness
- Delicious & Nutritious: Frozen Corn 5 Ways

## How much physical activity do you need?

Here are the American Heart Association recommendations for adults.



### Fit in 150+

Get at least 150 minutes per week of moderate-intensity aerobic activity or 75 minutes per week of vigorous aerobic activity (or a combination of both), preferably spread throughout the week.



### Move More, Sit Less

Get up and move throughout the day. Any activity is better than none. Even light-intensity activity can offset the serious health risks of being sedentary.



### Add Intensity

Moderate to vigorous aerobic exercise is best. Your heart will beat faster, and you'll breathe harder than normal. As you get used to being more active, increase your time and/or intensity to get more benefits.



### Add Muscle

Include moderate- to high-intensity muscle-strengthening activity (like resistance or weight training) at least twice a week.



### Feel Better

Physical activity is one of the best ways to keep your body and brain healthy. It relieves stress, improves mood, gives you energy, helps with sleep and can lower your risk of chronic disease, including dementia and depression.

Move more, with more intensity, and sit less.

Find out how at [heart.org/movemore](https://www.heart.org/movemore).

© Copyright 2021 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. Healthy for Good is a trademark. Unauthorized use prohibited. 321 257320



## WHEN THE GOING GETS TOUGH. THE FIERCE KEEP GOING

You might Find Your Fierce and then lose it again. Hey, it happens to all of us! You can get back on track and take it one day at a time by knowing the barriers and pitfalls to watch out for as well as the success factors that really work.

⇒ Get Fiercer. Once you're rocking your new movement habit, you can shake things up and take it to the next level. Add some variety, increase your intensity, set a new pace. Keeping things fresh will help you keep moving.

## MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides -- in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!

10 minutes of stretching is like walking the length of a football field.

2.5 hours of walking every week for a year is like walking across the state of Wyoming

30 minutes of singles tennis is like walking a 5K

1 hour of dancing every week for a year is like walking from Chicago to Indianapolis

20 minutes of vacuuming is like walking one mile

30 minutes of grocery shopping every other week for a year is like walking a marathon

<https://www.heart.org/en/healthy-living/fitness/fitness-basics/make-every-move-count-infographic>



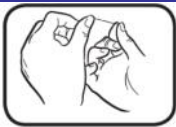
## FIVE STEPS TO A FLAWLESS FLOSS

The right way to floss at least once a day:

Break off about 18" of floss and wind most of it around one of your middle fingers. Wind the remaining floss around the same finger of the opposite hand.



Hold the floss tightly between thumbs & forefingers.



Guide the floss between your teeth using a gentle rubbing motion. Never snap the floss into the gums.



When the floss reaches the gum line, curve it into a C shape against one tooth. Gently slide it into the space between the gum and the tooth.



Hold the floss tightly against the tooth. Gently rub the side of the tooth, moving the floss away from the gum with up and down motions.



## DENTAL HYGIENE AWARENESS

Dental and oral health are essential parts of our overall health and well-being. That's why it's important to brush every day and also to get regular checkups and cleanings at the dentist's office.

- ◆ Like other areas of the body our mouth teems with bacteria (mostly harmless), but it is the entry point to our digestive & respiratory tracts. Some of these bacteria can actually cause disease.
- ◆ Normally the body's natural defenses and good oral health care, such as daily brushing and flossing, keep bacteria under control; however, without proper oral hygiene, bacteria can reach levels that might lead to oral infections, such as tooth decay and gum disease. Poor oral hygiene has also been linked to heart disease, cancer, and diabetes.

Leading by example — especially when it comes to establishing healthy habits like brushing, cleaning between your teeth and seeing your dentist — can make a big difference in the health and happiness of your entire family.

2 minutes  2 times per day

The American Dental Association recommends brushing twice a day for two minutes with fluoride toothpaste. Nothing works better to remove plaque and prevent cavities.



Dentists recommend placing your toothbrush at a 45-degree angle to the gums.

3 to 4

Make sure to replace your toothbrush every three to four months. Bristles that become frayed and worn will be less effective at cleaning teeth.



Look for toothbrushes that display the ADA Seal of Acceptance.

# FROZEN Corn 5 ways

## 3-Can Chili

- + Corn (canned or frozen)
- + Black beans (low sodium)
- + Crushed tomatoes
- + Chili powder to taste



## Crispy Taquitos

- + Corn (frozen)
- + Chicken
- + Green onion
- + Green bell pepper
- + Cheddar cheese
- + Corn tortillas
- + Vegetable oil



## Corn & Green Chili Salad

- + Corn (frozen)
- + Diced tomatoes with green chilies
- + Vegetable oil
- + Lime juice
- + Green onion
- + Cilantro



## Black Bean & Couscous Salad

- + Corn (frozen)
- + Chicken or vegetable broth (low sodium)
- + Couscous
- + Vegetable oil
- + Apple cider vinegar
- + Cumin
- + Black beans
- + Onion
- + Red or green pepper
- + Salt & pepper to taste



## Corn Bread

- + Corn (frozen)
- + Cornmeal
- + Flour
- + Sugar
- + Baking powder
- + Egg
- + Vegetable oil
- + Milk (nonfat)



## 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

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

Community Health Centers of Greater Dayton—Your Medical Home