

# Healthline

January  
2016



Welcome to this month's edition of *Healthline*. In this issue, we will be focusing on the importance of *Physical Fitness*.



Save the  
Date!

## Upcoming Events:

January 28, 2016  
Health & Wellness Seminar  
Topic: Physical Fitness  
Where: Council Chambers  
Time: 2:30p.m. – 3:30 p.m.

## Take A Break And Take A Walk

One of the best ways to improve your health is to get to the heart and 'sole' of the matter. So grab some comfortable shoes, lace them up and get going on a walking program. Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. It's safe, simple, doesn't require practice, and the health benefits are many. And it can help you lose those 'love handles,' too.

If you're crunched for time, you can even fit walks in during your work breaks and lunch. Always remember to warm up and stretch first. Also, keep your posture straight and avoid exaggerated movements to help prevent injury and setbacks.

To stay motivated:

- ❄ Set performance goals
- ❄ Make it fun
- ❄ Vary your route or routine

Source:

Mayo Foundation for Medical  
Education and Research



## Human Resources Department

Noemi Munguia  
Nereyda Peña  
Catherine N. Hernandez  
Anais Chapa

Human Resources Director  
Benefits Coordinator  
Human Resources Coordinator  
Insurance Benefits Specialist

1201 E. 8<sup>th</sup> Street, Mission, Texas 78572 – (956) 580-8630

# Consider The Possibilities...

Is your weight holding you back from physical activity? While there may be special challenges for large people who want to be physically active, overcoming the following barriers can make all the difference.

**Barrier:** I don't have enough time.

**Solution:** Be active for a few minutes at a time throughout the day.

**Barrier:** I feel self-conscious when I'm active.

**Solution:** Be active at home doing household chores and find ways to move more during day-to-day activities.

**Barrier:** I'm worried about my health or injury when I exercise.

**Solution:** Consult a health care professional first, and consider finding a personal trainer to guide you.

**Barrier:** I just don't like exercise.

**Solution:** Try dancing to your favorite music, taking the stairs instead of an elevator, and walking outdoors with friends.



Source:  
National Institute of Diabetes and  
Digestive and Kidney Diseases



Source:  
National Institution of Health

## Time To Go And Play

You ask your child to turn off the TV, put down the video game controller or step away from the computer. You may get an eye roll or two, but don't let it stop you. Physical activity is just as important for kids and teens as it is for adults. Unfortunately, today's high-tech, busy lifestyle doesn't encourage kids to fit in the hour or more of physical activity they need every day.

Exercising regularly helps children:

- ✿ Reduce stress.
- ✿ Sleep better.
- ✿ Keep a healthy weight.
- ✿ Have better self-esteem.
- ✿ Stay alert and learn better in school.
- ✿ Prevent chronic diseases later in life, such as Type 2 diabetes or high blood pressure.
- ✿ Have better joint, muscle and bone health. Nudge your children to go out and play more – and see improved energy and well-being come in to play.

# How To Be Hip

If you spend most of your day confined to a chair, you may suffer from tight hip flexors – muscles that help you to bend your hips and move your thighs closer to your torso. Keep your hips loose and feeling good with these simple stretches.

## Front-to-back Hip Swing

- ❁ Lying on your side, start with both legs straight, one on top of the other.
- ❁ Bend the leg touching the floor 90 degrees at your knee.
- ❁ Point the toes on your top, straight leg.
- ❁ Place one hand in front of your stomach; elbow of other arm directly under shoulder.
- ❁ Slowly swing the top leg forward and backward; the rest of your body shouldn't move.
- ❁ Swing back and forth 20 times.
- ❁ Switch sides; repeat



## Butterfly Stretch

- ❁ Sit on the floor; keep your back straight.
- ❁ Bring the bottoms of your feet together in front of you so your legs form a diamond.
- ❁ Hold your ankles or feet.
- ❁ Open your inner thighs, so your knees are level with elbows.
- ❁ Hold the stretch for 10 to 15 seconds.
- ❁ Lower knees so they're about level with elbows again; hold for about 10 to 15 seconds.
- ❁ Repeat three times.



