

Pisgah Valley Wellness Center Newsletter

Newsletter Greeting

Greetings,

Question: How would you like your muscles to look? If you say the word “toned” then this article is for you. So many times people come in to be given a wellness center orientation and pat their abdominal area and say, “I want to get rid of this belly so show me where the abs machine is.”

What I want you to know is that our bodies don’t simply tone in specific muscle groups. If you are going to burn fat in the abdominal area then you are going to burn fat in all parts of the body. So if you want to lose that belly, it would benefit you to work your entire body –arms, legs, and core section.

Think about it—you don’t see people walking around with defined arm muscles and everything else is sagging. Chances are that person is defined in all areas of the body and not just the arms.

So here’s my advice: use as many strength training machines as you can for a quality, full body workout every week. How you structure the workout each day is up to you. Some folks prefer a full body workout three days a week with a rest day in between. Some prefer focusing on specific body areas certain days of the week. For instance, upper body strengthening on Mondays, lower body strengthening on Tuesdays, core strengthening on Wednesdays and so forth.

If you need recommendations, the staff in the Wellness Center are always here to help you.

Show your whole body some love consistently (results don’t show over night) then your body will love you back in many ways - you’ll feel stronger, look more toned and your emotional well-being will improve as well! Finally, remember it’s not all about movement, make sure you focus on a healthy, balanced diet. Food has a great impact on mental and physical improvement.

Special points of interest:

- The Wellness Center will be closed Labor Day, September 4th.
- **Reminder: Please rinse off before entering the pool. Thank you!**
- Tai Ji is now offered on Wednesday & Friday 9:45-10:45am. Every 3rd and last Friday of the month we will meet in the Villa-Activity Room. All other Tai Ji classes will remain in the Community Center.

Inside this issue:

- Nature’s Cleaning Supplies **2**
- What you can...When you can **2**
- Should I Change Up My Workout Routine? **3**
- Standing Hay Baler **3**
- Fall Proofing Your Home **4**
- The Power of Humor **5**

Tomato Ricotta Phyllo Tart

Ingredients:

- 1 roll (about 21 sheets) Fillo Dough
- ¼ cup olive oil
- 1¼ cups ricotta cheese
- 1 tablespoon chopped fresh basil
- 1 tablespoon chopped fresh chives
- ½ teaspoon lemon zest
- Salt and pepper, to taste
- 1½ to 2 lbs tomatoes, sliced to ¼-inch thickness

with more salt and pepper. Bake 30 minutes until dough is golden brown and flaky.

Cool tart slightly; top with more chopped basil and chives and salt and pepper, if desired. Serve warm or at room temperature.

Directions:

Heat oven to 400 degrees F. Line a rimmed baking sheet with parchment paper.

1. Lay 1 sheet of fillo dough on parchment paper. Brush lightly with olive oil. Top with another sheet of fillo dough; brush lightly with oil. Repeat until all fillo dough sheets are stacked.
2. In a medium bowl, stir together ricotta cheese, basil, chives, lemon zest and salt and pepper to taste until well combined. Spread evenly on top of fillo dough, leaving a 1-inch border along edges.
3. Top with sliced or halved tomatoes. Sprinkle



Nature's Cleaning Supplies

Nature provides simple, effective materials that clean and disinfect naturally, leaving your home clean and safe. Just open up your cupboards—these simple, nontoxic items can handle much of your household cleaning.

Lemons: Lemons are natural disinfectants because of their antibacterial properties. For many, the refreshing citrus smell exemplifies cleanliness.

Odors and bacteria can build up over time in your garbage disposal. Place a whole lemon in your garbage disposal and turn it on for a quick, easy way to clean this hard-to-reach area (chop it into chunks if your disposal has trouble processing large items).

Salt: Good old-fashioned table salt can be used as an abrasive cleaner.

Salt works well on pots and pans with caked-on food. Soak pots and pans with 3 tablespoons of salt in a couple inches of water. The mess should come off with ease. Scrubbing cast iron pans with salt cleans the pan without removing the seasoned finish.

Vinegar: Powerful and economical, distilled white vinegar is one of nature's most versatile cleaners. Its odor can be overwhelming, but the smell dissipates as it dries. If you find the smell is too pungent, try adding lemon juice to neutralize it.

The microwave often becomes a haven for strong smells and hard-to-remove food. Here's an easy trick: Mix 1/2 cup distilled white vinegar and 1/2 cup water in a microwave-safe bowl and bring the solution to a rolling boil in the microwave. Odors will dissolve, and baked-on food will loosen for easy removal with a damp cloth.

Baking Soda: Baking soda is a staple in many refrigerators because it helps absorb odors, but it can also dissolve dirt and grease in water. Like vinegar, baking soda has a wide variety of uses.

Baking soda's mild coarseness is similar to common abrasive cleaners. When mixed with water, baking soda turns into a scouring paste you can use to remove substances from tubs, sinks, countertops and dishes. Mix 1 part water with 3 parts baking soda to scrub away unwanted stains and messes.

Adding 1/2 cup baking soda to your laundry will help remove dirt and grease.

Source: <http://www.motherearthliving.com/homemade-cleaners/a-fresh-start-natural-spring-cleaning>



What You Can...When You Can

Here are simple ways to work exercise into your day even when you are short on time:

- When you go out to pick up the morning paper, take a brisk 5-minute walk up the street in one direction and back in the other.
- Turn on the TV music channel or stereo and dance for a few songs!
- Walk around medical buildings if you have a long wait for a doctor's appointment (ask the receptionist for an estimated wait time).
- Get moving at the grocery store. Walking up and down the aisles, pushing a cart, and reaching high and low for items on the shelves all work and stretch your muscles. Try these extras: 1. Work in some extra laps around the store. 2. Focus on your balance while waiting in the checkout lane, taking turns standing on one foot.

