

# NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: JACQUELINE MURPHY

AUGUST 2021

## Dog Days of Summer



### INSIDE THIS ISSUE:

|                                    |   |
|------------------------------------|---|
| BENEFITS OF EXERCISE FROM THE MAYO | 2 |
| SILVER SNEAKER PROGRAM             | 3 |
| SOUR CREAM RASPBERRY PIE           |   |

Summer is in full swing! Now is a great time to take advantage of the beautiful upstate NY weather. We can't say that too many months of the year but August is one of them! Exercise can improve your health in a number of different ways. Not only can it help you physically, but exercise can also sharpen your mental acuity. By promoting blood flow, exercise can also improve brain function. And don't forget there are also "mind exercises", including logic puzzles, crossword puzzles, and even regular jigsaw puzzles. They can all help keep you sharp!

There are four main types of physical exercise: flexibility, balance, endurance, and strength. Trying to incorporate exercises that encompass all of these areas will maximize the benefits of physical activity.

Exercise doesn't need to be hard on the body to be effective. Even gentle exercises such as stretching or yoga can have benefits. Arthritis is often treated through physical therapy to alleviate the symptoms.

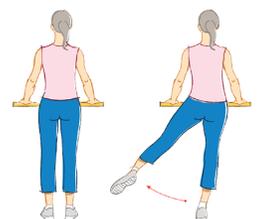
Exercise can help relieve stiffness, reduce pain and fatigue, and improve muscle and bone strength. The exercise program that is set up may include low impact aerobic activity (or endurance exercise), range of motion exercises (to promote flexibility), and strength training for muscle tone.

Swimming is a terrific form of exercise that is low impact on the body but has great aerobic and musculoskeletal benefits. There are a number of different programs available to promote exercise in the water. Some new programs include water aerobics, water jogging, and even water walking. Adding resistance, such as weights, will help you burn more calories and also strengthen your muscles more than working out with the natural resistance of water.



**Monthly Exercise:**  
*Side Leg Raise with Support*

1. Hold on to something for balance, like a chair or counter.
2. Stand on one leg and raise the other sideways, then hold for 5 seconds.
3. Lower your leg and repeat 5 times. Switch to other leg.



The Mayo Clinic recently published six benefits to regular exercise. These benefits include feeling better, having more energy, and possibly even living longer. Here are the benefits in more detail.

1. **Exercise controls weight.** Exercise can prevent excess weight gain or help to maintain a recent weight loss. The more intense the activity, the more calories you burn. Regular exercise does not have to involve setting aside large chunks of time to exercise. Simply incorporating physical activity into your daily routines (such as taking the stairs or parking in a distant parking space) can produce the benefits of exercise.
2. **Exercise combats health conditions and diseases.** If heart diseases or hypertension are health concerns, you should be aware that being active increases your HDL (or good cholesterol). Exercise also decreases your triglycerides. This combination keeps your blood flowing smoothly, which decreases your risk of cardiovascular disease. Regular physical activity can also decrease your risk of stroke, type II diabetes, depression, certain types of cancer, arthritis, and falls.
3. **Exercise improves mood.** Did you know that physical activity boosts brain chemicals that contribute to a sense of well being? These chemicals make you happier and more relaxed. When you exercise regularly, you may also feel better about your physical appearance, which can boost your mood and self esteem.
4. **Exercise boosts energy.** Regular physical activity also can improve your muscle strength and boost your endur-

ance. Exercise delivers oxygen and nutrients to your tissues and helps your entire cardiovascular system work more efficiently. When your heart and lungs work more efficiently, you have more energy to go about your day-to-day activities.

5. **Exercise promotes better sleep.** If you have a hard time falling asleep or staying asleep in the night, exercise may also help this. Exercise may deepen your sleep; however, don't exercise too close to bedtime. This may make you feel too energized to fall asleep quickly.

6. **Exercise can be fun.** Lastly, don't forget that regular exercise may be an activity that you find you enjoy. It offers you a chance to relax and unwind and possibly a chance to enjoy the outdoors. Physical activity can also provide an outlet to connect with family or friends. Take a dance class with a friend, or set off for a relaxing hike with your family. Find a physical activity you enjoy, and if it becomes boring, try something new to keep the spark alive.