Source:  
Hope Health

---

## Question & Answer

### Is Exercise One Sure Way to Lose All the Weight You Desire?

**Answer:** Weight gain or loss is impacted by many factors, including dietary intake and genetics. All individuals will not lose the same amount of weight on the same exercise program. It is possible to be active and overweight. However, although exercise alone cannot guarantee your ideal weight, regular physical activity is one of the most important factors for successful long-term weight management.



### Should men and women need to train differently?

**Answer:** Muscle is muscle. The main difference lies in the fact that men produce 50 to 100 times more of the muscle-building hormone testosterone than women. This allows men to reach greater levels of muscle size and strength. Although women use less weight, they should perform the same routines as men to build a lean, sexy body.

### Can Sports drinks help you exercise more safely and effectively?

**Answer:** Sports drinks contain two main ingredients that are theoretically beneficial for exercisers: sodium, which helps the body retain water, and sugar, which the body burns for energy. But very few people exercise hard enough to sweat away much sodium or to use up their carbohydrate reserves, which the body converts to sugar. You'd have to jog for at least two hours, for example, before your carbohydrate stores would start to run low. So unless you're doing a marathon or other exhaustive exercise, plain water is all you need.



# Erase Excuses Not To Exercise

Many people find reasons not to get the physical activity they need. Try eliminating the most common excuses!

## *"It's too expensive."*

There are many ways to be physically active that are free or low cost.

- ❁ Go for a walk or run at a local park or school track.
- ❁ Walk around a mall.
- ❁ Work out with videos in your home. You can find workout videos at bookstores or your local library.
- ❁ Walk your dog.

## *"Physical activity is a chore."*

Physical activity can be fun!

- ❁ Do things you enjoy, such as walking, dancing, swimming, or playing sports.
- ❁ Walk or take an exercise class with friends or a group. This way, you can cheer one another on, have company, and feel safer when you are outdoors.
- ❁ Be active with your kids. Ride bikes, jump rope, toss a softball, play tag, or do jumping jacks.



Source:

Wight-control Information  
Network

## Healthy Recipe

### Sweet Potato Sammies

Roasted sweet potato replaces meat and cooks in just 15 minutes. Creamy avocado subs in for mayonnaise and fresh onion, tomatoes and arugula bring color and cancer-fighting phytochemicals to each bite.

**Makes 2 servings.**

**Per serving:** 345 calories, 15 g total fat (5 g saturated fat), 40 g carbohydrate, 16 g protein, 9 g dietary fiber, 483 mg sodium.

### Ingredients:

- ❁ 1 chubby orange-fleshed sweet potato, peeled
- ❁ 4 (1/2in) slices of rustic whole-wheat Italian bread
- ❁ 2 oz. Pepper Jack cheese, thinly sliced or shredded
- ❁ 4 thin slices red onion
- ❁ 4 (1/2in) slices tomato
- ❁ 1/2 cup baby arugula
- ❁ 1/2 medium avocado, sliced
- ❁ Olive oil cooking spray

### Directions:

1. Preheat oven to 400 degrees F. Coat baking sheet with cooking spray.
2. Cut sweet potato in 1/4-inch slices. Place sweet potato slices on prepared baking sheet. Roast for 15 minutes, until slices are just tender. Using wide spatula, transfer slices to wire rack and let cool.
3. Meanwhile, lightly toast bread. Place 1 slice on each of two plates. Immediately cover hot toast with cheese. Top with 2 slices sweet potato, 2 slices onion, 2 slices tomato and half the arugula. Save remaining sweet potato for later use.
4. On remaining bread slices, use fork to mash and spread avocado. Close sandwich, placing avocado side down. With serrated knife, cut sandwiches diagonally in half.



# Move Of the Month:

## TOE TOUCHES

Maintaining a strong body core is important at any age; balance, posture and back health have been linked to core and ab strength. Try this spin on the traditional sit up to target your upper abs - no equipment required!

Step 1 - Start by lying down on a flat surface or mat with your legs (ideally) straight up in the air and your arms above your head touching the ground.

Step 2 - Reach up to touch your toes, lifting your shoulders, chest and torso off the floor and making sure to keep your core strong at all times.

Step 3 - Let your chest, torso and shoulders slowly descend back down to the floor until your arms are again over your head touching the ground.

