



# Aerobic Winter Challenge

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**Happy New Years!** The Heartbeat Program would like to wish all our Aerobic Winter Challenge Participants good health and happiness this coming New Year ! With great expectations in keeping up with our health goals, we have two really great offers from Synergy Total Fitness and Blossom Well to kick start your exercise program for the New Year. Check out their specials for AWC participants. I strongly encourage your team to take this up as a group activity for the month of January and possibly beyond. Have a safe New Year!

*Tara and Caroline*

## 1st class is FREE & 20% discount on passes!

Specializing in Spinning®, personal training & nutrition counseling, our vision is to help you create a life of balance, strength, & wellness.

Mention you are a part of the AWC to get discounts during the month of January.

Also sign up for their free bi-weekly newsletter on their website now - You get healthy recipes, motivation, and nutrition info.



[www.synergytotalfitness.com](http://www.synergytotalfitness.com)  
for class schedules and times.  
928-779-7888

Blossom Well is a small intimate fitness studio designed to help women meet their health and fitness goals in a non intimidating space. The center offers small group personal training sessions, resistance training, Pilates, Step Interval or Fitness Fusion classes.

- Get a training group together! \$10 per person for one session.
- 20 punch card for \$100.
- If you participate in training groups and punch card classes your 20 punch card is \$80.

Check out the AWC website for schedule and more information.

[www.coconino.az.gov/heartbeat.aspx?id=4695](http://www.coconino.az.gov/heartbeat.aspx?id=4695)

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## Why Walking Does Your Body Good

*5 science-backed reasons to step to it.*

### **For Your HEART:**

Just 30 minutes of walking three or more times a week can lower your blood pressure by five points, findings in the *Journal of Epidemiology and Community Health* show. Plus, walking several times a week is as effective as vigorous exercise at reducing women's risk of heart disease, according to the Harvard Nurses' Health Study.

### **For Your BRAIN:**

Walking boosts your brain's production of endorphins, "feel-good" chemicals that help ease stress and fend off the blues. In fact, clinically depressed people reported feeling less tense, tired, angry and confused after a mere 10-minute walk, according to a Duke University study.

### **For Your COMPLEXION:**

Like all cardiovascular exercise, walking gets your heart pumping and improves circulation —

and better blood flow means your skin (the largest organ of the body) receives plenty of the nutrient-rich blood it needs for optimal health.

### **For Your IMMUNE SYSTEM:**

You can cut your odds of contracting a cold in half by walking for 45 minutes a day, five days a week, according to one study.

The reason: Walking supports healthy circulation, which in turn enables blood-borne immune cells to reach and kill viruses

and bacteria more quickly.

### **For Your BONES:**

Weight-bearing exercise such as walking helps build bone mass, which can fend off osteoporosis. In one study, women who walked a mile a day had up to seven years more bone in reserve than non-walking women.

*Source: Redbook*

# Make Every Bite Count

## *Base meals on items from the grocery store perimeter.*

"Shopping from the outer edge of the store is the easiest step to increase the nutrient quotient of what you eat," says Andrew Drewnowski, PhD, director of the Center for Public Health Nutrition at Seattle's University of Washington. That's because the perimeter of the supermarket features whole foods – produce; meats, poultry, and fish; and dairy products – that are inherently healthy. Fresh fruits and vegetables, typically in store pe-

rimeter areas, are among the best nutritional bargains you can choose. You'll also want to shop the aisles containing 100 percent whole-grain breads, pasta, and whole grains.

## *Be inspired by international cuisine.*

Take a cue from cultures known for fresh, healthful fare, such as Indian, Latin, Asian, or Mediterranean. "Since meat has traditionally been a luxury, many cultures evolved clever ways to supplement with vegetables, legumes, and grains," says Chef Raghavan Iyer,

*Cooking Light* Nutrition Essentials advisory panelist.

For example, a classic Vietnamese dish might marinate thinly sliced lean pork (with vitamin B12, iron, and quality protein) in fruit juice, soy sauce, and aromatics, and then combine it with carrots, fresh herbs, green mango, and mung beans (all contributing fiber, vitamins, and antioxidants).

## *Focus on the good-for-you nutrients foods provide.*

Instead of opting for fat- or sugar-free foods, choose items for what they do con-

tain. "The 'don't eat this' message is negative," says Heather Bauer, RD, and *Cooking Light* Nutrition Essentials advisory panelist. "A nutrient-rich approach includes many foods and is more informative than the old nutrition speak." For example, instead of telling clients to limit saturated fat, Bauer offers valuable information by telling them what cuts of meat are the leanest along with some healthful preparation ideas.

Source:  
*Cooking Light*  
magazine  
(June 2009)



## QUICK BLACK BEAN SOUP

- 1/4 cup chopped red onion
- 1/4 cup water
- 1 tsp. ground cumin
- 1/4 tsp. ground red pepper
- 1 (14-ounce) can fat-free, less-sodium chicken broth
- 2 (15-ounce) cans black beans, rinsed, drained, and divided
- 2 tsp. fresh lime juice
- 1/4 cup (2 ounces) finely chopped reduced-fat ham (such as Hormel)

Combine first 5 ingredients in a large saucepan. Add 1 1/2 cans beans; bring to a boil. Reduce heat, and simmer 15 minutes. Place bean mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in lid (to avoid splatters). Blend until smooth. Return soup to pan. Add remaining 1/2 can of beans to pan; cook 2 minutes. Stir in juice; set aside. Heat a small nonstick skillet over medium heat. Coat pan with cooking spray. Add ham to pan; cook 2 minutes or until lightly browned. Ladle 1 cup soup into each of 4 bowls; top each serving with 1 tablespoon of ham.

Yield: 4 servings. Calories: 105. Fat: 0.9 grams. Protein: 9 grams. Carbs: 20.3 grams. Fiber: 7.1 grams.



## BURNING CALORIES

What it takes for a 154-lb. 30-year-old woman to work off a 360 calorie blueberry muffin.

- Lawn mowing – 66 minutes
- Cycling (easy pace) – 77 minutes
- Vacuuming – 92 minutes
- Jogging (5 mph) – 33 minutes
- Folding laundry – 230 minutes
- Lifting weights – 115 minutes
- Gardening – 66 minutes
- Skating (fast) – 21 minutes

Source: U.S. Department of Agriculture  
Center for Nutrition Policy and Promotion

## THANK YOU!

Thank you to the businesses that gave donations to support the Aerobic Winter Challenge!

- Arboretum at Flagstaff \* AZ Snowbowl \* Bookmans \*
- El Capitan \* Flagstaff Athletic Club \* Flagstaff Bicycle & Fitness
- Flagstaff Floral, LLC \* Flagstaff Nordic Center
- Lake Powell National Golf Course \* Mountain Sky Jazzercise
- Red 115 Salon Spa \* Red Lobster \* Sakura \* Wal Mart

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