

Health & Fitness News



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Upcoming Events:

2/14/10
Love 2 Run Valentines day couple race. Kansas City (Downtown Airport.) sportkc.org

3/13/10
St. Patrick's Day Road Race. Manhattan, Ks letsgorun.com

3/28/10
Thumper Classic 12mi Team Adventure Race Milford, Ks adventureracekans.com

3/28/10
Extreme Break Up Adventure Team Race 25mi Milford, Ks adventureracekans.com

Now Available:

New Punch Card Available. Get 12 visits at the Wellness Center for \$50.00 with no expiration date.



Understanding Heart Disease

According to the American Heart Association an estimated 80.7 million American adults have one or types of cardiovascular disease. This includes hypertension, coronary heart disease, stroke, and heart failure.

Coronary Artery Disease is the end result of the accumulation of lipid rich plaques within the walls of the myocardium.

The accumulation of these lipids or cholesterol causes a chronic inflammatory response in the walls of the arteries. A myocardial infarction is more often caused when a rupture of the plaque causes a gradual closure of the

vessel in the heart. The vulnerable plaque is predisposed to rupture do to its fibrous caps. Ruptures lead to many responses in the body and will cause a clot in the coronary arteries.

So how can we prevent or reduce the chances of heart disease? One of the most important keys is to understand your risk factors. Has any of your immediate family had heart disease? Do you have high blood pressure? What is your cholesterol? Do you have diabetes? Are you overweight? Are you sedentary? Do you have high levels of stress?

You can help prevent or manage heart disease with exercise, proper nutrition, and stress management.



HAPPY VALENTINE'S DAY!
SUNDAY
FEBRUARY 14TH

Exercise For A Healthy Heart

Exercise is very important in maintaining and improving the heart.

The benefits from exercise include:

- Decrease in blood pressure

- Decrease in cholesterol
- Increase in good cholesterol
- Weight reduction.

It is recommended that you perform 30 –60 minutes of aerobic exercise 5 – 7 days a week.





“Life is not measured by the number of breaths we take, but by the moments that take our breath away.”

Back Pain and Exercise

Studies have shown that 80% of Americans suffer from at least one episode of back pain during their lifetime. There are many factors that can contribute to back. Some factors are body type, smoking, occupation and exercise.

Many individuals manage back pain fairly effectively once it occurs by medications, chiropractors, and physicians. I would say few people work on an

effective treatment program to rehabilitate and reduce the chance of a back injury. You must be very careful when choosing specific exercises to strengthen the lower back and core muscles. Some exercise may be more detrimental to the healing the process.

The back is a very unique and complex structure in a flexible column with a complex muscle and ligament support system.

Many of the traditional approaches to train other joints of the body are not appropriate for the back.

If you have back pain or know someone who has back pain and are interested in improving the overall health of your back and body then contact the Mark A. Chapman Wellness Center and ask about Personal Training.

Self Image and Exercise

Many people are concerned with their self-image on a daily basis. Self-image is an important factor when starting a new exercise program. People often feel anxious or self-conscious when working out in a public environment. In many

cases this is the main reason people avoid working out.

It is important to remember why you are starting this new exercise routine. It isn't to compete against the 16 year old running on the treadmill.

It is to improve your health and body image. If you feel that you lack the knowledge to exercise alone then personal training would be a great idea. It would provide support and knowledge to achieve your goals.

Heart Healthy Pasta Primavera

- Pasta any shape 250g
- 1 cup snow peas
- 1 cup asparagus (2 in sections)
- 1 cup baby corn
- 1 chopped red pepper
- 3 green onions (thin strips)
- 2/3 cup low fat cottage cheese
- 2/3 cup low fat yogurt
- Add salt & black pepper

- 1 tbsp lemon juice

Directions:

- Parboil the asparagus, green peas, and red peppers for about 2 to 4 minutes.

- Parboil the carrots and baby corn until tender.

- In a large pasta cooker, boil the pastas until soft. Drain, and run briefly through cold

- In a blender, mix the cheese, yogurt, and lemon juice.

Make sure the mixture is smooth. Thin the sauce with skimmed milk or water if needed.

- In a large pot/pan, mix the veggies with the pasta, and add in the sauce. Also add salt and pepper. Heat gently and then serve.

Nutritional Facts:

0.4grams of saturated fat, 3mg of cholesterol, 6 grams of fiber per serving.

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