Should I Change Up My Workout Routine?



To change or not to change...that is the question.

The answer - change can be a good thing. In fact, varying your exercise routine can have a number of benefits, including preventing boredom and avoiding plateau.

Tired of the same ol' same ol'?

You're not alone. Many people find that doing the same workouts over and over becomes monotonous, and as a result they may begin to lose their desire to continue to exercise on a regular basis. Research has shown however that adding variety to an exercise program can help to improve adherence. Exercise scientists at the University of Florida observed that individuals who modified their workouts every two weeks over an eight-week period appeared to enjoy their workouts more, and were more inclined to stick with their exercise programs when compared to individuals who followed the same workout regimens week after week.

So what's in it for me?

Aside from alleviating boredom, varying your exercise routine can also help you stay physically challenged. Many of the body's physiological systems (e.g., the muscular systems) adapt to an exercise program within approximately six to eight weeks. Failure to modify your exercise routine will cause you to reach a plateau, as your body will have adapted to the repetitive training stimulus.

I want to change, but I don't know how.

You can spice up your current workout routine by boosting the intensity of your workouts. For instance, incorporating some intervals. (e.g., adding speed, change in resistance level, adding hill work.) You can also cross train and perform different activities to provide your body with a new challenge. A nice alternative for resistance-training exercises involves changing the sequence in which you perform the training exercises. By fatiguing the muscles in a new order or pattern, you are requiring them to adapt to a new training stimulus. Another option for adding variety to strength-training workouts is to replace some or all of the exercises in your workout routine.

What if change isn't for me?

While there are many benefits to varying your exercise routine, keep in mind that doing the exact same workout, day after day is not necessarily a bad thing. Some people enjoy a predictable, consistent routine, and they don't mind the possibility of experiencing a training plateau as they are content to maintain their health and fitness levels with a comfortable exercise habit.

Remember that by varying exercise routines, you will not only stay physically challenged, but mentally stimulated as well.

Source: <https://www.acefitness.org/acefit/healthy-living-article/60/33/should-i-change-up-my-workout-routine/>

Standing Hay Baler Muscles Targeted: Abdominals

Standing with legs about hip-width apart, step one foot forward flat on the ground and the other leg back behind the body on the ball of the foot. Hold the medicine ball in both hands near the hip of the leg that is behind. Twist through the chest and shoulders to bring the ball across the body and over the opposite shoulder, keeping both arms straight for the whole movement. When finished with one side, switch to the other side.

Source: <https://www.acefitness.org/acefit/exercise-library-details/1/105/>

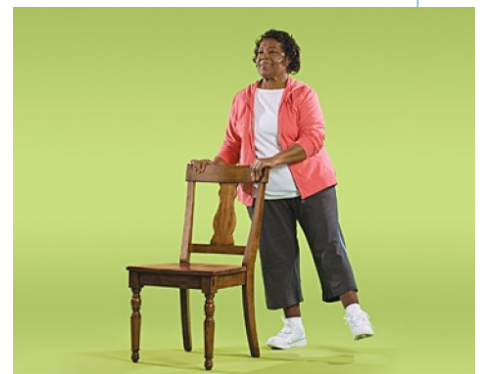
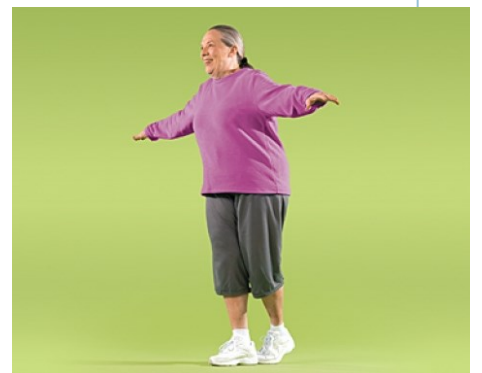


Fall Proofing Your Home

Six out of every 10 falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. Many of these falls could be prevented by making simple changes. Check out the following tips to help you reduce your risk of falling:

- Remove anything that could cause you to trip or slip while walking. Clutter, small furniture, pet bowls, electrical or phone cords, and throw rugs can cause falls.
- Arrange furniture so you have plenty of room to walk freely. Also, remove items from stairs and hallways.
- Secure carpets to the floor and stairs. Use non-slip rugs, or attach rugs to the floor with double-sided tape.
- Avoid wet floors, and clean up spills right away. Use only non-skid wax on your waxed floors.
- Use non-slip items in the bathroom. Put non-slip strips or a rubber mat on the floor of your bathtub or shower.
- Make sure you have enough lighting in each room, on stairs, at entrances, and on outdoor walkways. Use light bulbs that have the highest wattage recommended for the fixture.
- Use the handrails on your stairs. When you carry something up or down the stairs, hold the item in one hand and use the handrail with the other.
- Place a lamp next to your bed along with night lights in the bathroom, hallways, and kitchen. Keep a flashlight by your bed in case the power goes out and you need to get up at night.
- Stay physically active. Lower-body strength and balance exercises can help prevent falls.

Source: National Institute on Aging www.nia.nih.gov/Go4Life



The Power of Humor

Stress less! Similar to exercise, laughter suppresses the release of stress hormones and boosts levels of the feel-good brain chemical endorphin. Similar to your home's thermostat, you can reset your stress levels by making time for more humor

Laugh More! Make a "Humor First Aid Kit" with things you think are funny, whether it is a book of comics, a hilarious family photo or a chuckle inducing greeting card. Take a break whenever you need to cut the tension.

<https://member.uhcmedicaresolutions.com/Individual/renew-magazine/>