



# HEALTHY AT 80

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

March 2015

## Let's Get Moving!

*Exercising more may seem like an uphill battle. How will you find the time? Where to start?*

**Increase Physical Activity:** Being active is essential to living a healthier life. Youth need at least 60 minutes of physical activity every day and adults need at least 30 minutes of activity every day. But it's hard to make time to move, and right now only one in three kids is actually getting their daily physical activity. This is something we can change! There are affordable solutions to get your family moving more, within your busy schedule.

**Decrease Screen Time:** School-age children spend an average of 7.5 hours a day watching TV and using electronics. Because screen time is usually a sedentary activity, it cuts into or totally eliminates the time we spend being physically active. It's not just the inactive aspect of screen time that is dangerous to our health, but also the fact that screen time is often watched at bedtime and paired with unnecessary snacking. These two things add calories to our daily diets and can affect our sleeping habits, which in turn affect our health.

[https://www.healthiergeneration.org/live\\_healthier/get\\_moving/](https://www.healthiergeneration.org/live_healthier/get_moving/)

*Healthy at 80 is Community Health Centers of Greater Dayton's informational newsletter on healthy living, created with the goal of helping you stay healthy and thriving through 80 years old and beyond! To read more Healthy at 80 articles, please visit the archives on our website:*

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



### In This Issue

- We Like to Move it, Move it...
- Go for the Goal
- No Gym Needed
- Nutrition Bites!
- Delicious & Nutritious



## Go for the goal!

Planning “to be healthier” makes it hard to determine success. Set measurable goals for your family’s physical activity achievements. At the end of the week you can look back and see if you made your goal or if you need to work harder next week.

Types of Measurable Goals:

- \* Distance Goals ~ This week we will walk 2 blocks every day!
- \* Frequency Goals ~ I will be active 5 days out of the week!
- \* Length of Time Goals ~ I will be active for 20 minutes each day!

## We Like to Move it, Move it...

Inactive individuals have a higher risk of heart disease, diabetes, high blood pressure, and obesity. Use the ideas below to transform your home into an active environment!

### Plan to Move

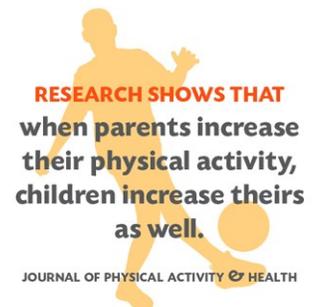
⇒ When you make the decision to be more active, decide when and how you are going to be more active. Schedule your regular physical activity into your day so that it’s part of your routine and not an add-on that you hope to get to. And when things come up, plan around your physical activity so that it becomes a fixture in your life. Just decide to move, and then plan that movement into your day.

### Break it Up

⇒ It is recommended for kids to get 60 minutes of physical activity every day and adults to get about 30. But you don’t have to do it all at the same time. Fit your fitness activities into 10-15 minute bursts that work for your schedule.

### As a Family

⇒ It’s easier to encourage your family to move more when you move with them. Your family may be walkers. Go for a walk every night after dinner. Or maybe you’re runners, or basketball players, or really have no preference at all and just want to try a new form of fitness every day. Take the time to learn what activities your family enjoys together, and plan those activities into your day.



[https://www.healthiergeneration.org/live\\_healthier/get\\_moving/increase\\_physical\\_activity/](https://www.healthiergeneration.org/live_healthier/get_moving/increase_physical_activity/)



Community Health Centers  
of Greater Dayton

## No Gym Needed!

Fun ways to get moving without a gym:

### Sign up for a Sports League:

Sports make a game out of working out, so you'll get your heart rate up, burn calories, and have a good time doing it.

### Practice Yoga at Home:

One of the best things about yoga is that you need only your body and a mat to do it. There are tons of yoga workouts online or in library books that demonstrate the poses, so you can try yoga without leaving the comfort of your own home.

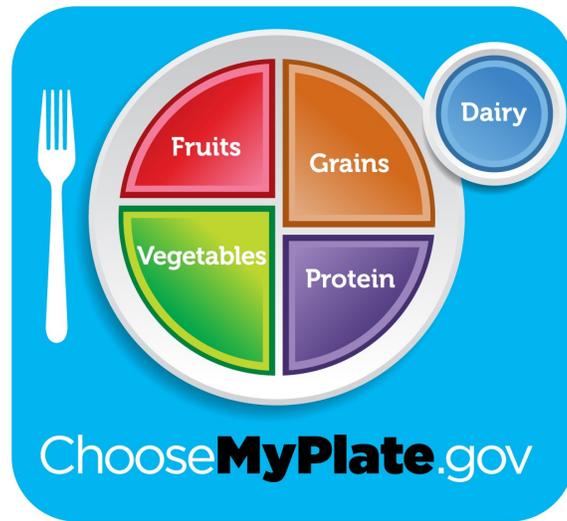
### Offer your services:

Volunteering for a community-service project, such as building a home with Habitat for Humanity or cleaning up a park or other green space, is a great way to add some activity to your day while improving your community at the same time. If you spend the whole day moving around, it definitely counts as a workout!

