



IOWA DEPARTMENT OF PUBLIC HEALTH'S

FRESH CONVERSATIONS

July 2019
Volume 6, Number 7

A Healthy Living Newsletter for Seniors

Summer Check-Up

It's July, and summer is in full swing. Can you believe six months have passed since we celebrated the New Year? Did you set a health goal for 2019? How's it going?

Health behavior experts suggest that you ask yourself this question: When New Year's Eve arrives next December, which change will I be most grateful I made? It's likely to be the one that made you the happiest.

Here are a few of their suggestions to help you tackle your health goals—no matter how big or small.

- **Think about changes that would make you the happiest and create an overarching “theme” rather than a specific activity.** For example, if you want to be more active or reduce stress—there are many ways to achieve those broad goals. Walking on the treadmill didn't work out so well? Don't abandon your goal. Try something else.
- **Small steps are important.** Celebrate every effort, no matter how small, and keep going. For example, if you want to walk every morning after breakfast, put your tennis shoes and socks by the kitchen door before you go to bed.
- **Look for changes that give an immediate payoff.** If you get immediate satisfaction from an activity, you're more likely to repeat it.
- **Pay attention to your environment.** People who demonstrate the most will power do not have superhuman self-control. They're often people who don't surround themselves with temptation.
- **Finally, be patient with change.** Rather than “break” bad habits, transform them into better ones. Do you eat a bowl of chocolate ice cream each night while you watch TV? Experiment and swap for healthier options until you find a winner.



Love apple pie but want a healthier option? Check out other healthy food swaps on page 2!

Adapted from Shain, S. “How to Crush Your Habits in the New Year with the Help of Science.” New York Times, December 31, 2018.

Run the Numbers to Lose Weight Safely

If you gained unwanted weight during the winter, summer may be a good time to shed a few pounds.

When you're active, your body uses more energy (calories). And when you burn more calories than you consume, you lose weight. Sounds simple but it's not. It's much easier to gain weight than to lose it.

To lose weight, most people need to lower the amount of calories they eat and increase their physical activity. Translation in numbers: to lose 1 pound a week, you need to lower overall calories by 500 calories every day.

Diet has a stronger effect on weight loss than physical activity does; physical activity, including exercise, has a stronger effect in preventing weight regain after weight loss. But both are important.

Caution: Seniors who lose weight by dieting alone, have an increased risk of losses in bone density and muscle mass. Adding aerobic and resistance training to a weight-loss program helps counter the loss of bone and muscle.

This following list shows the estimated number of calories burned while doing various activities for one hour for a female who weighs 160 pounds.

Note: Calories will vary widely depending on the intensity level and individual characteristics such as weight.¹



Staying active helps prevent weight gain. It can help build muscle and maintain bone density.

Food Swaps

Craving	Healthy swap
Chocolate cake	Small piece of dark chocolate (70% cocoa)
Sour cream	Greek yogurt
Sugar	Cinnamon (Try in coffee or oatmeal.)
Creamy dips	Salsa
White flour pasta	Whole wheat or lentil pasta
Nachos	Corn on the cob
Apple pie	Microwaved apple with cinnamon and a squirt of whipped cream
Cheese and crackers	Cheese and apple
Bagel	English muffin
Mayo	Mustard

Swap crackers for a crunchy apple.



Activity (1-hour duration)

Calories burned

Swimming	500
Hiking	435
Aerobics, water	402
Elliptical trainer, moderate effort	365
Dancing, aerobic casual	360
Bicycling, <10 mph, leisure	300
Housework	217
Walking moderate pace 3 mph	239
Walking brisk pace 4 mph	362

Benefits of Staying Hydrated



Love fizzy drinks? Try sparkling water with fruit for a cool refreshment.

You've heard it before but it's important to remind each other to stay hydrated in the summer heat.

Water makes up 60% of your body's weight. It depends on water to survive.

For example, water gets rid of wastes through urination, perspiration and bowel movements. It keeps your temperature normal, lubricates and

cushions joints, and protects sensitive tissues.

Dehydration is a very common cause of headache. In many cases, rehydrating can provide relief. Dehydration also can lead to dizziness and weakness, which increases your risk for falling.

How to Hydrate

To prevent dehydration and make sure your body has the fluids it needs, make water your beverage of choice. It's also a good idea to:

- Drink a glass of water or other low-calorie beverage with each meal and between each meal.
- Drink water before, during and after exercise.
- Drink water if you're feeling hungry. Thirst is often confused with hunger.

How much fluid do you need each day? There's not a simple answer. Generally, experts recommend 7 to 8 cups a day. This includes water and other beverages, except for alcohol. Drink more if it's hot or you're ill. ^{2 3}

Your fluid intake is probably adequate if you rarely feel thirsty and your urine is colorless or light yellow.



