

# HEART-BEAT

A newsletter from [heartyparty.com](http://heartyparty.com)

Winter Edition, 2004

Promoting physical activity, healthy eating and a smoke-free environment

## Resolve to get healthy in 2004

The mere thought of regular exercise leaves many Canadians weary. That's because many people assume that exercise means running five miles a day, or investing four or five hours a week at a gym. Studies have shown, however, that even a moderate amount of regular exercise can strengthen your heart and benefit other organs in your body.

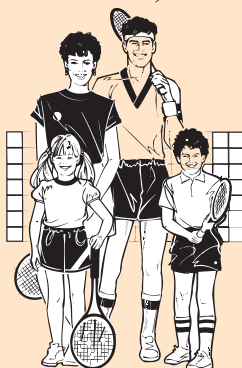


Regular exercise could mean something as simple as taking a brisk walk just three times a week, or playing a group sport such as volleyball.

The benefits of regular exercise are documented in many scientific studies. For instance, regular aerobic exercise reduces one's risk of colon and breast cancer, diabetes and stroke. It also strengthens bones, boosts immune systems and has been linked to alleviating depression.

One of the unfortunate side effects of leading a sedentary lifestyle is the incidence of diabetes in adults and younger people. Diabetes can lead to blindness, kidney failure and permanent nerve damage. Researchers believe that regular exercise helps to prevent this debilitating disease.

It's never too late to start some form of regular exercise program. If you don't enjoy exercising alone, find a partner. Exercising with someone can be a lot more fun, and can help to keep you motivated.



York Region Heart Health Program

## Turn off the Screens Week

The York Region Health Services Department and York Region Physical Activity Network are coordinating York Region's inaugural **Turn Off The Screens Week** from April 19<sup>th</sup> to 23<sup>rd</sup>, 2004. Students and their families are encouraged to turn off their televisions, video games and computers for five days, except for use with homework. The primary goal of Turn Off The Screens Week is to increase the activity level of children, youth and their families.



To achieve this goal, the York Region Physical Activity Network would like to increase awareness of physical activity programs and resources available to families in the community, particularly during the week of the challenge, starting Monday April 19<sup>th</sup>.

Make sure that your school is involved. The registration deadline is March 5, 2004. For more information, please call Health Connection at 1-800-361-5653.

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# NUTRITION & WELLNESS

## How can you get your kids moving?

Plan family activities that provide exercise and enjoyment for everyone. Make it social by inviting friends and neighbours.

Start with activities your children like the most, even if the activities don't require a lot of energy (like bowling). Then gradually introduce higher energy activities.

Get your children involved early in lifelong skills such as swimming, skating, dancing, hockey, soccer, cycling, baseball, tennis or martial arts.

Provide toys that promote physical activity such as balls, skipping ropes, bikes, scooters, skateboards or in-line skates.

Offer a wide choice of activities beyond organized sports, such as washing the car, walking the dog, shovelling the driveway, gardening, raking leaves, vacuuming the carpet or sweeping the garage.

Set limits on the time your children spend watching television, playing video games or being online to less than 2 hours a day.

Encourage your children to participate in team sports at school. Focus on the social 'fun' aspects of team sports and less on winning.

Make physical activity a normal, pleasurable part of daily life, rather than a separate event that you always have to schedule.

Source: 'Promoting a Healthy Weight in Children,' co-produced by York Region and Heartyparty.com.

## Carrot and Coriander Soup

Be sure to use tender young carrots when making this sweet, flavorful soup. Fresh coriander, also called cilantro, adds a special extra flavor; it's available at most Asian food stores and many fruit and vegetable stores that sell fresh herbs. Coriander seeds can easily be ground in a coffee or spice grinder.

Makes 6 servings, 3/4 cup/175 ml each.

