

LIVING HEALTHIER



Carolinus HealthCare System



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CANNON MEMORIAL YMCA WELLNESS NEWS

September 2016

PARTNERS FOR A STRONGER COMMUNITY

>> SEPTEMBER IS HEALTHY AGING MONTH

PHYSICAL ACTIVITY IS ESSENTIAL TO HEALTHY AGING

As an older adult, regular physical activity is one of the most important things you can do for your health. It can prevent many of the health problems that seem to come with age. It also helps your muscles grow stronger so you can keep doing your day-to-day activities without becoming dependent on others.

Not doing any physical activity can be bad for you, no matter your age or health condition. Keep in mind, some physical activity is better than none at all. Your health benefits will also increase with the more physical activity that you do.

If you're 65 years of age or older, are generally fit, and have no limiting health conditions you can follow the guidelines listed below.

FOR IMPORTANT HEALTH BENEFITS OLDER ADULTS NEED AT LEAST:

2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms).

OR

1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

OR

An equivalent mix of moderate and vigorous-intensity aerobic activity and muscle strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

Put this information to practice! Try one of our SilverSneakers classes at the YMCA! We also offer Chair Yoga, Tai Chi and a wide variety of water aerobics classes appropriate for most active older adults. Set goals for yourself and try something new.

https://www.cdc.gov/physicalactivity/basics/older_adults/index.htm

>> TRY SOMETHING NEW

Summer Fruit Salad with Creamy Orange Dressing | Makes 6 Servings

Ingredients: Dressing

- 1 medium organic navel orange
- 1/2 cup small curd cottage cheese
- 2 tsp. balsamic vinegar, preferably white
- 1/2 tsp. salt
- 2-3 drops hot pepper sauce

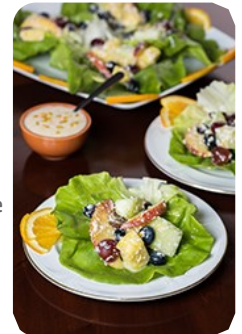
Ingredients: Salad

- 1 cup blueberries
- 1 cup honeydew melon cut into 1-inch pieces
- 1/2 cup red grapes halved lengthwise
- 1/2 cup fresh pineapple cut into 1/2-inch pieces
- 1 medium peach or nectarine cut into 3/4-inch slices then cut each slice in thirds
- 6 Boston lettuce leaves, for garnish
- 1 Tbsp. reduced-fat or regular unsweetened shredded coconut, for garnish

Per Serving: 83 calories, 1 g total fat (<1 g saturated fat), 16 g carbohydrate, 3 g protein, 2 g dietary fiber, 277 mg sodium.

Directions:

1. Using swivel blade peeler, remove two 1 inch x 2 inch strips of zest from orange. Chop zest and set aside.
2. Slice off top and bottom of orange. Stand orange on one end and cut away peel and white pith. Cut orange in half vertically and put one half aside. Holding other half of orange over bowl of mini food processor, slip knife between flesh and membrane on each side of segments to release flesh. Squeeze remaining membrane juice into bowl. Pulse processor 3 or 4 times to coarsely chop orange. Add cottage cheese, vinegar, salt and whirl until dressing is almost a smooth puree. Add chopped zest, 2 or 3 drops hot sauce and whirl to combine.
3. In mixing bowl, add blueberries, melon, grapes, pineapple and peach or nectarine. Mix fruit with 1/2 cup dressing. (Refrigerate leftover dressing up to 24 hours as dip for celery and carrot sticks or apple slices.)
4. Line platter with lettuce and spoon fruit salad on top. Cut remaining orange half crosswise and arrange slices around fruit salad. Sprinkle coconut on fruit salad.



>> ASK OUR EXPERTS

Stop by and see Erin Coggins, Registered Nurse and Alicia Knetsche, Registered Dietitian with Carolinus HealthCare System to discuss any health related questions and to learn more about the wellness services offered through the Cannon Memorial YMCA and CHS partnership. This is a FREE event.

HARRISBURG:

September 7 from 9 - 11am (RN only)
September 13 from 9am-11am (RD only)

KANNAPOLIS:

September 19 from 9-11am (RN & RD)

WEST CABARRUS:

September 29 from 9-11am
(RN & RD)

Kannapolis YMCA

West Cabarrus YMCA

Harrisburg YMCA