



# SHOREHAVEN STRENGTH & FITNESS

Newsletter

Fall 2018

## Frequently Asked Questions

**Q: Do you have to be a member to participate in classes?**

A: Classes and membership are separate so you do not have to be a member to participate in classes.

**Q: How often should you do strengthening exercises?**

A: You should complete resistance exercises 2 to 3 days a week. You should also give your body recovery time to reduce the risk of muscle injury.

**Q: How often should you complete flexibility exercises?**

A: You can complete flexibility exercises every day of the week. When doing stretches hold each position for 30 to 60 seconds to the point it feels slightly uncomfortable but not painful.

**Q: How often should you do cardiorespiratory exercises?**

A: For moderate exercise you should exercise 5-7 days a week for 30-60 minutes a day. For vigorous exercise you should exercise 3-5 days a week for 20-60 minutes a day.

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*“Shorehaven has always been passionate about senior care and the next logical step was to invest further in the health and wellness of seniors in our community.”*

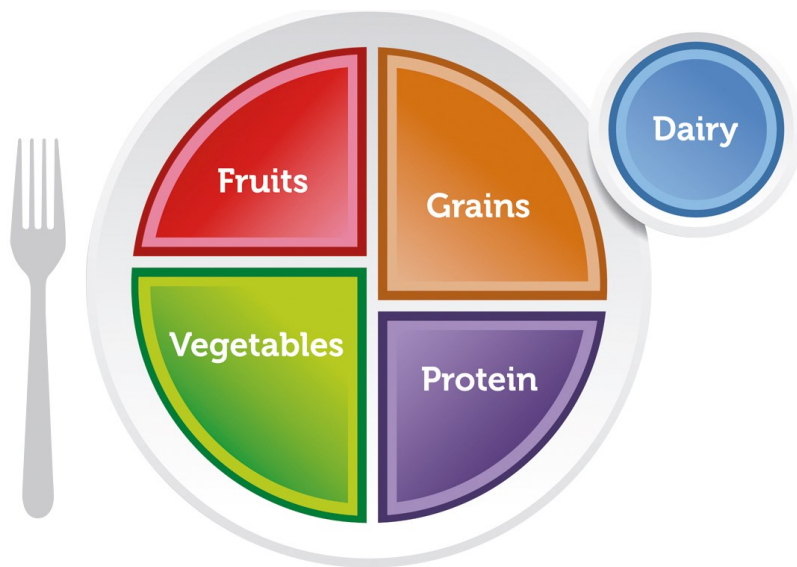
*- Dale Dahlke, CEO*

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## In This Issue

- MyPlate
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## MyPlate

The MyPlate program was created by the USDA, or the United States Department of Agriculture. The plate was introduced along with an update of USDA food patterns in 2010. They changed the shape from the previous pyramid to a plate to make it more accessible to consumers.

### Fruits

- Two cups a day /two fist sized portions a day
  - One Serving = one medium fruit, 1/4 cup dried fruit, 1/2 cup fruit juice

### Vegetables

- Three cups a day/three fist sized portions a day
  - One Serving = 1/2 cup vegetable juice, 1/2 cup cooked green or orange vegetables

### Grains

- Seven ounces a day/around two cupped hand sized portions a day
  - One Serving = 1 slice whole grain bread, 1/2 cup cooked hot cereal, 1/2 cup pasta/brown rice/cook grain

### Protein

- Six ounces a day/two palm sized portions a day
  - One Serving = 3 ounces chicken or lean beef, 1/2 cup cooked beans or legumes

### Dairy

- Three cups a day/three fist sized portions a day
  - One Serving = 1 cup fat-free or low-fat milk, 1 cup fat-free or low-fat yogurt, 1.5 ounce fat-free or low-fat cheese

**FIST**  
(OR TENNIS BALL)



1 cup

**THUMB**  
(OR LIP BALM)



1 ounce meat  
or cheese

**PALM**  
(OR DECK OF CARDS)



3 ounces of Meat

**FINGERTIP**



1 teaspoon

## \*Footnote

The footnote is located at the bottom of a nutrition label that states; %DVs are based on a 2,000 calorie diet.

This statement must be on all food labels.

① **Start Here** →

② **Check Calories**

③ **Limit these Nutrients**

④ **Get Enough of these Nutrients**

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings Per Container 2			
Amount Per Serving			
Calories 250		Calories from Fat 110	
			% Daily Value*
Total Fat 12g			18%
Saturated Fat 3g			15%
Trans Fat 3g			
Cholesterol 30mg			10%
Sodium 470mg			20%
Total Carbohydrate 31g			10%
Dietary Fiber 0g			0%
Sugars 5g			
Protein 5g			
Vitamin A			4%
Vitamin C			2%
Calcium			20%
Iron			4%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

⑥ **Quick Guide to % DV**

• **5% or less is Low**

• **20% or more is High**

## Reading a Food Label

### 1. Start with serving information

This will tell you the size of a single serving and how many servings are in the package.

### 2. Check total calories.

Do the math to know how many calories you're really getting if you eat the whole package.

### 2. Limit certain nutrients

Compare labels and choose options with lower amounts of added sugars, sodium, saturated fat and trans fat when possible.

### 3. Get enough of beneficial nutrients

Eat foods with nutrients your body needs like calcium, choline, dietary fiber, iron, magnesium, potassium, and Vitamins A, C, D, and E.

### 4. % Daily Value

- The % Daily Value (DV) tells you the percentage of each nutrient in a single serving in terms of the daily recommended amount.
- To consume less of a nutrient (such as saturated fat or sodium), choose foods with a lower % DV (5% or less)
- To consume more of a nutrient (such as fiber), choose foods with a higher % DV —20% or more
- To consume more of a nutrient (such as fiber or potassium), choose foods with a higher % DV (20% or more).

# Healthy Recipe: Egg and Cheese Wrap

Calories: 210 per serving, Sodium: 272mg, Protein: 15g

## Ingredients:

- 1 fat-free whole-wheat flour tortilla
- 1/4 ripe avocado
- 2 tbsp. tomatoes (diced)
- 1 large egg white (scrambled)
- 1 oz swiss cheese (low-fat)
- Freshly-ground pepper (to taste)

## Steps:

- Add diced tomato and cook for 1 minute
- Add egg white to the skillet and cook, stirring, until cooked through, 3/4 minutes. Season with black pepper
- Fold tortilla burrito style and slice in half
- Heat nonstick skillet over medium-high heat.
- Spread avocado in center of tortilla. Place egg mixture on top of avocado and sprinkle with cheese

## Contact Us

Give us a call for more information about membership opportunities and classes offered.

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