



## The Wellness Watch

promoting healthy lifestyles

July 2015

### July: Understanding Exercise

#### Aerobic vs. Anaerobic Exercise - The Difference

**Aerobic Exercise** uses oxygen to burn carbohydrates and fat for energy. Consists of activities that:

- Use large muscles for an extended period of time, such as walking, running and bicycling
- Keep your heart rate in your Target Heart Range (THR) - an intensity level where your body can use oxygen to meet the energy demands
- Increase cardiovascular fitness, endurance, and heart health and can reduce body fat

**Anaerobic Exercise** uses glucose and glycogen to produce energy. Consists of activities that:

- Have high energy demands (high intensity) for a short period of time, such as sprinting and weight lifting
- Require more energy than oxygen can provide
- Build muscle and strength

**An activity is not strictly aerobic or anaerobic.** Think of it as a sliding scale of intensity - walking can become jogging and then turn into a sprint! As you go faster your body shifts from aerobic energy systems to anaerobic.

#### Effects of exercise on your body

Exercise causes many changes in your body - both immediately as you start your workout and over time with consistent exercise. These changes are seen:

- In heart and breathing rates
- Distribution of blood in the body
- An overall improvement in the efficiency of your heart, lungs, and muscles

#### Why These Changes Are Important

##### Aerobic fitness:

- Means we can do more activity for a longer time, more easily
- Helps reduce the risk of heart disease and diabetes

- Decreases body fat
- Aides in maintaining a healthy weight

#### Strength and resistance training:

- Slows the loss of muscle mass and strength we experience as we get older
- Helps maintain bone density and strength
- It doesn't need to be heavy weights. Low to moderate resistance training often does the trick

#### Both types of exercise:

- Improve overall stamina
- Increase insulin sensitivity (lower diabetes risk)
- Boosts mood and self-confidence
- Helps lower blood pressure

Remember the old saying "If you don't use it you **will** lose it!" A program that includes aerobic, strength/resistance, and flexibility exercise will help you "keep it" by making many important and beneficial gains in your fitness and health.

**It really is never too late to start exercising.  
And it can be done at ANY AGE!**

### Tech Corner: HealthyOut

When choosing what's for dinner, it can feel like you have to make a choice between eating out or eating healthy. But this app proves that you can do both!



- Put in your address
- Specify dietary restrictions, ingredients, cuisine, and even the type of dish you're looking for
- Then the app will offer restaurants in your area to choose from
- It even notes the healthiest food on the menu
- Free; iOS and Android. For more information go to: <https://mobile.healthyyout.com/>

## Berries be Very, Very, Good For You!

A 20 year long Harvard study, involving almost 94,000 young to middle-aged women, showed a link between a diet that included at least 3 servings of blueberries and strawberries per week and heart health benefits. In fact, they saw a 32 percent decrease in the risk of having a heart attack for these women!

**What's the secret?** It is believed anthocyanins – a type of flavonoids that is found in all kinds of berries (strawberries, blueberries, raspberries, blackberries, huckleberries), as well as other fruits and veggies that are blue, purple, and red in color – are the key. Anthocyanins are strong antioxidants.

Berries' benefits are not just limited to the heart. They also:

- Lower the risk for diabetes, decline in brain function, and Parkinson's disease
- Have anticancer properties
- Have a beneficial influence on inflammation in the body
- **In fact, berries have the highest level of antioxidants of all fresh fruits**
- And there are a whole host of other beneficial substances, besides flavonoids, to be found in these great tasting fruits

There are a lot of ways to up your berry intake! Here are some ideas:

- Toss a handful on your bowl of breakfast cereal
- Pack up washed berries in baggies for on-the-go snacks
- Put them on a salad for a fresh alternative to vegetables
- Use them in a smoothie



Interested to learn more about berries? Check out these links:

<http://www.todaysdietitian.com/newarchives/060113p16.shtml>

[http://berryhealth.fst.oregonstate.edu/health\\_healing/fact\\_sheets/](http://berryhealth.fst.oregonstate.edu/health_healing/fact_sheets/)

## Fit Tip: Building Your Balance

Balance is something we often take for granted. That is until we experience a bout of dizziness, lightheadedness, or actually fall. If you have new or worsening issues with balance, see your doctor to determine the cause. Many things can affect our balance such as:

- Loss of muscle mass and strength
- Changes in vision
- Side effect of medications
- Balance declines as we get older
- Changes in the part of the brain responsible for balance

Here are some drills you can add to your exercise routine to keep your balance at its best. The first rule is to be safe. When doing these drills, stand close to a counter or in a doorway so you can catch yourself if you become unsteady.



### Tandem Balance

- Think tight rope here
- Place heel of one foot directly in front of toes of other foot
- If too challenging either lengthen or widen your stance



### Single Leg Stance

- Raise one foot off the ground so all of your weight is being supported by the other leg and foot
- Avoid locking the knee and try to keep your weight evenly distributed over the big toe, little toe, and heel

### Tips:

- Start with 5-10 seconds and see if you can work up to 1 minute holds.
- Try to do several repetitions per side. Your muscles might get tired, but it should never cause pain.
- Too easy? Try adding movements like raising and lowering your arm and rotating your trunk to either side, standing on a pillow or folded yoga mat, or closing your eyes.
- Work on your balance while doing other tasks like brushing your teeth, washing dishes, or doing biceps curls.