Testimonial

Richard stays healthy with daily exercise and new recipes from Fresh Conversations!

Going to the Northwest meal site in Des Moines provides **Richard Wilson** a chance to get out and visit with friends. Richard is happy knowing he is provided a balanced meal each day.

Cooking for one is challenging and tends to be repetitive. Richard likes to make oatmeal, anything with cabbage, and chili. He says the *Fresh Conversations* recipes give him new ideas and the information helps him think outside the box while preparing his favorites.

Exercise is important to Richard to keep his knees limber and his shoulders strong. He enjoys riding the exercise bike and doing arm workouts. Chair yoga is also a part of his workout routine.

Richard, you're a great example for others to try new things and keep moving!

Sources

¹ "Exercise for Weight Loss: Calories Burned in One Hour." Mayo Clinic. Retrieved May 1, 2019. <https://www.mayoclinic.org/healthy-lifestyle/weight-loss/in-depth/exercise/art-20050999>

² Kernisan, L. "Q&A: How to Prevent, Detect, & Treat Dehydration in Aging Adults." Better Health While Aging. Retrieved May 1, 2019. <https://betterhealthwhileaging.net/qa-how-to-prevent-diagnose-treat-dehydration-aging-adults/>

³ "How Much Water Should You Drink Everyday?" Mayo Clinic. Retrieved May 1, 2019. <https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>

⁴ White, D.A. "In Season: Apricots." Healthy Eats. Retrieved May 1, 2019. <https://www.foodnetwork.com/healthyeats/in-season/2009/06/in-season-apricots>

⁵ Utah State University, Cooperative Extension.

Recipe of the Month

Chili Lime Corn on the Cob



For this easy corn on the cob, cook the corn in the microwave and add zesty flavor with chili powder and lime juice.

Recipe makes four servings.

- 4 ears shucked corn
- 2 tablespoons butter (or olive oil)
- ½ teaspoon chili powder
- ½ teaspoon grated lime rind
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper

Place corn in a microwave-safe dish; cover dish with wax paper. Microwave at HIGH 7 minutes or until tender. Place butter in a small microwave-safe bowl. Microwave at HIGH 15 seconds or until butter melts. Stir in chili powder, lime rind, salt, and pepper. Brush butter mixture evenly over cooked corn.

Each serving contains: Calories 131, Calories from fat 47%, Fat 7g, Saturated fat 3.8g, Monosaturated fat 1.8g, Polysaturated fat 0.7g, Protein 3g, Carbohydrate 18.1g, Fiber 2.7g, Cholesterol 15mg, Iron 0.5mg, Sodium 209mg, Calcium 7mg.

Source: "Chili Lime Corn on the Cob." Oxmoor House. April 2009.

Take Action Corner

This month I will...

Don't Miss Out on Summer Harvest

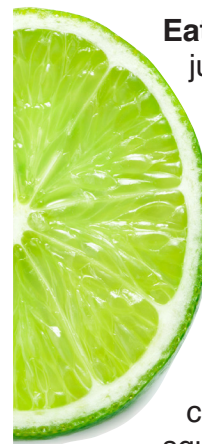
Availability: Stone fruits like apricots can be found in at supermarkets year round or at local farmers' markets in June and July.

Eating: One cup of fresh apricots has about 75 calories, 3 grams of fiber and plenty of vitamin A and beta-carotene, an antioxidant that's good for healthy eyes and skin. One cup of dried apricots has 313 calories, 9 grams of fiber and 35% more vitamin A than fresh. But a cup of dried apricots is a lot more than you would need for a snack—keep portions to about ¼ cup.



Selecting: Choose apricots that are bright orange and slightly soft. If they're not ripe when you bring them home, let them sit on the counter for a day or two. When ripe, store in the refrigerator and enjoy within a few days.⁴

Availability: Limes are available year round in most supermarkets, with peak season between June and August.



Eating: Like many citrus fruits both the juice and zest of the fruit can be used. Limes are used in many summer salads and grilling dishes. The taste of a lime is refreshing especially during a hot summer day.

Selecting: There are two types of limes. Tahitian limes are greenish yellow when fully mature. Key limes are smaller and have a higher acid content. A good juicy lime will be more squishy than hard. Limes should have a thin, glossy skin and be heavy for their size.

Storing: To yield more juice, store limes at room temperature and out of the sun for up to 1 week. Storing in direct sunlight will cause limes to shrivel and discolor. Limes may also be stored in the refrigerator for up to 4 weeks. Limes store better if placed in a plastic bag in the refrigerator.⁵