

Nutrition and Physical Activity Coalition of Salina

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Coalition Vision and Mission



The Nutrition and Physical Activity Coalition of Salina's vision is for ALL Saline County residents to live a healthy and physically active lifestyle. Our mission is to provide all Saline County residents opportunities, education, promotion and encouragement for a lifetime of healthy eating and physical activity. The Greater Salina Community Foundation is a funding partner for the NAPA Coalition.



Salina's collaborative effort to affect positive healthy lifestyle changes in the members of our community

Strategies we will employ in accomplishing our mission will be 1) to increase accessibility to good nutrition and safe physical activity; 2) increase public education and promote healthy eating and physical activity; 3) encourage individuals to choose healthy eating and physical activity; and 4) enhance existing programs centered on nutrition and physical activity.

Inside this issue:

Keeping your New Year's Resolutions	2
Exercise and Cold Weather	2
Stay Safe and Healthy	2
How to Shovel Snow	3
Yoga for the Back	3
Balance Exercises to Reduce Fall Risk	3



Special points of interest:

- * New Year's Recipe
- * Upcoming Events

5 Steps to Make Your Fitness Resolutions Stick

Dec 21, 2011 1:49 AM by [Linda Melone, CSCS](#)

Posted in [Health & Wellness / Self Improvement & Mental Health](#)

Trying to do too much before you're psychologically prepared to take the next step may cause you to backslide and, eventually, give up altogether. Deciding to start an exercise program (or any new habit, for that matter) requires a natural chain of events. Cut short one of these five steps and your skinny jeans may end up tossed on the front lawn, along with your bathroom scale.

Here's how to get real and make this year your best ever.

Stage 1: On your mark (precontemplative)

At this stage you're not even thinking about making a change. You may have gained weight over the years but haven't yet decided to do something about it.

Mindset makeover strategy: Surround yourself with supportive friends and family who tell you "you can do this." Gather information about ways to get started. Research local clubs, gyms and sports that may be of interest to you. Write out the pros and cons of not changing to help you realize the importance of making a change.

Stage 2: Get ready (contemplation)

You may be considering a change now. You've gone from "I could never do that" to "maybe I can."

Mindset makeover strategy: Start small by planning short, 10-minute exercise goals. Look for a motivated friend or join a local tennis team with other players at your level. Think of short activities you can do for part of that time instead of sitting on the couch watching TV.

Stage 3: Get set (preparation)

You've figured out what may work for you and are almost ready to get started.

Mindset makeover strategy: Start planning ways to overcome potential issues. Find a nearby gym or exercise class to avoid long travel time and look at other ways to overcome self-imposed obstacles: For example, find a gym that provides child care or buy a jogging stroller and exercise with your child.

Stage 4: Go! (action)

You've been exercising steadily for three to six months but have not yet made a permanent lifestyle change.

Mindset makeover strategy: Don't beat yourself up if you miss a day or two. Be proud of yourself for what you've already accomplished. Be prepared for relapses; accept them and move on. Realize you're making a lifelong commitment. Start a blog or diary of your progress.

Stage 5: Game on! (maintenance)

The initial novelty of the new program may have lost its bloom, but you've stuck with it for six months.

Keeping Your New Year's Resolutions

Jan 12, 2011 11:27 AM by [Karen Hawthorne](#)

Posted in [Health & Wellness](#) / [Diet & Fitness](#) / [Losing Weight](#)

There you were on the eve of 2011, declaring it would be the year you eat healthier, exercise more and lose 10 pounds. But did you put those New Year's resolutions into action – or slip back into old unhealthy habits? Here's how to map out your New Year goals and achieve them, for good.

Revise your resolution strategies

If the arrival of the new year motivates you to make positive decisions, so much the better. But how you stay on track depends on your strategy. Dr. Daniel Amen, a California psychiatrist and author of *Change Your Brain, Change Your Body*, says people need goals and dreams to propel them forward.

Physical health and happiness go together

"When people live up to their own expectations, they tend to have good self-esteem and be happier," he says. "When people see that they're not close to what they believe their potential is, then they get sad and frustrated." Change won't happen

overnight, and it can take six weeks to turn a new behavior into part of your regular routine.

