



# AEROBIC WINTER CHALLENGE

Coconino County Health Department Heartbeat Program

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One more month to go! Here's to hoping you've been achieving your fitness goals and have been able to motivate your teammates as well as yourself.

Don't forget Team Monthly Reports for January are due Friday, February 5th to be eligible for prizes. Log onto the website and scroll down to the very bottom to find the report.

Best in Health!  
Tara and Caroline



## Shoveling Snow Counts as Physical Activity

The good news is that 15 minutes of snow shoveling counts as moderate physical activity according to the 1996 Surgeon General's Report on Physical Activity and Health. We all should aim for at least 30 minutes of moderate physical activity of some kind on most days of the week. Brisk walking and social dancing are other ways to fit in moderate physical activity during cold winter months.

The bad news is that researchers have reported an increase in the number of fatal heart attacks among snow shovel-

ers after heavy snowfalls. This rise may be due to the sudden demand that shoveling places on an individual's heart. Snow shoveling may cause a quick increase in heart rate and blood pressure. One study determined that after only two minutes of shoveling, sedentary men's heart rates rose to levels higher than those normally recommended during aerobic exercise. That's a good reason to have a check-up before winter.

Shoveling may be a vigorous activity even for healthy college-aged students.

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## ARE THESE HEALTHY FOODS?

A bowl of granola and a smoothie – a wholesome breakfast? Some healthy sounding foods don't always live up to their reputation.

Here's a guide to some popular foods:

### SMOOTHIES

Smoothies may hide sherbet or ice cream. **Try instead:** homemade smoothies made with fresh or frozen fruit and low-fat yogurt, skim milk or soy milk.

### TURKEY BURGERS

Ground turkey can have as much fat as extra-lean beef so check the fat content before you buy. **Try instead:** a small sirloin steak (one of the leanest cuts of beef) or a bean or veggie burger.



### ENERGY BARS

Not all energy bars are nutritious. **Try instead:** a small handful of almonds or walnuts with a few whole-grain crackers, or peanut butter and 100% fruit spread on whole-grain bread.

### DRIED FRUIT

Some fruits are deep fried while others contain added sugar. **Try instead:** freeze-dried fruit with no additives.

### ENHANCED WATER

Some brands add sugar along with vitamins. **Try instead:** unsweetened brands of water or chilled green (or white) tea.

### GRANOLA

Popular in the '60s, granola is often high in fat. **Try instead:** a whole-grain (not multigrain) cereal low in fat and sugar.

### YOGURT

The syrupy fruit on the bottom of some



brands can add a lot of empty calories. **Try instead:** plain yogurt with sliced fresh fruit.

Source: Top Health newsletter



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A study performed by researchers at North Dakota State University determined that, based on heart rate, shoveling was a moderately intense activity for college-aged subjects most of the time but was vigorous activity during about one-third of their shoveling time of 14 minutes.

Shoveling can be made more difficult by the weather. Cold air makes it harder to work and breathe, which adds some extra strain on the body. There also is the risk for hypothermia, a decrease in body temperature, if we are not dressed correctly for the weather conditions.

Should you rush out and buy a snow blower? Not necessarily. Snow shoveling can be good exercise when performed correctly and with safety in mind. Be heart-healthy and back-friendly while shoveling this winter with these tips:

- If you are inactive and have a history of heart trouble, talk to your doctor before you take on the task of shoveling snow.
- Avoid caffeine or nicotine before beginning. These are stimulants, which may increase your heart rate and cause your blood vessels to constrict, placing

extra stress on the heart.

- Drink plenty of water. Dehydration is just as big an issue in cold winter months as it is in the summer.
- Dress in several layers so you can remove a layer as needed.
- Warm up your muscles before shoveling, by walking for a few minutes or marching in place. Stretch the muscles in your arms and legs, because warm muscles will work more efficiently and be less likely to be injured.
- Pick the right shovel for you. A smaller blade will require you to lift less snow, putting less strain on your body.
- Begin shoveling slowly to avoid placing a sudden demand on your heart. Pace yourself and take breaks as needed.
- Protect your back from injury by lifting correctly.
- Stand with your feet about hip width for balance and keep the shovel close to your body. Bend from the knees (not the back) and tighten your stomach muscles as you lift the snow. Avoid twisting movements. If you need to move the snow to one side, reposition your feet to face the direction the snow will be going.
- Most importantly — listen to your body. Stop if you feel pain!

*By Julie Garden-Robinson,  
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## **MOCK DEEP-FRIED CHICKPEAS**

This substantial snack provides all the crunchy satisfaction of chips, but offers protein, calcium and fiber too. You can easily vary this recipe by changing the spices and herbs. Try curry, chile powder, or Thai or Cajun blackened spice mix for a change of pace.

### **Ingredients**

- 1 19-ounce can chickpeas, well drained, rinsed and patted dry
- Olive-oil spray
- Coarse salt to taste
- 1/8 teaspoon cayenne pepper, or more to taste
- 1/8 teaspoon garlic powder, or more to taste
- 1/4 teaspoon dried oregano, or more to taste

### **Directions**

Preheat oven to 450 degrees F. Place chickpeas on a rimmed cookie sheet. Bake, shaking every now and then, until golden brown and crunchy, about 35-40 minutes. Pour into a large bowl. Lightly coat with olive-oil spray. Add salt, cayenne, garlic powder and oregano. Toss to coat evenly.

Serves: 4. Prep Time: 5 minutes. Per serving (about 1/2 cup): 136 calories, 8% fat (1.3 g; 0.1 g saturated), 75% carbs (25.9 g), 17% protein (5.7 g), 5.1 g fiber, 39.4 mg calcium, 1.6 mg iron, 339 mg sodium

Source: [www.shape.com](http://www.shape.com)

## **THANK YOU!**

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

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