

Aspirus Therapy & Fitness-Medford

Infogram

June 2014

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

UPCOMING LOCAL EVENTS

Saturday June 14th
Gilman Triathlon

Friday June 27th
Fun Race (Canoe, Kayak, etc)—Sackett Lake @ 6pm

Thursday July 3rd
Glo Run @ Strawberries and Cream Festival

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

INSIDE THIS ISSUE

Reduce risk of skin cancer	1
10 Secrets to Cooking Healthy	2
Spring into a more Positive You	3
Fitness Center information	4
Green Smoothie recipe	4

What Can I Do to Reduce my Risk for Skin Cancer?

Most people like to get a little sun. Its warmth and light can relax us and boost our spirits. But the benefits come with a dangerous tradeoff. Each year more than 3.5 million cases of skin cancer are diagnosed in the US, over 90 percent of which are caused by the sun's ultraviolet rays (UVR). UV rays from the sun can reach you on cloudy and hazy days, as well as bright and sunny days. Similarly, most of the skin damage we associate with aging - wrinkles, sagging, leathery, and discoloration - is UVR-related. This damage is cumulative. So, whenever you venture out in the sun, be smart about it.

To enjoy what the sun has to offer without risking your health, follow these simple rules:

- Seek the shade, especially between 10 AM and 4 PM.
- Do not burn.
- Avoid tanning and UV tanning booths.
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or immediately after swimming or excessive sweating.
- Keep newborns out of the sun. Sunscreens should be used on babies over the age of six months.
- Examine your skin head-to-toe every month.
- See your physician every year for a professional skin exam.

Follow these tips and you can enjoy yourself safely outdoors, minimizing the sun's dangers while maximizing your health.

Source: Centers for Disease Control and Prevention



10 Secrets to Cooking Healthier



“Nothing
looks as
good as
healthy
feels.”

If your eating habits are anything like those of most Americans and you're looking for

simple advice, we would tell you to eat more vegetables, fruits and whole grains and less of just about everything else. But here are some additional tips to help you cook healthier at home:

1. Use Smart Fats: Not all fat is bad. Opt for unsaturated (e.g., olive oil) rather than saturated fats such as butter. But still use good fats in moderation because all fats are loaded with calories.

2. Go Unrefined: Pick whole grains over refined grains. Whole grains like brown rice and bulgur have their bran intact and thus have more fiber, B vitamins, magnesium, zinc and other nutrients.

3. Eat More Fruits and Vegetables: Most people don't get enough! Aim for 4 to 13 servings of fruits and

vegetables a day. Pick produce in a variety of colors to get a range of antioxidants and vitamins. A serving size is 1/2 to 1 cup depending on the fruit or vegetable.

4. It's Not All About the Meat: Meat is a great source of protein but it's also a big source of saturated fat in many people's diets. So eat small amounts of lean meat, fish and poultry. Fill up the rest of your plate with healthy vegetables and whole grains.

5. Choose Low-Fat Dairy: Dairy products like milk, sour cream and yogurt are a good source of calcium. Replacing whole-milk dairy products with low-fat or nonfat is an easy way to cut saturated fat in your diet.

6. Keep Portions Reasonable: Even though we would all like a magic bullet for weight control, it really boils down to calories. One of the easiest ways to manage calorie intake is by eating healthy portions.

7. Use Sweeteners Judiciously: Sugars of any kind, whether corn syrup, white sugar, brown sugar, honey or maple syrup, add significant calories without any nutritive value.

8. Keep an Eye on Sodium: Whether you have high blood pressure or not, it's wise to watch your sodium intake. The USDA's dietary guidelines for Americans recommend consuming less than 2,300 mg (about 1 teaspoon salt) daily.

9. Go For the Flavor: Enhance food with bold flavors from healthy ingredients like fresh herbs, spices and citrus. When your food has great flavor, there's no reason to feel deprived.

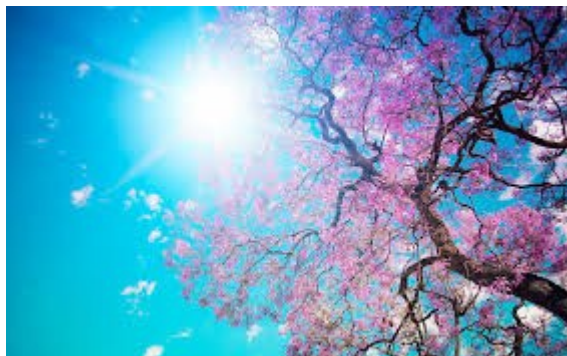
10. Be Mindful and Enjoy: Make conscious food decisions rather than grabbing for what is most convenient. Make sure it is something delicious and savor it. When you enjoy what you eat, you feel satisfied.

Source: www.eatingwell.com

Spring Into a More Positive You

Spring and summer is in the air. The flowers are blooming. Bees are buzzing. New life is everywhere. Spring is more than a time to air out the house—it's a time to do a personal house cleaning as well. Here are a few tips to help boost your mood and maintain a good attitude this spring.

- **Move a muscle, change a mood:** Did you know exercise is good for your head? Experts say that increasing physical activity, especially walking, increases energy.
- **Eat Breakfast and don't skip meals.** Eat a balanced breakfast and meals to keep your blood sugar and mood even.
- **Eat enough protein.** Eating protein with every meal (fish, chicken, eggs, nuts, yogurt, chickpeas) helps the food last longer in your stomach and prevents blood sugar drops.
- **Stay away from simple sugars.** Eating foods made from things like white sugar, white flour, and white rice can lead to a big drop in blood sugar that will affect your mood. Choose whole grain and high fiber foods with lasting power.
- **Eat fish 3 times a week.** Fish like salmon and tuna are rich in good oils. Research has found that people who eat fish less than 1 time per week have a more mild-moderate depression than those that eat fish more often.
- **Limit the amount of alcohol and caffeine you drink.** It can affect quality sleep which can make your mood worse the next day.
- **Drink more water.** The solution is simple: a tall, cool glass of water. This is really important to boost energy after exercise when your body needs it.
- **Think positive.** Some studies show that how you look at life can affect many areas of your health and well-being. Positive thinking doesn't mean that you



keep your head in the sand and ignore bad situations, it means you look at things in a more positive way.

- **Try to spend some time outside every day,** even when its very cloudy. Any kind of daylight is good.
- **Eating a healthy diet will help you have more energy** even when your body wants foods that are less healthy
- **Try to exercise 30 minutes a day** most days of the week.

Now that you know how to put some healthy ideas into effect, go out and enjoy the beautiful weather. You can notice the colors, and the light, and be grateful for all that life has to offer. This is the time to think good thoughts and take care of your body. Don't forget to have fun!

Source: Humana

Meet Our Fitness Instructors

LAURA

SHERRY

JILL

PAULA

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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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facebook.com/AspirusTherapyMedford

Monthly Recipe: Green Smoothie

Ingredients:

- 2 ripe medium bananas
- 1 ripe pear or apple
- 2 Cups chopped kale leaves
- 1/2 Cup orange juice
- 1/2 Cup cold water
- 12 Ice cubes
- 1 Tbsp. ground flaxseed

Directions:

1. Place bananas, pear (or apple), kale, orange juice, water, ice cubes and flaxseed in a blender.
2. Pulse a few times, then puree until smooth, scraping down the sides as necessary.
3. Enjoy! Makes 2 servings

Nutrition per serving: 240 calories; 3 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 55 g carbohydrates; 5 g protein; 8 g fiber, 38 mg sodium; 987 mg potassium

