

Light Side

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You CAN Learn to Love Exercise

Exercise is critical for a long, healthy life. Exercise not only increases longevity, but it also helps us feel better now. Sixty percent of Americans are overweight, it seems that exercise is difficult for most of us. There are people out there, lots of them, who actually enjoy exercise. They love to run, lift weights, and swim. How do you learn to love exercise?

Here's How:

1. Begin a Time Habit

One of the hardest parts about exercise is scheduling. Everything else seems to take priority. Exercise is often viewed as a free time activity, and who has free time? Before getting wrapped up in buying the right shoes, practice setting time aside.

2. Follow your Bliss

At least 3 times in one week, think about exercise. Just sit and think.

- Do not answer the phone.
- Do not surf the Internet.
- Do nothing but think about exercise.

Think about what exercise you could be doing during this period.

- Could you be walking?
- Marching in place in front of the TV?
- Going to a gym?
- Doing yoga at home?

What feels right? Complete this mental exercise for one week.

3. Substitute with Real Exercise

Now that you are used to thinking about exercise, begin actual physical activity. Choose what feels right:

- walking
- going to the gym
- Water aerobics

4. Set a Minimum

Set a minimum number of times each week that you will exercise. Commit to yourself that you will **not** drop below that minimum. If you are traveling or incredibly busy, you will still honor your commitment.

If you do this every week for the rest of your life, you will have improved health and energy. Adhering to your minimum is an important action you can take. Some times you will exceed the minimum and that is a bonus! The

ACSM (American College of Sports Medicine) recommends:

1. Moderately intense cardio 30 minutes a day, five days a week

OR

Vigorously intense cardio 20 minutes a day, 3 days a week

AND

Eight to 10 strength-training exercises, 8 to 12 repetitions of each exercise twice a week.

5. Change Your Goals

Those sculpted bodies in magazines are hard to obtain and harder to maintain. They take years to achieve and may not depict a healthy weight for you. Exercise for health, energy and vitality. You will feel those benefits immediately.

Make feeling good your goal, not weight loss. Other benefits will come, but let them be a bonus to the increased energy and health you get. Tell yourself each time you exercise that your goal is health and energy. You will accomplish that goal, even on light workout days.

6. Become Aware of Mental Benefits

Notice how exercise makes you feel:

- Do you deal with stress the same way?
- How is your creativity?
- Your problem-solving skills?
- Do you enjoy food more?
- Do you feel tired on non-exercise days?
- Do you crave different foods?

The more you understand the immediate benefits, the more you'll want to exercise.

7. Enjoy the Changes

As you exercise regularly, you will notice changes in your body:

- weight loss
- muscle gain
- increased flexibility

Enjoy these benefits as they come. Be prepared to notice them:
Is your posture improving?



Do grocery bags feel lighter?
Are you less stiff in the morning?
Can you climb stairs more easily?

8. Enjoy Exercise

Enjoy how your body feels during exercise:

- Feel your muscles and limbs.
- Marvel at the mechanics of running, walking, or lifting.
- Feel your pulse increase and your blood flow quicken.
- Appreciate what happens to your body during exercise.

9. Improve Your Intensity

Now that you have established an exercise habit complete with weekly minimums, you can experiment with intensity:

- Hire a trainer for a few weeks to learn new routines.
- Train for a 5K run.
- Start using all the settings on workout machines.
- Work out with a more experienced friend who can guide you.
- Try a new workout video.

But remember an important goal is to maintain your minimum. How fast you run a mile or how much you can lift does not matter if you are not exercising several times a week.



Olive Oil vs. Canola Oil

Actually, these oils both contain approximately 120 calories and 14 grams of total fat per serving. The main difference between oils is the variation in the types and amounts of fats that they contain—saturated, polyunsaturated, and monounsaturated. Both olive and canola oil contain high amounts of the monounsaturated fats (the healthy ones) and are low in the saturated fats (the unhealthy ones). The healthy, unsaturated fats (poly- and mono-) may help lower cholesterol levels.



Even though these oils are healthy, you want to use them in moderation. Olive oil doesn't work with everything due to the flavor so that is when you may want to use canola oil (such as in some baking recipes). Use olive oil over popcorn instead of butter and use these healthy oils to sauté with. Do not stir-fry or cook with these at high temperatures as they will burn easily. You can find a high-temperature canola oil, which is fine. Peanut oil, another healthy choice, is also good for high-temperature cooking.

Just another bit of information — "extra-virgin" versus "virgin" olive oil just refers to the acid content and not the calorie or fat content. Extra-virgin olive oil is less acidic and portrays a fruitier flavor. "Light" olive oil just refers to fragrance and color and again has nothing to do with nutrient content.

Italian Herb Bread

3 Tbsp olive oil
1 egg
1 1/2 cups buttermilk
2 1/2 cups flour
2 Tbsp sugar
2 tsp baking powder
1/2 tsp baking soda
1/4 tsp salt
1 tsp dried rosemary
2 tsp dried parsley
1 cup 2% shredded cheddar cheese
1/4 cup chopped green onions
1/2 tsp minced garlic
1/4 cup sun-dried tomatoes, chopped and rehydrated

In a small bowl, whisk together oil, egg and buttermilk; set aside. Combine the next 7 ingredients (flour - parsley) in a large bowl. Stir in cheese and onions. Pour buttermilk mixture into the flour mixture and stir to combine. Mix in garlic and tomatoes. Spread batter into a 9 x 5 loaf pan coated with nonstick cooking spray. Smooth top and gently tap pan on counter to remove air bubbles. Bake at 350 degrees for 60-65 minutes or until golden.

16 servings

Calories: 130 Fat: 4.5g Sat fat: 1.5g
Carbs: 18g Fiber: 1g Sodium: 210mg



Buttermilk Biscuits

2 cups self-rising flour
1/4 tsp baking soda
1/4 cup fat margarine
3/4 cup buttermilk

In a medium bowl stir together flour and baking soda. Next, cut in margarine until mixture resembles coarse crumbs. Make a well in the center. Add buttermilk and stir until moistened. Turn dough onto a lightly floured surface. Knead dough 10 to 12 strokes or until nearly smooth. Pat dough to 1/2-inch thickness and cut into 2 1/2-inch biscuits. Place biscuits 1 inch apart on a baking sheet coated with cooking spray. Bake at 425 degrees for 12 -14 minutes or until golden. Serve warm.

Note: If you do not have self-rising flour, substitute with all-purpose flour adding 1 tsp baking powder and 1/2 tsp salt for each cup of flour.

10 biscuits

Calories: 130 Fat: 4.5g Sat fat: .5g
Carbohydrates: 19g Fiber: 0 Sodium:
420mg



Food Lovers' Tidbit

Buttermilk of times past was the liquid left after butter was churned. Today it is made commercially by adding special bacteria to nonfat or lowfat milk, giving it a slightly thickened texture and tangy flavor. Some manufacturers add flecks of butter to give it an authentic look. Dry or powdered buttermilk is also available. Use it in a variety of recipes to replace milk or cream.



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Interested in Skiff Medical
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