

# WELLNESS MATTERS

March 2015

## HEALTHY SUGGESTION

*Focus your attention on the importance of making informed food choices, developing sound eating habits and creating a manageable physical activity routine.*



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## HOW MUCH EXERCISE DO YOU NEED?

When it comes to physical activity, any exercise is better than none, and a lot is better than a little. Physical activity is anything that gets your body moving, but messages promoting exercise often lack a strict definition of the amount of exercise needed to attain health benefits.

For most healthy adults, the Department of Health & Human Services recommends these exercise guidelines:

- ✓ **Aerobic activity.** Get at least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity. HHS guidelines recommend spreading this exercise out during the week.
- ✓ **Strength training.** Do strength training exercises at least twice a week. No specific amount of time for each strength training session is included in the guidelines.

Moderate aerobic exercise includes brisk walking, swimming and mowing the lawn. Vigorous aerobic exercise includes such activities as running and aerobic dancing. Strength training can include use of weight machines or activities such as rock climbing or heavy gardening.

If you can't fit in one 30-minute walk, try three 10-minute walks instead. What's important is making regular physical activity part of your lifestyle.

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*As a general goal, aim for 30 minutes of physical activity every day. You can achieve more health benefits, including improved weight loss, if you ramp up your exercise to 300 minutes a week.*

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## NATIONAL NUTRITION MONTH

National Nutrition Month was created by the Academy of Nutrition and Dietetics. Their campaign focuses attention on the importance of making informed food choices and developing sound eating habits. For 2015, the theme is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise.

You can participate in National Nutrition Month by preparing nutritious meals for dinner and keeping healthful snacks on hand. You can also work on making every month a nutrition month by creating a nutrition plan at [choosemyplate.gov](http://choosemyplate.gov).



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*Why should each of us should make sure we schedule a regular physical? The most obvious reason is because physicals can help prevent future health problems.*

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## IMPORTANCE OF REGULAR PHYSICALS

A regular physical helps establish baselines for things such as your weight, cholesterol levels and blood pressure. If one or more of these baselines has increased since your last visit, be proactive. Ask your doctor for suggestions on ways to improve your health in concerning areas.

By attending a regular physical, you can ensure that you are receiving the best care possible, while being able to form an ongoing, trusting relationship with your doctor.

Finally, by having a regular physical, you will establish a health history that both you and your doctor are aware of. This can be very helpful if you have been involved in an accident or if you experience any unusual symptoms.

## ACID REFLUX?

Many people have experienced heartburn at some point in their lives, but what happens when it becomes a frequent or even daily occurrence?

Problems associated with chronic acid reflux, or gastro esophageal reflux disease (GERD), can lead to the erosion of tooth enamel, requiring costly dental restoration and could even increase the risk of developing cancer of the esophagus.

Most people can prevent severe tissue damage and manage GERD through diet and lifestyle changes. First, they should try to identify and eliminate foods that cause acid reflux. Though individual triggers may vary, common foods that cause acid reflux include caffeine, citrus, chocolate, spicy or fried foods, garlic, onions, peppermint and tomatoes. After eliminating their triggers, individuals should try to limit portion sizes as well.

When you eat is just as important as what you eat. It is recommended that acid reflux sufferers wait at least three hours after dinner before going to bed. For many, this means eating dinner earlier.

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## BEEF STROGANOFF



- 1 lb. grass fed beef
- 2 tsp. extra virgin olive oil
- 1/2 cup onion, finely chopped
- 1 lb. mushrooms, sliced
- 1 (10.75 ounce) condensed organic mushroom soup
- 1 TBS. Worcestershire sauce
- 1/4 cup organic low sodium beef broth
- 1/4 tsp. sea salt
- 1/4 tsp. nutmeg
- 1/2 tsp. dried basil
- 1 cup plain, organic yogurt
- 6 cups favorite organic pasta
- Black pepper to taste

Originally a Russian dish, beef stroganoff has become a hearty staple meal in many American kitchens. This healthy version substitutes yogurt for the higher-calorie sour cream.

In a slow cooker, combine meat, onions, soup, Worcestershire, sauce, beef broth, salt, nutmeg, basil and pepper to taste. Cook on low setting for 8 hours or on High setting for 5 hours.

Sautee mushroom and add to slow cooker 15 minutes before cooking time ends. Stir in yogurt just before serving. To enhance the flavor of your pasta, use half low sodium organic beef broth and half water when boiling pasta.