



HEALTH MATTERS

A Publication of The Wellness & Fitness Center

Volume 4, Issue 4 – Fall 2001

CALENDAR OF EVENTS

September:

- 17th – **FMS/CES Ed/Support Group, (7 - 9 p.m.)**
- 18th – **Stroke Support Group, (10:30 - 11:30 a.m.)**
- 19th – **Living with Cancer, (7 p.m.)**
- 20th – **Lunch Bunch, CCMC, (12 - 1 p.m.)**

October:

- 1st – **FMS/CES Ed/Support Group, (7 - 9 p.m.)**
- 15th – **FMS/CES Ed/Support Group, (7 - 9 p.m.)**
- 17th – **Living with Cancer, (7 p.m.)**
- 18th – **Lunch Bunch, CCMC, (12 - 1 p.m.)**

November:

- 5th – **FMS/CES Ed/Support Group, (7 - 9 p.m.)**
- 15th – **Lunch Bunch, CCMC, (12 - 1 p.m.)**
- 19th – **FMS/CES Ed/Support Group, (7 - 9 p.m.)**
- 22nd – **Thanksgiving Day, Wellness Center Closed**

Wellness Center Celebrates B-day . . .

September marks the 3rd year anniversary of the opening of the Wellness & Fitness Center. It has been a fun three years and there has been many positive changes made.

Our goal is to continue to keep moving forward and provide the best service possible to the community. For example, the Wellness Center will be adding a NuStep TRS 4000 recumbent stepper.



This new redesigned model will add another cardio station and provide some relief to our existing two NuSteps and other cardio machines.

In spite of everything we do, the Wellness Center is a success because of you, the members. We enjoy providing information and motivation and look forward to seeing you continue to improve and accomplish your goals.

A Word From the Director . . .

Fall is naturally a time of change. The temperatures are cooling off, the trees are changing and the kids are back to school. It should be a time to slow down, take a deep breath and re-schedule our lives.

Now is the best time to get into a good routine for exercise. The hustle and bustle of the holiday season will be upon us before we know it and the commitment and goals we make for ourselves now can help with the

stress and weight gain that always seems to accompany the upcoming season.

The following are some basic ideas and suggestions to help you to form a “*plan of action*” and to stick with it.

Talk to your doctor about any health concerns. The more you know about your health, the better. It is

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CREAM OF BROCCOLI SOUP

Ingredients:

- 1 1/2 lb. Fresh broccoli*
- 1 cup water
- 1 Tbsp. olive oil
- 1 small onion, finely chopped
- 1 cup all-purpose flour
- 4 cups chicken broth
- 4 cups fat-free Half & Half
- 1 tsp. salt
- 1/2 tsp. white pepper

1) Wash the broccoli thoroughly. Using a vegetable peeler, remove the tough outer layer from the broccoli stalks. Cut the stalks and the broccoli head into large pieces.

2) In a medium-sized saucepan, bring the water to a boil. Add the broccoli and cook it until tender, about 8 to 10 minutes. Remove about a third of the broccoli and set it aside.

3) Put the remaining broccoli in a food processor. Add the cooking liquid and puree until smooth. Reserve the broccoli puree.

4) Heat the olive oil in a large pot. Add the onions and cook them over medium heat until they are translucent.

5) Dissolve the flour in 1 cup of the chicken broth, making sure it is well mixed. Slowly add the broth mixture to the onion mixture, whisking vigorously. Allow the flour to cook slightly, then slowly add the Half & Half a little at a time, continuing to whisk vigorously.

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imperative to know your physical limitations.

Set realistic goals. Don't commit to exercising five days a week if you can only make it three. Commit to three days and think of anything else as a bonus.

Look at the glass half full, not half empty. Some exercise is always better than no exercise. Congratulate yourself on your strengths instead of criticizing yourself on your weakness.

Be progressive. Start slowly, build gradually and always challenge yourself.

