

LIFESTYLE



Lifestyle TIPS® is a service of your EAP Provider:

Resource Management Services, Inc.

1-800-333-2095

Your Employee Assistance Provider

Timely Information for Personal Success

Toward a Better, Healthier Retirement

By **Tim Lencki**

Part of the prescription for a better, healthier retirement involves getting active. Regular exercise has been proven to offset declines in health and fitness as we age. The medical benefits associated with exercise are well documented. But did you know that regular exercise also:

- Reduces stress;
- Build stronger bones;
- Improves balance, strength, and flexibility;
- Increases energy;
- Enhances sleep; and
- Helps manage lower back pain and arthritis, to name a few.

A good exercise program for older adults includes aerobic activity, muscular conditioning, and stretching exercises to promote good posture. The best aerobic activities for older adults are non-jarring ones such as walking, swimming, cycling or a low-impact aerobics class.

However, muscular conditioning is an important component of exercise that many people choose *not* to participate in. If you haven't been doing this type of exercise, begin with some gentle resistance such as light hand



weights or rubber exercise tubing. As your conditioning improves you may increase the resistance or utilize variable resistance weight machines. Heavy resistance is not recommended for older adults. It's best to consult with a personal trainer to develop a routine that's right for you.

Stretching on a regular basis is important in order to complete a good exercise program. Follow some stretching charts, take a yoga class, or talk with a personal trainer who can make some suggestions.

Other things to keep in mind before starting an exercise program include: start slowly and gradually progress in effort, find a friend or family member to keep you motivated, and finally — reward yourself for a job well done. The bottom line is to **KEEP MOVING!** ♦

Tim Lencki is a strength and conditioning specialist, and author of "Fitness One Day at a Time." Visit his website at www.thefitnesseducator.com.

Tips for a Healthy Heart

February is American Heart Month, and an ideal time to share some tips to living a heart friendly lifestyle.

Heart disease is the leading cause of death in the U.S. and a major cause of disability. Nearly 700,000 people die of heart disease in the U.S. each year, or about 29% of all deaths. While family history is a risk factor you can't control, you *do* have control over many factors. Consider:

Follow a Heart Healthy Diet

- ✓ Limit intake of trans fats and hydrogenated oils found in margarine, fast food, and fried food.
- ✓ Limit refined sugar intake from cakes, cookies, and candy.
- ✓ Use extra virgin olive oil in cooking — it can reduce cholesterol.
- ✓ Add Omega 3 fatty acids to your diet — the best source is fish oil.

Exercise Regularly

- ✓ Try to exercise 3-4 times each week.
- ✓ Include cardiovascular, strength, and flexibility train-

continued on Page 2



CLIP-N-SAVE!

www.foodfit.com

Healthy Recipe: Grilled Turkey Cutlets, Raspberry-Lime Glaze

INGREDIENTS:

- 4 turkey cutlets, 4 to 6 oz. each
- 1 tablespoon olive oil
- 2 tablespoons red wine vinegar
- 2 tablespoons sugar
- 1/2 cup raspberry jam or preserves
- 1 teaspoon lime zest
- Salt and white pepper to taste glaze
- Salt and pepper to taste turkey

NUTRITIONAL INFORMATION:

- | | |
|-----------------------------|-----------------|
| • Calories per serving: 283 | • Protein: 28 g |
| • Carbohydrates: 33 g. | • Fiber: 0 g. |
| • Saturated fat: 1 g. | • Fat: 4 g. |
| • Sodium: 222 mg. | |

Serving size: 1 turkey cutlet

DIRECTIONS:

For the glaze: ❶ In a small saucepan, heat the vinegar and sugar over medium heat until the mixture boils and the sugar dissolves. ❷ Add the jam or preserves, lime zest, and bring to a boil. ❸ Remove from heat. ❹ Season with salt and pepper to taste.

For the grilled turkey: ❶ Preheat grill to medium high. ❷ Sprinkle turkey cutlets with salt and pepper and drizzle with olive oil. ❸ Place turkey on grill and cook until juices run clear, about 6 minutes per side. ❹ Place cutlets on serving platter and brush with the raspberry-lime glaze.

LifestyleTIPS®

2009 Impact Publications, Inc.
1439 Churchill Street, Unit 302,
PO Box 322, Waupaca, WI 54981
Phone: 715-258-2448
Fax: 715-258-9048
Website: www.impact-publications.com
Email: info@impact-publications.com

Publisher: Jennifer Heisler
Health Consultant: Tim Lencki
Managing Editor: Mike Jacquart

LifestyleTIPS® is published as a monthly insert included with an EAR subscription. Contents are not intended as a substitute for actual medical advice. Editorial material should be used with discretion by the reader and is not endorsed by the owner, publisher, editors, or distributors.

To order a personalized,
color version of LifestyleTIPS®
with the name of your EAP,
call 715-258-2448

or email us at

info@impact-publications.com.

Pricing will vary depending on the quantity ordered.

Heart

continued from Page 1

- ing into each workout.
- ✓ Be consistent with your exercise over time.
- ✓ Seek professional assistance if you're not sure how to get started.

Lead a Healthy Lifestyle

- ✓ Stop smoking and avoid secondhand smoke — both are major causes of heart disease.
- ✓ Limit your intake of alcohol — excessive amounts can deplete your body's supply of vitamins and other nutrients.

- ✓ Try to reduce stress and anxiety, which can lead to high blood pressure and other health concerns.
- ✓ Keep your weight within recommended limits — obesity is a leading cause of heart disease. ♦

— Tim Lencki

Energize Your Office Space!

Q: Like a lot of people, I have an office job in which I sit in front of a computer all day. I know it isn't good for me. My muscles get tight, and my posture is sometimes poor. What can I do about it?

A: First, let's consider what improvements you can make that *don't* involve exercise. **First**, be sure you have a good chair designed for desk work. You may wish to occasionally sit on a balance ball while working at your desk. You'll burn calories stabilizing your core and body on the ball. **Second**, your back should be straight, your shoulders back, and the top of your monitor level with your eyes. If you have to look down or up, you need to adjust the height of your screen. **Third**, maintain an ergonomic body posture. Be sure your wrists are slightly lower than your elbows. This will help prevent Carpal Tunnel Syndrome. Keep your legs bent at the knees so the knees are only slightly higher than your hips. Your feet should be flat on the floor. Next, try these exercises:

- 1) Stretch your neck, flex your head forward/backward, side to side, and look right and left. Never roll your head around your neck, as this could damage the joints of your neck.
- 2) Roll your wrists regularly to help prevent carpal tunnel, especially if you do a lot of typing.
- 3) If you tend to hunch in front of the keyboard, open your arms wide as if you're going to hug someone, rotate your wrists — thumbs going up and back, and pull your shoulders back. This is moving your body the opposite direction of being hunched.
- 4) Get up, take a walk, and get some fresh air.
- 5) While sitting, lift up your legs on the balls of your feet, then on to your toes, and set them down.
- 6) Rest your eyes. Optometrists recommend the "20-20-20" rule — for every 20 minutes focusing on your computer screen, spend 20 minutes focusing on something else 20 feet away. ♦

— Tim Lencki