



HEALTHY AT 80

www.communityhealthdayton.org

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FRESH MOVES!

We can all find 10 minutes for fitness. Try this workout to keep your routine fresh and exciting in the new year! Repeat each step as many times as you're able, challenging yourself a little more each day!

1) **Warm Up:** With feet hip-width apart and arms by your sides, twist back and forth at the waist, letting your arms gradually swing higher and around your body. Or simply march briskly in place while swinging arms to shoulder height.

2) **Reverse Lunges:** Stand with feet hip-width apart and hands on hips. Contract your abdominals, and keep chest and chin up as you step your left foot back and descend until left knee is almost touching the ground, and right thigh is parallel with the floor. Step left foot forward to starting position. Switch legs, stepping back with right foot. **Easier option:** Don't lunge as deeply.



3) **Half-Get-Ups.** Lie flat on the floor, with right leg straight, left knee bent and left arm stretching up toward the ceiling with wrist bent and palm flat. Push your body up until you are sitting up, first using your right forearm, then moving onto right hand. Roll back down to starting position. **Easier option:** Push your body up onto your forearm only, not all the way up onto your hand



4) **Y-Squats.** Stand with your legs shoulder-width apart, and raise both hands above head in a "Y" position. Move down into a squat position, then return to standing, keeping both arms fully raised and weight back on your heels throughout movement. **Easier option:** Alternate between 20-second intervals of Y-squats and squats with hands on hips.



5) **Cool-Down:** For 1 min, walk around the room, taking deep breaths. <http://besthealthus.com/fitness/10-minute-tuneups/>

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

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EXCUSE- PROOF YOUR YEAR

We all have big, fat “buts.” As in: “I want to lose weight and get healthy, but...” Well, it’s time to say goodbye to those excuses and hello to a healthier you! Here, are some tips

for conquering the top stumbling blocks when it comes to a healthy lifestyle—to help you win at your New Year’s goals.

- ◇ **“I love food... sometimes a little too much.”** The pleasure you get from food diminishes with each bite—brain scan studies have proven it—so slow down and savor every one, and be mindful of when you might be starting to eat just to eat. And if you have a habit of going back for seconds, serve your meals from the counter or stove, rather than family-style. That simple trick can help you eat 20 percent less.
- ◇ **“I don’t have time to cook.”** Making your own meals doesn’t have to be an ordeal. Make it quick by picking up a roast chicken and prewashed greens on your way home—and take time on the weekend to prep a dish or two that you can heat and eat, like chili.
- ◇ **“I literally hate going to the gym.”** Who needs a gym? Walk around the block, take a dance class or go snowshoeing—the options are endless. The key is finding something you enjoy.
- ◇ **“I have no willpower.”** You don’t need as much willpower if you make your environment work in your favor. Science-vetted tips: 1. Put a bowl of fruit on the counter—people who do that weigh, on average, 7 pounds less. 2. Keep just a few snacks on hand and stash them in an out-of-the-way cupboard (you’ll eat 25 to 50 percent less than if they’re right in your face). Put less-healthy leftovers in non-see-through containers so they aren’t as tempting!



“DIETS NEVER WORK FOR ME”

Diets don’t work for anyone, because they imply a short-term strategy.

All you really need is one basic meal-building principle to keep you on track: Pile most of your plate with leafy greens or other veggies, plus a smartphone-size serving of healthy protein. Include some whole grains & a touch of healthy fat—like olive oil or avocado.



INDIVIDUAL BRUSSELS SPROUT & POTATO FRITTATAS

Brussels sprouts and pre-shredded potatoes make these oversized muffin-shaped frittatas easy & hearty.

1 T olive oil, 2 cups pre-shredded potatoes, 8 oz

Brussels sprouts, trimmed and thinly sliced (about 2 cups), $\frac{1}{2}$ cup chopped onion, 2 cloves minced garlic, 16 oz liquid egg whites, $\frac{1}{3}$ cup grated Parmesan cheese, $\frac{1}{4}$ cup low-fat milk, 1 tsp thyme, $\frac{1}{2}$ tsp salt, $\frac{1}{2}$ tsp ground pepper

Preheat oven to 400°F. Coat 4 10 oz ovenproof baking dishes with cooking spray & place on a baking sheet.