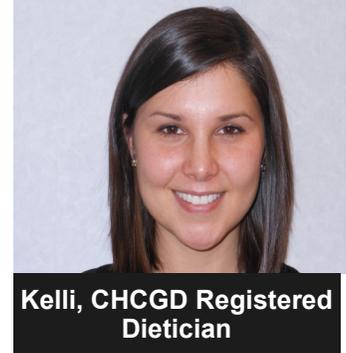
### Turn Chores into a Workout:

Focus on the cleaning activities that have the highest calorie burn, like scrubbing the tub or vacuuming. To get yourself in the right mindset, throw on your sneakers and put on some upbeat music. If you want a real challenge, do some push-ups or squats every time a new song starts to play.

<http://www.health.com/health/gallery/0,,20531849,00.html>



## Nutrition Bites!



As we roll into National Nutrition Month, it's important to take time to incorporate some easy nutrition tips into our every day habits! The goal is to adopt a lifestyle that fosters positive dietary changes, as well as positive physical activity habits. There shouldn't be a time limit to the goals that you set. With lifestyle changes, it is a daily/monthly/yearly push in the right direction towards health. There is no finish line! One good dietary or physical activity choice won't create life long change in the body, it is the CONSISTENT REPETITION OF POSITIVE CHOICES that create change in the body and mind.

The MyPlate method of eating is a way of setting up our plate that emphasizes appropriate serving sizes of grains/starches, protein, non-starchy vegetables, fruits, and dairy. This month, work on focusing on the half of your plate that is full of non-starchy vegetables. Cooked non-starchy vegetables are vitamin packed, and full of fiber! Fiber has been shown to reduce our waistline, keep blood sugars in check, and keep us full. 1 cup of cooked non-starchy vegetables equals 25 calories and 5 grams of carbohydrates. Starchy vegetables, such as potatoes, sweet potatoes, corn and peas, fall into the grains/starches section of the MyPlate. 1/3 cup of starchy vegetables or 1/2 a small potato gives us 80 calories and 15 grams of carbohydrates. An easy, affordable option that can go on the non-starchy vegetable side of your plate could be frozen broccoli or salad!

# Delicious & Nutritious

*Chickpeas are a wonderfully economical way to add protein and fiber to a dish. Per 1/2 cup they contain around 8 grams of protein and 6 grams of fiber. The protein helps to keep you full, as does the fiber. The fiber also helps keep cholesterol at a healthy level!*

## **MEDITERRANEAN CHICKPEAS AND VEGGIES WITH FETA**

- 1/2 cup dry brown rice
- 1/2 cup green lentils
- 1 bay leaf
- 1 tsp garlic powder
- 2 Tbsp olive oil
- 1 zucchini
- 1 yellow squash
- 1/2 cup cherry tomatoes or diced tomatoes
- 1 handful green beans
- 1 (15 oz) can chickpeas
- 2 Tbsp Italian Dressing, such as Garlic Expressions
- 1/2 cup chopped fresh parsley
- 1/2 cup feta cheese



- ⇒ Cook brown rice and lentils with the bay leaf, garlic powder, 1/2 tsp salt, and 1 tsp pepper in 2 cups of water. Cook for 20-25 minutes, or until the rice and lentils are tender.
- ⇒ In a separate pan sauté the zucchini, yellow squash, tomatoes, and green beans in the olive oil. You can use any vegetables you have on hand instead! Sauté until vegetables are browned and tender.
- ⇒ Combine the cooked rice/lentils with the vegetables and mix well.
- ⇒ Drain a can of chickpeas and pour this into the mixture.
- ⇒ Add your favorite Italian dressing. Our favorite is Garlic Expressions.
- ⇒ Add parsley and top with feta cheese. Enjoy!

## Community Health Centers of Greater Dayton

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

### Health Centers

Appointment Line:  
**937-461-6869**

#### 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 45503  
Phone: 937-528-6850

#### Southview Health Center

25 Thorpe Drive Dayton, OH 45420  
Phone: 937-258-6330

#### Victor Cassano Health Center

165 South Edwin C. Moses Blvd. Dayton, OH 45402  
Phone: 937-558-0180

### Dental Center

#### East Dayton Dental Center

2123 East Third Street Dayton, OH 45403  
Phone and Appointments: 937-528-6830

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