One Page Miracle - record your goals

First step, he advises, is to draft an OPM, a One-Page Miracle, to record goals that are really in line with balanced wants and needs. Amen has his own OPM on his computer, where he reviews it and notes his progress every month.

Commit to your goals

Break down those goals into daily lifestyle changes necessary to make those goals happen. Need to exercise more? Try a couple sessions with a personal trainer to outline a program or sign up for a group fitness class to challenge yourself in a new way. "The most successful people are able to match their behavior to their goals," he says.

Change your habits

Learn about strategies you can follow to change your habits. If you don't get regular sleep – something your body and brain relies on to recharge – try relaxation techniques such as deep breathing and no TV or computer work right before bed.

Develop your brainpower

Boost your brainpower to develop a positive outlook. Amen suggests good physical health habits, such as adequate sleep, a nutritious diet, fish oil for the omega-3 fatty acids, sunlight and a supplement for vitamin D, and exercise for blood flow and oxygen to the brain. "When you optimize the physical functioning of the brain, then you can program it properly to get rid of all those automatic negative thoughts."

Be a positive can-do thinker

Train yourself to be a positive thinker with a can-do attitude. Look at your achievements, your fulfilling relationships, things you have done that have made you happy. "People don't do that sort of mental training, but it works," says the doctor. Meditation and visualizing yourself achieving your goals is another powerful technique. "The brain makes happen what it sees," he adds.

Start a gratitude journal

Write down and focus on five things that you're grateful for. Do this every day; three weeks later, your happiness will go up. Sometimes it's the simple steps that have the most impact.



Exercise and cold weather: Tips to stay safe outdoors

By [Mayo Clinic staff](#)

So you don't like grinding out miles on the treadmill or power walking the malls, but you dread exercising during cold weather. Unfortunately, cold weather can discourage even the most motivated exercisers. And if you're not so motivated, it's all too easy to pack away your workout gear along with your warm-weather clothing. You don't have to let cold weather spell the end of your exercise. With these tips for exercising during cold weather, you can stay fit,

motivated and warm when the weather turns chilly.

Stay safe during cold-weather exercise

Almost everyone can exercise safely during cold weather. But if you have certain conditions, such as asthma, heart problems or Raynaud's disease, check with your doctor before you work out in

Dressing in layers, protecting your hands and feet, and paying attention to the forecast can help you stay safe and warm while exercising outdoors in cold weather.

cold weather. Your doctor can review any special precautions you need based on your condition or medications you might take. The following tips can also help you stay safe — and warm — while working out in the cold.

Dress in layers One of the biggest mistakes you can make while exercising in cold weather is to dress too warmly.

[Read more...](#)



Be Prepared to Stay Safe and Healthy in Winter

Many people spend time outdoors in the winter working, traveling, or enjoying winter sports. Outdoor activities can expose you to several safety hazards, but you can take these steps to prepare for them:

- Wear appropriate outdoor clothing: layers of light, warm clothing; mittens; hats; scarves; and waterproof boots.
- Sprinkle cat litter or sand on icy patches.
- Learn safety precautions to follow when outdoors.
- Be aware of the wind chill factor.
- Work slowly when doing outside chores.
- Take a buddy and an emergency kit when you are participating in outdoor recreation.
- Avoid traveling when the weather service has issued advisories.
- If you must travel, inform a friend or relative of your proposed route and expected time of arrival.
- Carry a cell phone.

[For more tips, click here...](#)

How to (and *not* to) Shovel Snow

By [admin](#) | Published: December 17, 2011

It's that time of the year again for many people worldwide. And if you want to avoid excruciating [back pain](#), it pays to (re)learn how to shovel snow!

In the U.S. alone, more than 11,000 were treated annually between 1990-2006 for injuries connected with shoveling snow, according to a recent study.

Not surprisingly, more than 70 percent of the snow-shoveling injuries were related to musculoskeletal exertion or slips and falls, and more than a third of involved [lower back](#) injuries. And nearly 100 deaths each year were blamed on cardiac events that occurred

while Americans were shoveling the frozen white stuff!