- 1 onion, chopped
- 1 lb (500 g) young carrots, scraped and sliced
- 1 ½ tsp (7 mL) ground coriander
- 3 ½ cups (875 mL) chicken stock
- 1/4 cup (50 mL) chopped fresh coriander leaves or parsley
- Freshly ground pepper
- Yogurt or sour cream, sunflower seeds, coriander leaves or parsley for garnish



### DIRECTIONS

- 1) In saucepan, combine onion, carrots, ground coriander, and chicken stock; cover and simmer until vegetables are tender, 15 to 20 minutes.
- 2) In food processor or blender, purée mixture until smooth. Stir in fresh coriander. Add pepper to taste. (At this point, soup may be refrigerated for up to 3 days.) Serve hot or cold.
- 3) Garnish each serving with spoonful of yogurt or sour cream, a sprinkling of sunflower seeds and chopped fresh coriander leaves or parsley.

**Microwave Method:** In microwave-safe dish, combine onion, carrots, ground coriander, and 2 tbsp/25 mL chicken stock. Cover and microwave at high (100%) power for 8 to 12 minutes or until carrots are tender. (Time will vary depending on thickness of slices and age of carrots.)

In food processor or blender, purée mixture until smooth. Stir in fresh coriander and remaining chicken stock; season with salt and pepper to taste. Reheat or refrigerate until cold.

### Tip

Instead of using salt to add flavor to soups, use onion or celery, herbs (thyme, rosemary, oregano, chives, parsley) lemon juice, a pinch of sugar, pepper, nutmeg or garlic. Also use more of the vegetable itself; i.e., if you are making carrot soup, add extra carrots

### Nutritional Information Per Serving

Calories 63 / Fat 3 g / Saturated fat trace / Cholesterol 0 mg / Sodium 41 mg / Potassium 345 mg / Carbohydrate 8 g / Fiber 3 g / Protein 2 g / 9% Vitamin A • 15% Vitamin C / 4% Calcium • 11% Iron / 6% Thiamine / 10% Riboflavin / 9% Niacin / 4% Vitamin B-6 / 15% Folate / 0% Vitamin B-12 / 6% Zinc

Source: Recipe from *The New Lighthearted Cookbook* by Anne Lindsay with the Heart and Stroke Foundation of Canada, published by Key Porter and supported by an educational grant from BeceI.

Visit our web site at [heartyparty.com](http://heartyparty.com) for information on:

Heart Health

Stress Management

Physical Activity

Healthy Eating

Smoke-Free Living

Community Events

## Winter Exercise Survival Tips

**Y**es, it's winter again, but that's no reason to hibernate. Many activities can still be enjoyed indoors, and many new outdoor activities can begin. Whether you exercise indoors or outdoors, there are some tips that can make the activity safer and more enjoyable. Let's take a look:

### Indoors

- Open a window and/or use a fan to stay cool
- Use a tv or radio to inspire or help pass the time
- Stay hydrated a big gulp of water every 15 minutes is a good start
- Keep your goal(s) in mind when enthusiasm drops
- Participate in an activity you enjoy
- Join a league or use the "buddy system"

### Outdoors

- Increase your warm-up as the temperature drops
- Dress in layers, including a hat
- Be cautious when temperature drops below -10C
- Decrease intensity/pace as the temperature drops
- Stay hydrated

Keep these simple tips in mind as you work towards your fitness goal(s) this winter. When spring comes around you will be reaping the rewards. Just remember though, snow shovelling can be very intense exercise!!

Happy Trails.

*Article provided by Dave Kiernan B.Sc.Hons. Kinesiology, Cardiac Rehabilitation, Southlake Regional Health Centre*

## Healthy Measures



Be active • Eat well • Be yourself

**H**ealthy Measures represents a fresh approach for health professionals to use in promoting consistent healthy weights messaging throughout Ontario. It is targeted to women 25-45 years of age as the food and nutrition gatekeepers of many households. The program was developed by the Nutrition Resource Centre of the Ontario Public Health Association, in collaboration with Toronto Public Health and Cancer Care Ontario. The Ontario Women's Health Council provided development funding. Visit their website: [www.healthy Measures.ca](http://www.healthy Measures.ca).

## Snow shovelling SAFELY

**T**he Canadian Physiotherapy Association offers the following tips to reduce strain when shovelling snow this winter.

Choose a shovel that's right for you. A shovel with an appropriate length handle is correct when you can slightly bend your knees, flex your back 10 degrees or less, and hold the shovel comfortably in your hands at the start of the shovel stroke.

When you grip the shovel, make sure your hands are at least 12 inches apart. This will increase your leverage and reduce strain on your body.