As a general rule, try to aim for 30 minutes a day to start. Remember to check with your physician to be sure that you are healthy enough for regular physical activity.



Silver Sneakers is a popular program that is available to senior citizens through Medicare. Silver Sneakers was an added bonus to many of the Medicare Advantage plans to entice seniors into joining the plan. Silver Sneakers is basically a gym membership in participating clubs throughout the country. According to the Silver Sneakers website, here are some of the features offered:

- ◆ Depending on the location, you may have access to a pool, sauna, exercise equipment, and even exercise classes
- ◆ Customized classes for seniors that focus on building strength and flexibility
- ◆ A trained advisor at the center that will introduce you to Silver Sneakers and its benefits
- ◆ Educational seminars that focus on seniors' needs
- ◆ Online support offered to members to help you lose weight, stop smoking, and reduce stress

Silver Sneakers also offers access to a secure online community through HealthwaysFIT.com. This website offers a comprehensive wellness resource with access to the following:

- ◆ Nutrition, fitness, and health improvement plans
- ◆ Health related articles and recipes
- ◆ Virtual exercise video demonstrations
- ◆ Advice from experts in exercise, nutrition and life skills, and more

Of course, Silver Sneaker programs isn't the only way to incorporate physical activity into your daily life. Here are some other ways to add some activity into your pre-existing routines!

- \* Pass by the drive thru window at the bank and walk inside

- \* Stroll the halls while waiting for your doctor's appointment
- \* Walk your grandchildren to school
- \* Walk to a nearby store or the post office to accomplish your errands
- \* Walk to church for services
- \* Walk to a friend's house for a visit
- \* Focus on walking distance over speed; it's better to get in more steps at a comfortable pace than to burn out too quickly
- \* Walk around the campus of a nearby college
- \* Explore nature by keeping a field guide handy while walking
- \* Stroll around the field while watching your grandchildren's sporting events
- \* Don't forget household activities, including scrubbing the floors or vacuuming

Lastly, don't underestimate the benefits that physical activity offers to your mental health. Exercise plays a key role in decreasing the severity of symptoms in both depression and anxiety.



Did you know that raspberries have their own day of honor in August? This month I thought it would be fun to focus on recipes that use this delicious fruit!

**Sour Cream Raspberry Pie**

- 1 (9 inch) pie shell
- 3 cups raspberries
- 3/4 cup white sugar
- 2 cups sour cream
- 1/2 tsp vanilla extract
- 2 tbs fresh bread crumbs
- 2 tsp white sugar
- 2 tsp butter, melted

In a bowl, combine 3/4 cup sugar and flour. Whisk in sour cream and vanilla. Arrange raspberries evenly in the pie shell. Spread sour cream mixture over berries.

Combine bread crumbs, 2 tsp sugar, and melted butter. Sprinkle over pie.

Bake at 400 degrees for 30 to 40 minutes, or until pastry and filling are golden. Cool on rack. Serve same day at room temperature.

**Raspberry Tiramisu Trifle**

- 1/4 cup white sugar, divided
- 1 tbs lemon juice
- 1 tsp water
- 1 (8 ounce) container mascarpone cheese
- 3 eggs, separated
- 1 (3 ounce) package ladyfingers
- 2 cups crushed ripe raspberries
- 20 fresh raspberries

Combine 1tbs sugar, lemon juice, and water in a bowl. Combine mascarpone, egg yolks, and 3 tbs sugar in a large bowl; beat with an electric mixer until smooth and creamy.

Beat egg whites in a bowl until stiff peaks form. Carefully fold under mascarpone cream. Dip 2/3 of the ladyfingers in the lemon juice mixture. Layer the ladyfingers dipped side up and dry side down in a rectangular serving dish. Add a layer of half of the crushed raspberries, followed by half the mascarpone cream. Add another layer.

Garnish with whole raspberries.



**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

**HERKIMER COUNTY  
OFFICE FOR THE AGING**

109 Mary St., Herkimer, NY 13350  
 Phone: 315-867-1121  
 Fax: 315-867-1448  
 Email: [hcofa@herkimercounty.org](mailto:hcofa@herkimercounty.org)  
 Web: [www.herkimercounty.org](http://www.herkimercounty.org); then 'departments' then 'Office for the Aging'

Funding for this newsletter is from the NYS Office for the Aging & Herkimer County