SPRING INTO FITNESS

Meal Planning: Keep it Healthy, Keep it Real

Presenter: Christi Bowling  MS, RDN, CSSD, LD

When: Thursday, March 15th  at 5:00 pm

Where: Rutherford Co. Extension 315 John R Rice Blvd., Suite 101

RSVP BY 3/14 to Daniel Puckett,
john.puckett@cigna.com
A little about me/what you do for work:
-I am a 5th grade teacher and have been teaching for 30 years. I grew up in Rutherford County and graduated from Smyrna High School and MTSU. I have one son named Luke.

What Lifestyle changes have you made?
-I have completely cut out all artificial sweeteners, cut out almost all dairy, started pairing fiber rich carbs and protein, and started monitoring my nutrient consumption.

What do you do to be active during the week?
-I walk my dog, walk on the treadmill, and participate in group exercise classes.

What motivates you to eat healthy and stay active?
-Having less arthritis pain and feeling well allows me to do the things I want to do.

What are some of the health changes you have seen since you changed your lifestyle?
-The biggest health change for me has been the decrease in my arthritis pain. Last summer, I had some pretty serious arthritis pain in my lower back. It was preventing me from doing most of my normal exercising activities. In early September, I came to MedPoint to see Christi and Hilary. I had a list of health conditions I wanted to improve, but the arthritis pain was at the top of the list. They addressed my concern and helped me tackle them a little at a time so that the changes became new habits and a new lifestyle. The arthritis pain is so much better!! I am back to walking and doing yoga. I also have lowered my A1C, my bad cholesterol, and my weight. The list of benefits to my lifestyle changes just keeps on going!!

What are your next goals?
-I want to participate in some local 5k walks, continue with group exercise classes to improve flexibility and strength, maintain a healthy BMI.

Do you have any advice for other Rutherford county employees on how to get healthy?
-Don’t try to focus on everything at once, it’s overwhelming! Christi and Hilary will give you small goals to work on for each session. Focus on turning those small goals into habits before moving on.
-Realize that all benefits are not necessarily scale related. My best benefit has been a huge decrease in my arthritis pain. That isn’t scale related, but it has greatly improved my daily life quality. I am back to doing the things I love!!!
What you need to know about colorectal cancer

March is National Colorectal Cancer Awareness Month

How many people have CRC?

More than 142,000 Americans are diagnosed each year

90% of people diagnosed with CRC are over 50 years old.

Vitamin D and CRC

Did you know CRC was the first cancer thought to be associated with vitamin D levels?

A study found that CRC patients with vitamin D levels greater than 33 ng/ml had a 50% lower incidence than those with levels less than 15 ng/ml.

But how does vitamin D help?

Ensures cells have a distinct form and function
Initiates cell death
Controls cell growth

Who is at risk?

People with a family history of colorectal cancer, or polyps in the colon
People with an inflammatory bowel disease, such as ulcerative colitis or crohn’s
People who don’t exercise
People with a high intake of fat, smokers, &/or those with diabetes
African-Americans

What are the symptoms?

* Pain or discomfort
* Unexplained weight loss
* Blood in the stool
* Changes in bowel movements (diarrhea or constipation)
* Lump in the abdomen
* Feeling that your bowels are not emptying completely
* Constant fatigue

What you can do?

Encourage friends and loved ones over the age of 50 to have regular CRC screening tests

Talk with friends and family about CRC risk factors and encourage them to live a healthy lifestyle

Join patients, survivors, and care givers in holding fundraisers or educational events to increase awareness of CRC

Make sure you eat a diet low in fat, don’t smoke, and exercise regularly

To further reduce your risk of CRC, make sure you supplement with vitamin D

References

March is national colorectal cancer awareness month. Centers for Disease Control and Prevention. February 27, 2013.
ORANGE, PUMPKIN SEED AND SMOKED ALMOND GRANOLA WITH GREEK YOGURT

Yield: Serves 4 (serving size: 1/2 cup yogurt and about 3 tablespoons granola)
Total time: 36 minutes

Ingredients
› 1/2 cup old-fashioned rolled oats
› 1/4 cup roasted, unsalted pumpkin seeds
› 1 ounce lightly salted, smoked almonds, chopped
› 5 teaspoons brown sugar
› 1 1/2 tablespoons canola oil
› 1 teaspoon grated orange rind
› 1 tablespoon fresh orange juice
› 1/4 teaspoon vanilla extract
› 1/2 teaspoon salt
› 2 cups plain 2% reduced-fat Greek yogurt

How to make it
1. Preheat oven to 325°.
3. Top yogurt with granola.

Nutritional information
Amount per serving
› Calories: 270
› Fat: 15.7 g
› Saturated fat: 2.9 g
› Monounsaturated fat: 6.9 g
› Polyunsaturated fat: 4 g
› Protein: 15 g
› Carbohydrate: 20 g
› Fiber: 2 g
› Cholesterol: 8 mg
› Iron: 1 mg
› Sodium: 145 mg
› Calcium: 100 mg

Source: Printed with permission of Cooking Light, July 2014
GO WITH YOUR GUT

When you’re dealing with tummy trouble, you want fast relief. You might reach for antacids, laxatives or other medicines. But you also want to know what’s causing your symptoms. You may be surprised by how much your gut can tell you about your physical and mental health.

You may already know that stomach issues can be caused by what you eat. But you may not realize that they can also be caused by how you’re feeling — stressed, worried, etc. After all, your brain and your digestive system are closely related. Here’s a look at three common digestive issues and the physical and emotional factors that can cause or trigger each one.

**Constipation** may be caused by a poor diet, not getting enough exercise, or using laxatives too often. Holding back bowel movements can also cause constipation if the delay is too long.1

Try this: Add more fiber and water to your diet and increase your physical activity.

**Irritable bowel syndrome (IBS)** usually involves cramping, gas, bloating and a change in bowel habits. Emotional stress doesn’t cause IBS, but it can be a trigger for symptoms.2

Try this: Keep a food diary to track foods and situations that set off your symptoms.

**Heartburn** happens when stomach acid backs up into the esophagus. Heartburn can be caused by eating certain foods such as tomatoes, citrus fruits, chocolate, alcohol and even peppermint. But stress and lack of sleep can also increase stomach acid that leads to heartburn.

Try this: Avoid eating three to four hours before bedtime. Try yoga or meditation to help you relax.3

Sources:

This is intended to be general health information and not medical advice or services. You should consult your doctor for medical advice or services, including seeking advice before undertaking a new diet or exercise program.
The importance of food journaling.

You are more than 80% more likely to lose weight when you write down everything you eat and drink. This action helps keep you more mindful of portions and of foods you eat throughout the day. I recommend either the Lose It or My Fitness Pal apps to aid in journaling. These apps not only track your calories, but also track protein, total carbs (including fiber and sugar), fats, cholesterol and sodium. Try them both out and see which one suits you the best. It will prove to be your best tool to utilize on your weight loss journey!