The numbers don't lie! So again it really pays to know how to shovel snow, and here are the common sense tips:

The Pregame

1. Warm up with some light exercise.

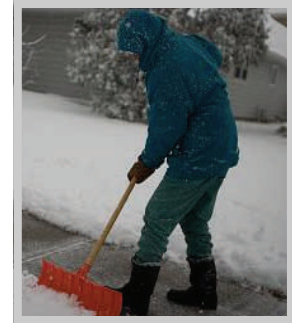
Before you put on the winter gear, doing 10 minutes of light exercise will loosen up your muscles and protect your back.

2. Do your stretching before and after shoveling snow.

Avoid muscle and shoulder injuries in addition to lower back pain by taking time before and after shoveling snow to stretch

your muscles, especially your lower back and hamstrings, two problem areas, due to [muscle imbalances](#), that are more prone to injuries.

[Read more...](#)



Yoga for the Back - How Can Yoga Help Deal with Common Back Injuries

The most common treatment for [Back Pains](#) includes medication, exercise, and a change in lifestyle, sometimes surgery for sever Back Ailments. Yoga is a mild form of physical activity which can help in strengthening Back Muscles and Skeletal system.

The [Spinal Column](#) which is found in our Back is one of the most vital

parts of our body. It supports our trunks, protects the Spinal Cord and the Spinal Nerves and is highly responsible for all our posture and movements making Spinal Injuries are painful and sometimes disabling. A lot of people experience some kind of [Back Pain](#) at some point in their lives and for some, this pain developed into a chronic of

degenerative Spinal Disorders which can cause paralysis or disability groups.

[Click here](#) for yoga poses to help alleviate back pain.

"Back Injuries, however, are highly preventable through exercise and proper posture."

Balance Exercises to Reduce Fall Risk

Facts

9 out of 10 hip fractures are caused by falls

- Persons with hip fractures are 5-20% more likely to die in first year after fall
- Most falls happen to women in their own homes in the afternoon
- Following a fall, 15-25% of persons who were living at home, will still be in long-term care facilities

Fractures are the 5th highest cause of hospitalizations among RI women age 65 and over*

Daily Balance Exercises

- While holding back of chair, sink or counter top, practice standing on one leg. Gradually increase the time to reach one minute, and try without holding on as your balance improves.
- While holding back of chair, counter or

sink top, practice standing on your toes then rock back to balance on your heels. Hold each position for 6 seconds.

- While holding back of chair, counter or sink top, with both hands, make a big circle to the left with hips, repeat to right. Do not move shoulders or feet. Repeat 5 times.

[Printable PDF](#)



5 Ingredient Soup

Winter is a great time to warm up with a bowl of soup. Soup can be easy, nutritious, and delicious.

Soup also takes up space in your tummy, so you feel full sooner.

Studies have shown that those consuming broth based soups either before or as part of a meal reduce their calorie intake.

Go easy on high calorie ingredients such as cheese, whole or 2% milk. Instead use skim milk and sprinkle some grated cheese on top of your soup. Adding vegetables to soups like ham and beans is a great way to sneak in nutrients to children that may avoid veggies otherwise.

Soup can also be a great way to use leftovers. At the end of the week combine leftover meat and vegetables then add spices and a base (broth, milk, water or blended vegetables).

The flavor of soups can be vary a great deal. Your family may prefer any one of the following flavors: sweet, savory, barbeque, Italian, Mexican, Chili, tomato or bean based. Your creativity can lead you to determine just the right flavors your family enjoys.

Ingredients

1 Can Fat Free Refried Beans

1 Can [Chicken Broth](#)

1 Can corn

1 Can black beans (sometimes I use the ones with jalapenos and lime for a different twist)

1 Can diced tomatoes

Directions

Rinse the black beans and put in a pot with the other ingredients. Cook until refried beans are no longer thick and soup is hot. Ladle some up and enjoy it today! Delicious!!

Nutritional
Awareness and
Physical
Activities
A Community Coalition of Saline County Kansas

Upcoming Community Events

JANUARY 20-22

2012 MID-AMERICA RACQUETBALL CLASSIC

USRA Sanctioned Tournament - 1/20/12-1/22/12
Click for details.

REGISTER



FEBRUARY 2012

YMCA Month-long Indoor
Biathlon/Triathlon

FEBRUARY 18

5K Trail Run & 5K Road
Race at Webster
Conference Center.
Register 8-9:15 am.
Race begins at 9:30 am.

