



HEALTHY TODAY

START STRETCHING

Take a breath. Your body is counting on you. These are tough times, but we're in this together. Want to be healthier and stronger but don't know where to start? We get it. Feeling anxious? Everyone responds to stress in different ways, but we all have one thing in common: Regular exercise reduces the harmful effects of stress.

- ⇒ Stress affects each of us in different ways. You may have physical signs (such as headaches, tense or sore muscles, or trouble sleeping), emotional signs (such as feeling anxious or depressed), or both. Healthy habits, including regular physical activity such as walking, can help reduce or prevent some of the harmful effects of stress.
- ⇒ Stress sets off a chain of events. The body reacts to it by releasing a hormone, adrenaline, that temporarily causes your breathing and heart rate to speed up and your blood pressure to rise. These physical reactions prepare you to deal with the situation by confronting it or by running away from it — the "fight or flight" response. When stress is constant (chronic), your body remains in high gear off and on for days or weeks at a time.
- ⇒ Regular physical activity can improve quality of life & relieve stress, tension, anxiety and depression. You may notice a "feel good" sensation immediately following your workout and also see an improvement in overall well-being over time as physical activity becomes a regular part of your life.



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

IN THIS ISSUE

- Start Stretching
- Proper Handwashing
- Exercise Mind & Body
- Loving Kindness Meditation
- Nutrition Bites: Cooking to Relax
- Delicious & Nutritious: 3 Bean Chili

<https://www.heart.org/en/healthy-living/healthy-lifestyle/stress-management/working-out-to-relieve-stress?>

PROPER HANDWASHING

It sounds silly—we all know how to wash our hands, right? But there is actually a right way to wash our hands, and washing your hands properly will help prevent the COVID-19 virus from spreading to yourself and other people in your community.

Handwashing Instructions

Help keep the COVID-19 virus from spreading to other people in your household and community.

- Do not touch your eyes, nose, and mouth with unwashed hands.
- Cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can and then wash your hands with soap and water right away for at least 20 seconds or with an alcohol-based hand sanitizer.
- Wash your hands often with soap and water for at least 20 seconds.
- If you do not have soap and water, use an alcohol-based hand sanitizer with at least 60 percent alcohol.
- Soap and water must be used if you can see dirt of your hands

How to Use Hand Sanitizer



Apply hand sanitizer on palm of one hand



Rub hands together

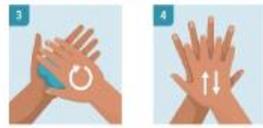


Cover all surfaces until hands feel dry (20 seconds)

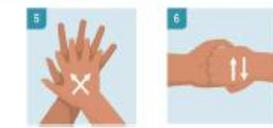
How to Wash Your Hands



Wet hands and apply soap



Rub front and back of hands together



Scrub between fingers and rub back of fingers on other palm



Clean thumbs and wash fingernails and finger tips



Rinse hands then dry with a single use towel



Use towel to shut off water. Your hands are now clean

EXERCISE MIND AND BODY

Could yoga be the missing piece to your whole body health puzzle? Many people experience increased energy and lower stress when practicing yoga regularly. Most people experience increased energy and an improvement in overall well-being as physical activity becomes routine. Studies have shown that regular physical activity can help relieve depression & may even lower your risk of developing it. But what if you're not the active type, are older or have physical limitations? You can still add healthy movement to your life.

The National Institutes of Health describes yoga, tai chi and qi gong as centuries-old, mind-body practices. They involve specific postures & movements combined with mental focus, breathing techniques, and meditation or relaxation. Other forms of fitness like walking, running, dancing, and even hula-hooping can also be done mindfully as a form of meditation.

Yoga and other mindful practices can be gentle and may be done by just about anyone, anywhere, with no special equipment needed. Look for instructional videos, books and websites.

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/exercise-mind-and-body-with-yoga-and-mindful-movement>

LOVING KINDNESS MEDITATION

Some studies suggest loving kindness meditation can help boost your empathy & feelings of connection & reduce bias, anger, depression and anxiety. How does it work? Sit quietly & direct kindness & love to yourself, then expand outward to others.

Yourself: Direct kindness and compassion to yourself by repeating a thought like, "May I be happy."

Family and friends: Direct your kindness to someone you love or care about by repeating, "May _____ be happy."

