Southwest Nebraska Public Health Department

PREVENT • PROMOTE • PROTECT

Walk to Health

Walk to Health June, 2012 Newsletter

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Walk to Health Coordinator

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or visit our website at:

www.swhealth.ne.gov

Benefits of Exercise

The benefits to exercising are numerous. So numerous that three full pages of small font are filled in the Kozier & Erb's Fundamentals of Nursing textbook. While I will not list each and every benefit, the following lists an overview by body system, all of which are important in maintaining health.

Musculoskeletal System

-Increases muscle tone, joint flexibility, and range of motion

-Provides nourishment to joints, reduces muscle weakness, decreases falls in the elderly

-Bone density and strength is maintained through weight-bearing

Cardiovascular System (Heart)

-Prevents stroke and heart disease, improves cholesterol levels, reduces the effect of stress on the body, lowers blood pressure, improves heart rate, improves circulation

Respiratory System (Lungs)

-Improves exchange of oxygen with carbon dioxide which eliminates toxins in the body

-Problem solving and emotional stability are enhanced due to increased oxygen to the brain

-Prevents pooling of secretions in the lungs, decreases breathing effort, decreases risk of infections such as pneumonia

-Helps relieve symptoms of COPD and asthma

Gastrointestinal System (Digestive system such as stomach and intestines)

-Improves appetite, relieves constipation, improves symptoms of irritable bowel syndrome

Metabolic/Endocrine System

-Elevates metabolic rate, increasing body heat and waste products and calorie use

Urinary System

-Body excretes wastes more efficiently and bladder is able to empty more efficiently

Immune System

-Lymph fluid depends on gravity and movement of the muscles in the body, when lymph fluid is moved our immune system performs better

Neurological System (Nerves) and Cognition (Brain)

-Helps a person cope with stress, depression, anxiety and other mental disorders, elevates mood

-Induces euphoria – that feel good feeling – and releases stored stress associated with accumulated emotional demands

-Improves quality of sleep, decision-making, problem-solving, planning and ability to pay attention, learning and performance in persons of all ages

-Strengthens cells in the brain and builds nerve connections

Spiritual Health

-Enhances mind-body-spirit connection and/or relationship with God

When you get discouraged or need a reason to exercise, refer back to the list as a reminder of the many benefits to your body.

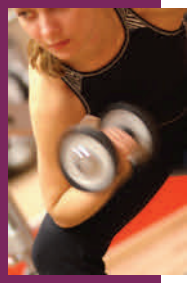
Exercise Defined

Weekly:

The Department of Health and Human Services recommends at least 150 minutes per week of physical activity for health and fitness benefits.

Benefits are gained by going beyond the minimum amount of exercise.

Any physical activity should be done for 10 minutes or more at a time.



Strength training exercises should be included twice a week.

Types of Exercise

Isotonic

- Muscle shortens to produce contraction and active movement
  - e.g. Running, walking, swimming, cycling
- Increases muscle tone, mass and strength, joint flexibility and circulation
- Heart rate and cardiac output increases blood flow to all parts of the body

Isometric

- Static or sitting exercises
- Muscle contraction without moving the joint
- Involves exerting pressure against a solid object
- Useful for strengthening abdominal muscles, gluteal and quadriceps and muscles used in ambulation
- Maintains strength for endurance training
- Produces mild increase in heart rate and cardiac output but no increase in blood flow to other parts of the body

Isokinetic

- Muscle contraction or tension against resistance
- Done to build up certain muscle groups
- Increase in blood pressure and flow to muscles occurs

Aerobic

- Oxygen taken in the body is greater than that used
- Uses large muscle groups that move repetitively
- Improves cardiovascular conditioning and physical fitness

Anaerobic

- Muscles cannot draw out enough oxygen from the bloodstream and anaerobic pathways are used to provide additional energy for a short time
- Used in endurance training for athletes such as weight lifting and sprinting

The U.S. Department of Health and Human Services defines exercise and physical activity as follows:

Physical activity is bodily movement produced by skeletal muscle contraction that increases energy expenditure.

Exercise is a type of physical activity defined as a planned, structured, and repetitive bodily movement performed to improve or maintain one or more components of physical fitness.

Participant Corner—Q&A

Question:

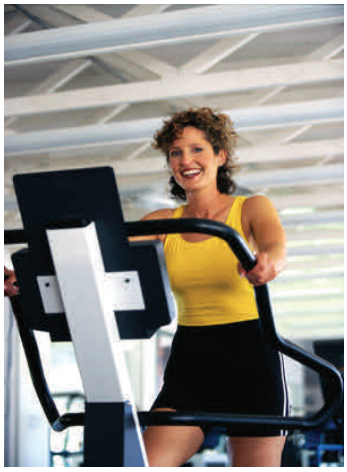
This question was submitted by Beth H. of Furnas County… "would it be alright not to use a pedometer and just log in the minutes that I walk above what my normal routine is?"