Try something new. If you're use to always walking, try the bike or

an aerobics class- land based or aqua.

Add strength training or change your program. Increasing your muscle activity is the key to raising your metabolism.

Keep a record of your workouts. Motivation comes from seeing progress.

Exercise with a friend. It's not only more fun, but you will be accountable.



Finally, make your health a priority. If you don't take care of yourself, who will?

JASON

Diet & Exercise Benefit Bone & Body Composition

Research has again proven that it is never too late to begin healthy lifestyle habits. A study found that nutrient-dense foods have a positive effect on bone mineral density, total bone mass and bone calcium, and exercise has a positive effect on lean body mass in frail older adults.

The 17-week study, published in the *American Journal of Public Health* (June 2000), followed 217 men and women with a mean age of 79.

Participants were randomly placed into one of four groups: a nutrition group (nutrient-dense

engineered foods plus social interaction); and exercise group (regular food plus a controlled exercise program—twice per week for 45 minutes); a combination group (nutrient-dense food plus exercise); and a control group (regular food plus social interaction).

The nutrient-dense food was manufactured specifically for the study, and contained 100 percent of the recommended daily allowance (RDA) for vitamins and 25 to 100 percent of the RDA for minerals that are frequently deficient in older adults.

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W&FC Member Guidelines

- √ Only members are allowed in exercise area. All guests should remain at front counter.
- √ All members must fill out a Health History and sign an Informed Consent. It is the member's responsibility to provide the Wellness Center with any physical or medical changes.
- √ Payments are due within first five days of the new month, payments after the 5th will be charged an extra \$5.
- √ Please clean your equipment after your use it.
- √ Clothing should be appropriate to exercising. No open toed shoes or sandals.
- √ Only water in an appropriate container is allowed in exercise area.
- √ Please limit your time on cardio-equipment to 30 minutes if someone has signed up on the board.
- √ Please re-rack and replace all weights.
- √ Please don't drop the weights.
- √ No permanent locks on lockers.

Fitness

Facts

Fact 1

Regular exercise is an effective treatment for mild to moderate depression and may even be useful in treatment of severe depression. SOURCE: *Self-Healing/Professional Psychology*

Fact 2

Sedentary adults 60-75 years old were assigned to brisk walking for 6 months. Experimenters administered 3 tests of mental function during this period finding the walkers reaction time was up to 25% quicker than other test groups. SOURCE: *Tuffs Health and Nutrition Letter*

Fact 3

Attempts at sport-specific weight training may lead to potentially harmful muscle imbalances. A two-sided strengthening and stretching routine can prevent injuries from muscle imbalance. SOURCE: *Georgia Tech Newsletter*

Fact 4

Changes in fitness over 7 years were measured in adults 18-30 years old at baseline. Average fitness declined significantly and was related to weight gain and decreased activity. SOURCE: *Medicine and Science in Sports and Exercise*

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Before and after the study, weight, height, BMI, waist-to-hip ratios, lean body mass, fat mass, bone mass, bone mineral density and

bone calcium were all measured. For weight, a tendency toward a decrease in weight (i.e., lean mass) was observed in the control and nutrition groups, compared with a preservation of body weight in the exercise and combination groups.

For bone mineral density, the nutrition group had improvements, while the control group had a decrease in bone density. Exercise showed to have a protective effect on the age-related decline in lean body mass.

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6) When all of the Half & Half is incorporated, add the rest of the chicken broth and stir. Add the broccoli puree and stir. Season the soup with the salt and pepper.

7) To serve, place 1 cup of the soup into each of four bowls and garnish with the reserved broccoli florets. Serve immediately.

Per serving (1 cup):

Calories 144
Fat 3 g
Saturated Fat 1 g
Carbohydrates 22 gms
Protein 6 gms
Sodium *574 mg
Cholesterol 6 mg
Fiber 2 gms
Sugars 7 gms

***Not appropriate for low-sodium diets**

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