Someone neutral: Think about someone you feel neutral about, like a coworker, neighbor or acquaintance and direct your compassion to this person by name.

Someone difficult: Think about someone you dislike or have a tough time being around. Direct your kindness to this person by name.

Group: Think about all of these people together and equally direct your kindness to all of them, "May they be happy."

Everyone: Finally, direct your kindness everywhere. "May all beings everywhere be happy."

<https://www.heart.org/en/healthy-living/healthy-lifestyle/mental-health-and-wellbeing/loving-kindness-meditation-infographic>

NUTRITION BITES!

COOKING TO RELAX

Staying home puts us in our kitchens even more. Good thing cooking can be a relaxing, fun creative outlet! Cooking can be a great form of relaxation if you take the time to enjoy the activity – it provides many ways to get lost in thought, to meditate or to transport your thoughts back to special memories from your past.

Make Cooking a Priority

⇒ Cooking can help you relieve stress, enhance creativity and build relationships with others. To set yourself up for success, make sure you set aside blocks of time that are specifically intended for cooking. This will allow you to focus all of your energy on the task at hand, and it will make the whole process much more enjoyable. If you truly want to relax, avoid multitasking while you're in the kitchen and make sure you let your family members know you'll be unavailable for others tasks and activities while you're preparing food. However, if you're in need of some help, or you simply want to use cooking as a way of spending quality time with someone, a great idea would be to find a cooking partner. By cooking with someone else, you cultivate communication, connection and cooperation.



Experiment!

⇒ Some people may find the act of slicing and mixing incredibly calming, while others might enjoy getting their hands in the dough and find it to be a very effective stress-relieving method. Creativity reduces stress, and the kitchen is the perfect place to get your creative juices flowing. Don't worry about strictly following a particular recipe and don't strive for perfection – simply let your taste buds guide you as you work with individual ingredients. Another great way to get creative in the kitchen is to experiment with new flavor & texture combinations.

Use Stress Relieving Ingredients

⇒ Another good way of reducing stress in the kitchen is by incorporating certain spices, herbs and aromatics into your cooking routine. For instance, sage and lavender are great stress relievers, mint and basil can help elevate your mood, while a dish with citrus or rosemary can help energize and invigorate you. Even if you don't have a lot of time to cook, put on some music, light a scented candle and enjoy this fun activity. After a long day, you've definitely earned this time for relaxation.

<https://essenziale-hd.com/2019/07/25/cooking-can-be-a-different-way-of-relaxation/>

Delicious & Nutritious

3 BEAN CHILI

It's time for comfort food. Skip the meat and go with pantry and budget-friendly beans. Then cozy up and dig in! Makes 6 servings

- 2, 15.5-oz cans no-salt-added red kidney beans and 2 15.5-oz cans no-salt-added pinto beans, rinsed and drained
- 2 cans no-salt-added black beans (rinsed, drained)
- 2 cans no-salt-added black beans (rinsed, drained)
- 1/2 teaspoon crushed red pepper flakes
- 1 can no-salt-added, diced tomato (undrained)
- 2 cans no-salt-added tomato sauce
- 1 cup frozen whole kernel corn
- 1 tablespoon cumin
- 1 tablespoon chili powder
- 1 tablespoon chili powder
- 2 teaspoon ground coriander
- 4 medium garlic cloves (minced)

⇒ To prep as a freezer meal, in a large bowl stir together all the ingredients. Divide the chili between two 1-gallon resealable plastic freezer bags. Place the bags flat in the freezer and freeze.



⇒ To cook, thaw the bags overnight in the refrigerator. Pour the contents of the bags into a slow cooker. Cook, covered, on low for 6 to 8 hours, or until the beans are tender.

<https://recipes.heart.org/en/recipes/algerian-couscous-red-beans-veg>

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

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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

Nutrition Analysis for Vegetarian 3-Bean Chili (per serving)

Calories 483
Fat 1.0 g
Saturated Fat 0.1 g
Trans Fatty Acid 0.0 g
Poly Fat 0.3 g
Mono Fat 0.2 g
Cholesterol 0 mg
Sodium 62 mg
Carbohydrates 93 g
Dietary Fiber 22 g
Total Sugars 23 g
Protein 30 g

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