

Health & Fitness News

Mark A. Chapman

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Wellness Center

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Active Seniors Enjoy Life More

Did you know that moderate intensity exercise can help you live longer and reduce health problems? Regular exercise helps control blood pressure, body weight, cholesterol levels, reduces the risks of developing heart disease. It also provides many other benefits that improve muscles, tendons, ligaments and bones to prevent osteoporosis. Exercise can also provide improvement in digestion and help manage low back pain.

Another important aspect for seniors is independence. Exercise can help seniors have an independent healthier life. It is important for seniors to have good

flexibility and balance to reduce falls.

If you are active you will feel better, sleep better, and manage stress better in your daily life. This will allow you to have more energy to work and play.

A good exercise program includes cardiovascular exercise, muscular conditioning and flexibility exercises.

If you have any questions feel free to ask any of the staff at the Mark A. Chapman Wellness Center.



St. Patrick's Day
March 17th
Wednesday

Upcoming Events:

03-05-10
Competition ENDS
"The Hugest Loser"
at the Wellness Center

03-13-10
St. Patrick's Day Road
Race.
Manhattan, Ks
Letsgorun.com

03-28-10
Thumper Classic 12 mi
Team Adventure Race
Milford, Ks
Adventureracekansas
.com

03-28-10
Extreme Adventure Race
25 mi Team Adventure
Race
Milford, Ks
Adventureracekansas
.com

Fact or Fiction: Fat Burning Zone for Optimal Weight Loss

Many individuals say you have to work out in the Fat Burning zone to lose body fat. This intensity level is usually around 70% of your maximal heart rate.

My opinion is that this philosophy is fiction. The ideal intensity is one that burns the highest amount of calories. Weight loss is based on burning more calories up than intaking.



Now Available:

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



THE HUGEST LOSER

"Be not angry that you cannot make other as you wish them to be, since you cannot make yourself as you wish to be."

Thomas A. Kempis

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Hugest Loser Competition Ends March 5th

We are getting close to the end of the Hugest Loser. The competition officially ends March 5th. You should plan on coming in and getting your post measurement sometime this week.

I hope this competition has inspired you to improve your health. That is the true goal we should all set in our own lives. Yes, it is important to shed those extra pounds,

but it shouldn't be the only focus. With healthcare changing we all need to take responsibility for ourselves. Our nation needs to realize that our lifestyle can be detrimental to our health. Our food portions are huge and fried in oil. The most popular past time is watching television and technology has reduced physical labor. Yet, we are over stressed and

have little time to relax in our chaotic lifestyle. You need to make time to exercise or it will eventually catch up to you. Make small changes in your diet and find ways to relax.

PRIZE PACKAGES

Each category winner will receive:

1. 6 month Single Mem. or 3 month Family
2. Insulated Mugs
3. CCMC gift bag

I Need More Energy!

At sometime we have all experienced "hitting the wall" during a workout. You begin to wonder if you have the energy to finish the workout. So the question is "How can I get more energy to finish my workout?"

One important nutrient we must have to sustain energy is water. If you are dehydrated your body is inefficient in producing energy. It also allows your body temperature to rise during exercise, which can be harmful. Sports

drinks are becoming very popular with athletes. They provide extra nutrient like potassium and sodium that are lost during long sporting events. You shouldn't need sports drinks if your activity is walking for 30 minutes.

Almond-Crusted Chicken Fingers

- Canola Oil Cooking Spray
- ½ cup sliced almonds
- ¼ cup whole wheat flour
- 1 ½ teaspoons paprika
- ½ teaspoons garlic powder
- ½ teaspoon dry mustard
- ¼ teaspoon salt
- 1/8 teaspoon ground pepper
- 1 ½ teaspoons virgin olive oil
- 4 large eggs
- ¼ teaspoon salt
- 1 pound chicken tenders

In a large bowl, cream the shortening, brown sugar and peanut butter until light and fluffy. Beat in egg, applesauce and vanilla. Combine the rice flour,

potato starch, tapioca flour, baking powder, baking soda and salt; gradually add to creamed mixture and mix well. Cover and refrigerate 1 hour. Roll into balls and bake at 375 degrees for 9-11 min.

Nutritional Facts Per serving = 174 calories, 4g fat, 66mg cholesterol, 254 mg sodium, 4g carbohydrates, 27 g protein.