Answer:

Absolutely. You do not need a pedometer to participate. You can log your walking or exercise by minutes, hours, miles or steps. Feel free to log exercise in the format that is most convenient for you.

If you have a question, please do not hesitate to ask. Chances are, someone else has the same question. Questions do not get printed without your permission.

Email: nurse@swhealth.ne.gov.



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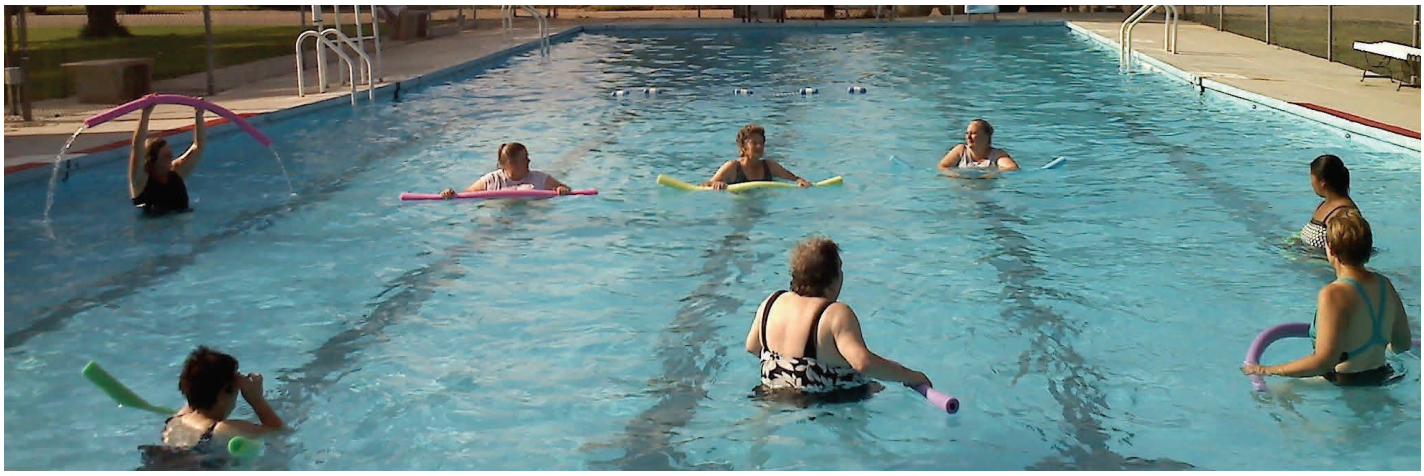
Around Town...

where laughter is contagious, friendships are welcoming, and good times are plenty.

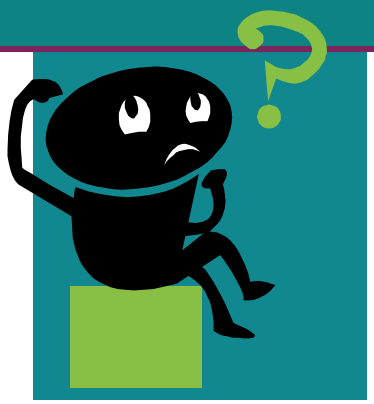
Walk to Health 2012 participant, **JAYNEE JANOUSEK**...of Trenton, NE was so inspired after the Walk to Health health check that she decided to form a group of friends, family and coworkers to exercise with. In this picture, the group are performing water exercises. This group exercises Tuesdays and Thursdays from 6 to 7 p.m. at the Trenton City Pool. Jaynee encourages anyone who would like to join them, to do so. **Keep it up gals!**



In this photo: ***Front L-R:*** Helena Janousek, Jaynee Janousek, Kim Cole ***Back L-R***: Joni Wright, Rita Schaffer, Thelma Matson, Carla Sapp, Valerie Loghry.

If you have a story or photos that you would like to share about exercising, email nurse@swhealth.ne.gov. We would love to hear from you!

Debunking the Diet Myths



Myth: Don't eat after 8 p.m. **Fact:** Calories can't tell time. Calories may sit around a little longer when eating late, but when you're up moving the next day, your body will still use them. Try to cut out late night snacks or eat snacks low in calories.

Myth: Eating frequent small meals will boost metabolism. **Fact:** Factors that affects basal metabolic rate, is body size and composition… not food. More muscles and larger bodies burn more calories. Build muscle; a pound of fat free tissue burns about 14 calories per day, while a pound of fat burns about 2-3 calories per day.

Myth: Drinking coffee will help lose weight. **Fact:** Coffee may temporarily reduce your appetite, but will not help you lose weight. Remember, a 16-ounce Starbucks Café Mocha is 300 calories and you won't feel as full as eating solid foods.