Wait until the afternoon to shovel. Many disc problems occur in the morning when there is increased fluid pressure in the disc because the body has been at rest all night.

Lift the snow properly. Squat with your legs apart, knees bent and back straight. Lift your legs. Do not bend at the waist.

Step in the direction in which you are throwing the snow. This will help prevent the low back from twisting.

Tackle heavy snow in two stages. Begin by skimming off the snow from the top and then remove the bottom layer.

Take frequent breaks when shovelling. Stand up straight and walk around periodically to extend the lower back.

Dress warmly and make sure that your lower back is well covered. If your spine is exposed to the cold, your muscles can seize up and result in back pain.

If you have a health problem or are not in good shape, do not even consider snow shovelling.

*Source: [www.activeontario.org/activities](http://www.activeontario.org/activities)*

**The Canadian Cancer Society Smoker' Helpline offers a free, confidential, one-one-one service for smokers. You can speak to a trained quit specialist at 1-877-513-5333.**

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## Turning onto a healthy lifestyle

### Know It

It is recommended that Canadians consume 30% or fewer of their calories from fat sources in their diet. On average, the Canadian diet contains 38% of calories from fat.

Canadians list barriers to healthy eating as:

- 25% don't know how to create a healthy meal
- 23% lack the time
- 20% find healthy eating hard to stick with.



### Do It

Reduce the fat! Try using less butter, margarine, and oils while cooking. Use lower fat cooking methods.

Reach for 5 to 10 servings of fruits and vegetables daily!

Choose dark green and orange fruits and vegetables more often.

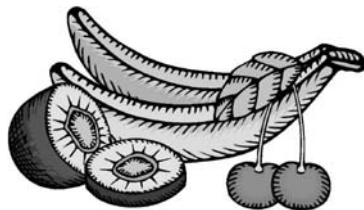
Focus on fibre! Whole grains and legumes are tasty and a great source of dietary fibre. Add dried peas, beans or lentils as a low fat, high fibre alternative to meat.

Check out:

[www.heartandstroke.ca](http://www.heartandstroke.ca)

[www.dieticians.ca](http://www.dieticians.ca)

[www.canadian-health-network.ca](http://www.canadian-health-network.ca)



### DID YOU KNOW?

When we think of a great source of vitamin C, oranges come to mind. In fact, the kiwi reins supreme, boasting 285 mg. of vitamin C, while a medium-sized orange contains only 66 mg.

A three ounce serving of chicken (light meat, no skin) contains approximately 1 gram of saturated fat and 66 mg. of cholesterol. Dark meat, no skin rates higher with 2.1 grams of saturated fat and 75 mg. of cholesterol. Our request "white meat please" is the healthier choice.

## Get involved!

Get your organization to join the **York Region Walking Program**. For your involvement in this exciting program, you will improve your health and receive fabulous prizes. Just walk a minimum of 15 or 30 minutes per day for a total of 90 minutes per week. After the first month, you'll receive a free **CLOTH BAG**. After the second month, you'll receive a free **COLLAPSIBLE WATER BOTTLE**. After the third month, you'll receive a free **TOTE HEART**. For more information, please contact Nicky Rauzon-Wright at 905-727-0022, ext. 3597.

## Don't let age prevent you from leading an active life

Maintaining physical and mental fitness after retirement is a challenge faced by many Canadians. Studies have shown that prolonged inactivity can be linked to numerous ailments, including a decline in bone and muscle strength, heart disease, depression and other ailments.

A regular exercise program increases strength, stamina, and energy. It also improves respiratory and cardiovascular health. Here are a few suggestions for staying healthy well into your golden years:



- Build physical activity into your daily life
- Walk regularly (start slowly with easy stretching)
- Take the stairs instead of the elevator
- Take dance lessons (invite friends and neighbours to share in the fun)
- Join a yoga class
- Take up a new sport (archery, bowling, swimming)

It's important to consult your physician before starting any type of new exercise routine. For a free copy of Physical Activity Guide for Older Adults, call 1-888-334-9769 or visit [www.hc-sc.gc.ca/hppb/pageguide/onlineorder.html](http://www.hc-sc.gc.ca/hppb/pageguide/onlineorder.html).



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