Step 4 - Repeat by lifting your arms, chest and shoulders off the ground and touching your toes again.



### TIPS

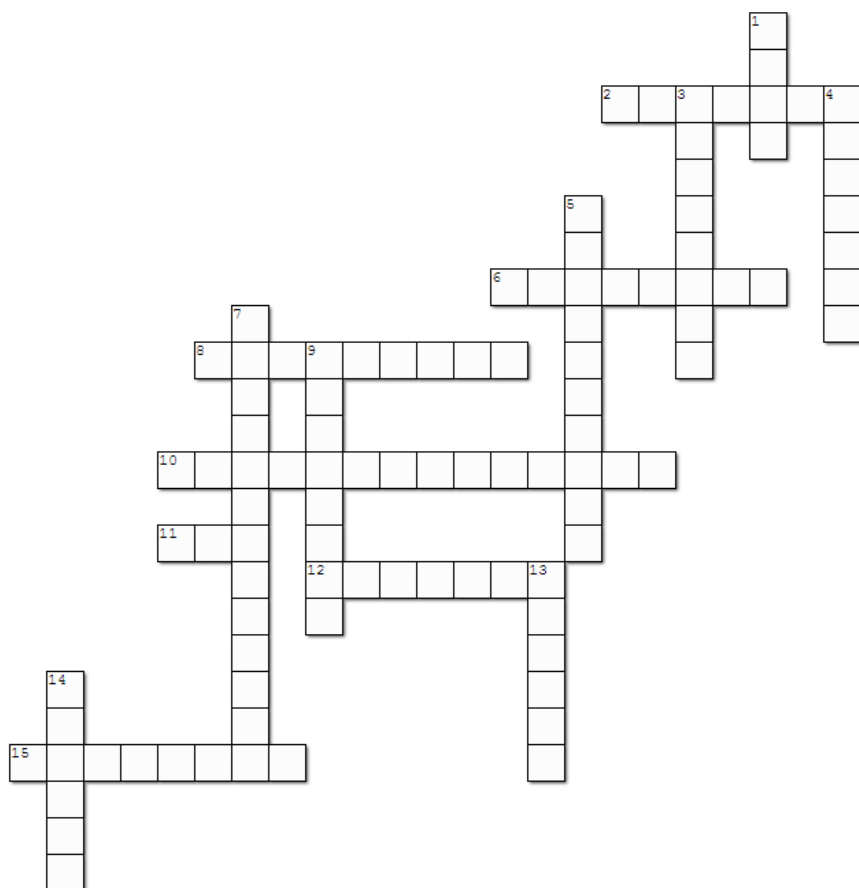
- ✿ You want to try to touch your toes in the exercise. If you can't, that's okay, but a sign you want to stretch more to gain flexibility.
- ✿ Avoid bending your knees and try to lift your chest and shoulders higher with every rep.

Complete the puzzle and turn in to Human Resources by January 15, 2016 to be entered into a raffle for a \$10 gift card!

# Puzzle

### Physical Fitness

Complete the crossword below



#### Across

2. physical power; strength.
6. vigorous exercises, such as swimming or walking, designed to strengthen the heart and lungs.
8. a length of rope used for jumping by swinging it over the head and under the feet
10. the sport or activity of lifting barbells or other heavy weights
11. run at a steady gentle pace, especially on a regular basis as a form of physical exercise
12. a system of exercises using special apparatus, designed to improve physical strength, flexibility, and posture, and enhance mental awareness
15. engage in physical activity to sustain or improve health and fitness; take exercise

#### Down

1. an act of traveling or an excursion on foot
3. the sport or activity of propelling oneself through water using the limbs.
4. a physical exercise designed to strengthen the abdominal muscles, in which a person sits up from a supine position without using the arms for leverage.
5. straighten or extend one's body or a part of one's body to its full length, typically so as to tighten one's muscles or in order to reach something
7. a calisthenic jump done from a standing position with legs together and arms at the sides to a position with the legs apart and the arms over the head
9. an exercise in which a person lies facing the floor and, keeping their back straight, raises their body by pressing down on their hands
13. an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.
14. the sport or practice of fighting with the fists, especially with padded gloves in a roped square ring according to prescribed rules