Heat oil in a large non-stick skillet over med-high heat. Add potatoes, Brussels sprouts, onion & garlic & stir until softened & beginning to brown, about 6 minutes. Divide the mixture among the baking dishes. Whisk egg, cheese, milk, thyme, salt & pepper in a medium bowl. Pour the egg mixture over the potato mixture and gently stir to combine.

Transfer to the oven. Bake until the eggs are set, about 25 minutes.

NUTRITION BITES!

Shift to Healthier Choices. Here's some good news: Eating healthier in the New Year doesn't mean you have to give up all the foods you love. It doesn't have to be confusing or complicated either.

⇒ **What are Healthy Shifts?** It's simple. When you can, swap out a food or ingredient for a healthier option. For example, you could:



Shift from whole milk to low-fat milk in your breakfast cereal

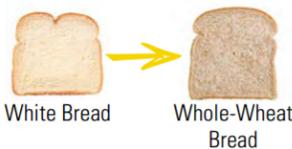


Shift from soda with added sugars to water during lunch



Shift from a cream-based pasta dish to one with a lighter sauce and more vegetables for dinner

⇒ **Try Out These Shifts:**



White Bread

Whole-Wheat Bread

How to Eat More Whole Grains:

- Choose whole-wheat bread instead of white
- Have popcorn for a snack instead of potato chips (just leave out the butter)



Fatty Cut of Meat

Seafood or Beans

How to Cut Down on Saturated Fats:

- Twice a week, have seafood instead of fatty cuts of meat for dinner
- When you're making chili or stew, reduce the amount of meat and add more beans and vegetables



Ice Cream

Homemade Smoothie

How to Cut Down on Added Sugars:

- Give your kids 100% juice or water instead of fruit punch
- Have a homemade fruit smoothie instead of ice cream



Potato Chips

Unsalted Nuts

How to Cut Down on Sodium (Salt):

- Switch to unsalted nuts
- Shift from regular canned soups to low-sodium



Butter

Olive Oil

How to Use Oils Instead of Solid Fats:

- Dip your whole-wheat bread in olive oil instead of spreading on butter
- Choose an oil-based salad dressing instead of cream-based

What **Shift** Will You Make Today?

Delicious & Nutritious

Tandoori chicken is a traditional Northern Indian dish of spiced yogurt-marinated chicken cooked in a clay oven. In this tandoori chicken salad recipe we grill or sauté chicken and toss it in a salad for a delicious version that's also quick, easy, and healthy!

CHOPPED TANDOORI CHICKEN SALAD

- 1 cup nonfat plain yogurt
- 3 tsp minced garlic
- 2½ tsp ground cumin
- 1½ tsp curry powder
- 1 tsp coriander,
- 1 teaspoon turmeric
- ¾ tsp salt
- ½ tsp ground pepper
- 1¼ lbs boneless, skinless chicken thighs
- 2 pints grape or cherry tomatoes
- ¼ cup finely chopped fresh cilantro
- 3 tablespoons white-wine vinegar
- 2 tablespoons extra-virgin olive oil
- Cayenne pepper to taste
- 8 cups chopped romaine lettuce
- 1 European cucumber, chopped
- 1 15-ounce can chickpeas, rinsed



- ⇒ Whisk ½ cup yogurt, garlic, 2 tsp cumin, 1 teaspoon tsp curry powder, coriander, turmeric, ½ teaspoon salt and pepper in a medium bowl. Place chicken in a sealable gallon-size plastic bag and add the yogurt mixture. Close the bag and massage the marinade into the chicken. Refrigerate for at least 1 hour or up to 24 hours.
- ⇒ Preheat grill or a nonstick pan to medium-high and coat with cooking spray. Remove the chicken from the marinade (discard remaining marinade) and grill or sauté the chicken, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 5 to 6 minutes per side. Grill or sauté the tomatoes, turning or stirring occasionally, until slightly charred, 5 to 6 minutes. Let cool while you prepare the dressing and the rest of the salad. Combine the remaining ½ cup yogurt, ½ teaspoon each cumin and garam masala and ¼ teaspoon salt in a large bowl. Whisk in cilantro, vinegar, oil and cayenne. Add romaine, cucumber and chickpeas. Chop the chicken and add to the salad; toss well. Serve with the tomatoes.

Community Health Centers of Greater Dayton

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

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