Myth: Going on a diet is the best way to lose weight. **Fact:** In the short-term you can lose weight on just about any diet plan that has you eating fewer calories. Don't go on a diet; change the way you eat long-term and eat the right amount of calories for weight loss, and remember that exercise plays a very important role in reducing weight. Studies have shown that those who exercised kept the weight off.

Myth: Eating carbohydrates and protein at different meals will help you lose weight. **Fact:** There is no proof that eating carbohydrates and protein separately aids digestion or weight loss. Eat high quality protein along with carbohydrates.

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Cherish your health!

If it is good, preserve it.
If it is unstable, improve it.
If it is beyond what you can improve, get help.

FACT: We had 288 Walk to Health participants sign up this year. Of those 288 participants, 81 participated in a Walk to Health health check that was conducted at selected locations throughout the eight county health district. We appreciate all who helped coordinate a location and appreciate all 288 Walk to Health participants who signed up this year.

Choose Health

You may have been told to lose weight and/or exercise. While receiving the advice of others filled with good intentions, the choice is ultimately yours. Whatever means that brought you to joining the Walk to Health program, whether it was a push from yourself, family, friend, doctor, YOU have chosen health.

You, and only you, can choose to make the choices that you do and make a change.

Happy walking!

IMPORTANT DISCLAIMER!

Always check with your doctor before starting any new physical activity program or before increasing your activity level.

The information contained in this newsletter should be used for suggestions and informational purposes only. This information should never take the place of your doctor's recommendations.

If you have concerns, please seek the advice of your primary care provider.

Walk to Health for Kids

Game of the Month— Kid Tested and Approved

Hula Hoopla

Need: hula hoops

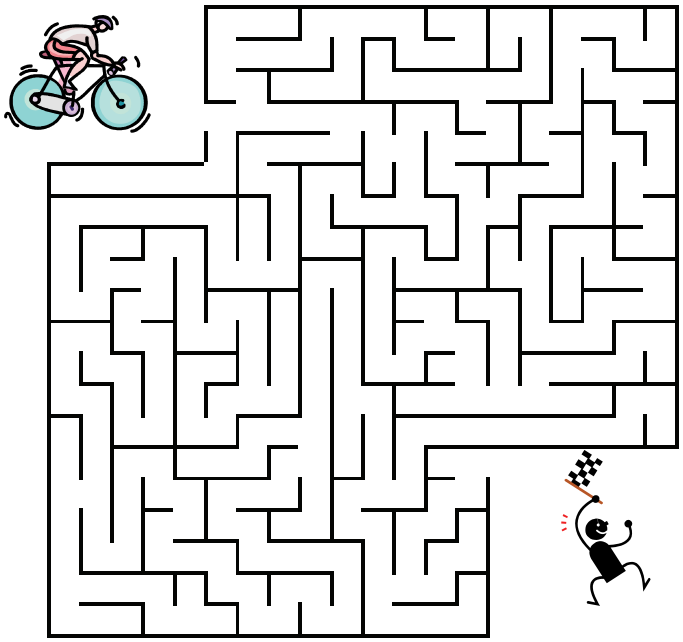
Divide into two equal teams. Each team lines up in a line. Each team is given a hula hoop.

Teams line up in a line and hold hands. The first person in line steps through the hoop and passes it to the next person in line without letting go of their hands. Continue down the line until the hula hoop reaches the end and then send it back again. The first team to get the hula hoop down the line and back first wins.

If a team lets go of their hands, the hula hoop must go back to the beginning person and the team must start again.

Variations for the game: Use 4 or more hula

Fitness is a-MAZE-ing!

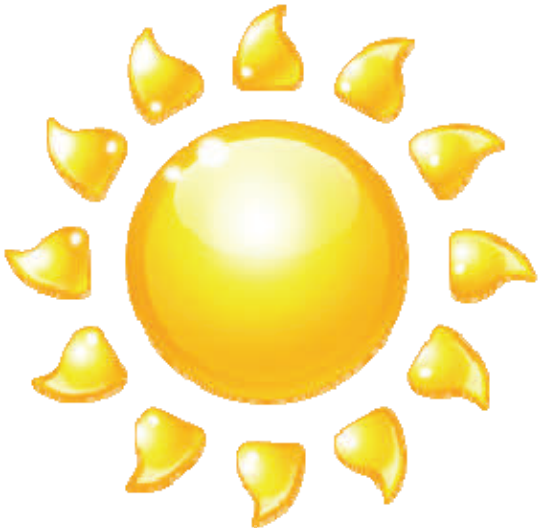


Snack of the Month—Kid Tested and Approved

Funky Fruit Snack

- Any kind of fruit of relatively the same size
- OPTIONS
- Apples

1. Slice two pieces of fruit that are relatively the same size and alternately stack the pieces, as shown.



I like to ride my bike.

Playing soccer is fun.