

# LIVING HEALTHIER



Carolinan HealthCare System



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

MAY 2016

PARTNERS FOR A STRONGER COMMUNITY

## >> MOTHER'S & WOMEN'S HEALTH MONTH

Women tend to be great at taking care of others, but sometimes forget to take care of themselves. Very often women need a reminder that their health needs to be a priority in order to be able to take care of others. Use these strategies below to get a step up on your overall health:

1. **Focus on a plant based diet.** Despite gender, you always want to focus on a nutrient dense diet with plenty of fruits, vegetables, whole grains, healthy fats, low-fat dairy and lean protein, but women do have some specific concerns during each phase of life:

>For pre-menopausal women it is important to get adequate iron, as there is iron loss with blood loss. Iron rich foods include red meat, chicken, turkey, pork, fish, kale, spinach, beans, lentils and fortified grains.

>For women of child-bearing age it is important to get folic acid/folate in your diet to decrease the risk of birth defects. Sources of folic acid/folate include citrus fruit, leafy greens, peas and fortified cereals and grains.

>For post-menopausal women and women of all ages, it is important to get adequate calcium along with vitamin D for bone health and to prevent osteoporosis. Good calcium sources include low fat dairy products, sardines, tofu, and dark leafy greens. Get outdoors for some vitamin D, the sunshine vitamin!

2. **Get Active & Stay Active!** It is important to get at least 30 minutes of moderate exercise most days of the week to maintain good health. As we age we tend to lose muscle and have an increase in fat mass, but if we incorporate regular cardiovascular and strength exercise we can prevent those less than desirable changes from happening. Maintaining lean mass can be even more challenging once women reach menopause, so start as early as possible and make exercise a habit!

3. **Set Aside Leisure Time.** Many experts have noted that women seem to be more susceptible to stress due to the fact that women are socialized to be caretakers. More women than men have both a career outside the home and continue to try to juggle traditional responsibilities after hours. Women are now more often trying to achieve the "male standard" at work, while trying to maintain the perfect wife and mother standards at home. Also, as women age and go through different life stages they are at risk for stress and depression related to hormonal changes. Go ahead and schedule some leisure time, and consider it a necessity, not a reward!

References: [https://my.clevelandclinic.org/health/healthy\\_living/hic\\_Stress\\_Management\\_and\\_Emotional\\_Health/hic\\_Stress\\_and\\_Women](https://my.clevelandclinic.org/health/healthy_living/hic_Stress_Management_and_Emotional_Health/hic_Stress_and_Women)  
<http://www.eatright.org/resource/food/nutrition/dietary-guidelines-and-myplate/healthy-eating-for-women>



## >> ASK THE EXPERT

Exercise is only part of the wellness equation; eating to promote good health is equally as important. Stop by and see Leslie Thompson, Registered Dietitian with Carolinas HealthCare System, to discuss nutrition questions and learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a **FREE** event.

Kannapolis:  
May 4, 2016 from 9am-10:30am

West Cabarrus:  
May 16, 2016 from 8:30am-10am

Harrisburg:  
May 23, 2016 from 8:30am-10am

## >> TRY SOMETHING NEW | Go Green Hummus

### Ingredients

¼ cup olive oil  
¼ cup diced white onion  
2 cloves of garlic, minced  
¼ cup vegetable broth  
1 cup frozen peas, thawed  
1 cup frozen lima beans, thawed  
Juice of one lemon  
Zest from ½ of a lemon  
2 teaspoons chopped fresh rosemary  
1 tablespoon chopped fresh parsley  
1 tablespoon grated parmesan cheese  
Salt and pepper to taste

### Directions

- Heat 1 tablespoon of olive oil in a sauté pan and sauté onions for about 5 minutes on medium heat. Add garlic and sauté for an additional minute. Deglaze the pan with the vegetable broth and remove from heat and cool.
- After onions and garlic have cooled, put them in a food processor with the peas and lima beans and blend. While blending, add the remaining 3 tablespoons olive oil, and the lemon juice. Add the parsley, rosemary, lemon zest, and parmesan cheese. Pulse a couple of times to incorporate ingredients. Taste and adjust seasoning with salt and pepper.
- Let hummus sit for at least 30 minutes before serving.



Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA