

Aspirus Therapy & Fitness-Medford

Infogram

July 2014

THERAPY & FITNESS
103 South Gibson St
Medford, WI 54451
715-748-8112

Upcoming Local Events:

Saturday July 12th
Whittlesey Fest 5K

Thursday July 24th
TC Fair 5K Poker Run

Saturday August 2nd
Lake Esadore 5K—High
View @ 6pm

Friday August 29th
Neon Glow Fun Run

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BERRY GOOD FOR YOU!



Numerous studies have shown that a high intake of fruits and vegetables reduces the risk of cardiovascular disease, including high blood pressure, heart attacks, and strokes. Fruits and vegetables have many protective properties:

- They help lower blood pressure
- They are high in dietary fiber
- They are high in antioxidants

which help prevent the oxidation of cholesterol in LDL particles which helps prevent atherosclerosis.

Some of the most important protective substances found in plant foods are polyphenols. Some foods high in polyphenols that have been studied and are protective to the cardiovascular system are cocoa (as in dark chocolate), red grape juice, wine, and tea.

Brightly colored berries are also being studied recently because they are particularly high in polyphenols and are also good sources of other key nutrients including vitamin C, folate, potassium, and soluble fiber.

The National Public Health Institute in Helsinki, Finland studied the affect of berries on cardiovascular health. The study design was a random controlled trial where half of the participants received 2 portions of berries daily, and the

control group received a similar diet, but without berries. The berries used were brightly colored (blue, purple, and red) – strawberries, blackberries, raspberries, and a European “blueberry.” People ate 1 serving of berries and drank 1

serving of a berry juice daily for 8 weeks. The main outcome measurements were platelet function (platelets are involved in clots forming resulting in both heart attacks, and strokes), blood pressure, and HDL cholesterol levels.

After 8 weeks, researchers found that, compared to the control group, the berry eaters had:

- Favorable changes in platelet function
- Lower blood pressure (greatest improvement seen in those with high blood pressure)
- And improved blood HDL cholesterol levels (5% higher).

All of these changes are favorable for a healthier cardiovascular system and they occurred in just 8 weeks. The researchers concluded, “The results indicate that regular consumption of berries may play a role in the prevention of cardiovascular disease.”

At the recent International Conference on Vegetarian Nutrition at Loma Linda University, nutritional researchers presented evidence on the benefits on brain function of eating berries and other brightly colored fruits and vegetables. One

study presented showed that persons with a high intake of berries along with other fruit and vegetables were 40% less likely to develop Alzheimer’s Disease. Research on rats with advanced brain aging similar to Alzheimer’s disease showed marked brain function improvement when fed high intakes of berries for several weeks. They showed improved learning capacity (ability to solve a maze to find food which before berry feeding they could no longer solve) and evidence of new brain cell growth. The researchers concluded that eating plant foods high in antioxidants, such as blueberries, blackberries, cranberry, Concord grape juice, strawberries, and walnuts, reduces oxidative stress that occurs in aging resulting in:

- Improved motor and cognitive behavior (brain function)
- Anti-inflammatory activity
- Enhanced neuronal communication related to memory and learning
- Neurogenesis (stimulating growth of new brain neurons)

They further concluded that eating berries, walnuts, and other highly colored fruits and vegetables may slow the aging process, provide a “longevity dividend,” and delay the onset of debilitating neurodegenerative disease.

Bottom line: If you want an easy way to improve your health, slow the aging process, improve brain function, and lower your risk of cardiovascular disease, eat more berries and other highly colored fruits and vegetables daily. They are low in calories, high in nutrients, good for your health, have no adverse side effects, and they taste delicious. Enjoy!

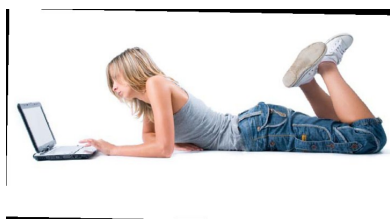
**Get up and
MOVE
MORE—
Don't be
an active
couch
potato.**

Sitting Time and Risk of Early Death

Research shows that people who sit a lot have higher risk of cardiovascular disease and death from all causes than do people who sit very little.

Your risk of early death only goes up when you sit at least 50% of each day. While daily exercise is important and beneficial, **avoiding excess sedentary living by sitting too much also has health advantages.**

- **>80% Sitting almost all of the time:** 54% increase risk of death from coronary heart disease.
- **60-79% Mostly Sitting:** 47% increase risk of death from coronary heart disease.
- **30-59% Partial Sitting:** 22% increase risk of death from coronary heart disease.
- **20-29% Some Sitting:** Coronary heart disease is about the same as for non-sitters



- **<20% Very little Sitting:** Death from coronary heart disease is not increased.

Ways to SIT LESS & Be MORE ACTIVE Daily:

- **Get up frequently at work** to walk around when talking on the phone, thinking, discussing concepts with co-workers, and reading reports.
- **Take a message to a colleague in person** rather than making a phone call.
- **Stand during meetings,** or conduct meetings while walking around the block.
- **Commute to work by riding your bike,** taking public transportation (walking to and from the bus stop), or even walking or jogging all the way to work occasionally. You'll improve your health and the environment.
- **Around home,** instead of watching TV or being on the computer all evening, work in the

garden, go for a walk, play active games with the kids, and work around the house.

- **Be creative.** See what you can do to sit less each day.



For best health and longevity, everyone should:

- **Maintain a normal body weight** (being obese and sitting a lot had the highest mortality)
- **Get regular moderate physical activity** (30+ minutes, 5+ days each week)
- **And limit the amount of time spent sitting every day**

Source: Wellsource, Inc.

Big Breakfast & Light Dinner Aids in Weight Loss

Does it matter if you eat breakfast or not? New research says YES, if you are interested in managing your weight. Researchers in Israel followed a group of 90 women who were all overweight or obese. The women were randomly assigned to one of two eating patterns for 12 weeks. Both groups ate a 1,400-calorie diet to help them lose weight, but ate their meals at different times of the day.

One group ate most of their calories at breakfast-700 calories. At lunch they ate 500 calories and in the evening they ate a light dinner, only 200 calories. A second group followed a more traditional eating pattern, a light breakfast, 200 calories, a moderate lunch, 500 calories, and a big dinner, 700 calories.

When both groups were evaluated, those on the big-breakfast-little-dinner plan lost the most weight (19.1 lbs vs. 7.9 lbs) and inches (3.3 vs 1.5 inches) around their middle. Calories and timing of meals appears to make a difference in weight management based on these two groups that ate the same amount of calories per day.

The big breakfast group also had other health advantages including:

- Blood fat levels (triglycerides) were lower
- HDL levels increased
- Fasting blood sugar levels and insulin levels were lower
- The hunger hormone ghrelin was lower
- They reported less hunger
- And they reported better satiety

Most people eat their largest meal in the evening after they come home from work. The problem is that the body needs the calories during the active part of the day, not at night when you're going to sleep. This eating pattern increases the risk for weight gain.

If you are used to skimping on breakfast or skipping breakfast, and are concerned about maintaining a healthy weight, you may want to reconsider eating a healthy breakfast each morning. A good breakfast should include:

- A healthy protein
- Whole grains
- Fresh fruit
- In sufficient amounts to be your primary meal of the day

Eat a big breakfast, then cut back on the evening meal. This change can be beneficial to your overall health as well as help you achieve and maintain a healthy weight.

Source: Obesity



Meet Our Fitness Instructors

LAURA

SHERRY

JILL

PAULA

MARNEY

ANNE

KRISTA

CANDICE



ASPIRUS™

Passion for excellence. Compassion for people.

Phone: 715-748-8112

Open 7 days a week; except holidays.

Mon-Thurs.....5:00 am – 10:00 pm

Friday.....5:00 am – 9:00 pm

Saturday.....7:00 am – 5:00 pm

Sunday.....8:00 am – 5:00 pm

For more information regarding our fitness center
please visit our website memhc.org/fitness



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Monthly Recipe: Spinach, Apple, & Walnut Salad

Ingredients:

- 1 apple, cored and diced
- 3 T lemon juice
- 3 Cups spinach leaves
- 3 T extra-virgin olive oil
- 1 T apple cider vinegar
- 2 T agave nectar (honey)
- 1/2 cup walnuts, chopped
- 1/4 cup carrots, shredded

Directions:

1. Toss apples with 1 T of lemon juice
2. Place spinach in a large bowl. Remove any long stems and bruised leaves
3. Whisk together remaining lemon juice, olive oil, apple cider vinegar, and agave nectar. Add salt and pepper to taste.
4. Toss spinach with apples, carrots, and dressing. Top with walnuts

