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Nutritious Bites Healthy Snacking

By Mary Grider, Nutrition Educator

Snacking has often gotten a bad reputation. Many people think that it is unhealthy to eat more than three square meals a day.

But many people, especially diabetics, actually need to have snacks in order to keep their blood sugar levels steady throughout the day. Also, when people age they often find that they have less of an appetite for a large meal. In order to get all the nutrients they need each day, they may need to add some snacks between their meals.

The important factor in snacking is to find healthy snacks to eat. Snack time is the perfect time to add more fruits or vegetables into your day. If you also add some protein to your snack, you will find it helps to satisfy your appetite.

Some snack suggestions might be half of a banana with some peanut butter, Greek yogurt with blueberries, or a medium apple and a quarter cup of nuts.

How often should you snack each day? Depending on when you wake up and go to bed at night, it could be as many as three times. Many people need to eat every three or four hours to keep blood sugar levels steady and hunger at bay. A mid-morning snack and a mid-afternoon snack are common.

Keeping snacks light and healthy (under 300 calories) can add a nutritional boost to your daily eating plan and help you maintain your energy throughout the day.

Recipe of the Month

Easy Banana Roll-Ups (Serves 2-4)

This quick and healthy snack is perfect to share with grandchildren. You'll get in a fruit serving and satisfy your sweet tooth with the nut butter.



Ingredients

- 2 tortillas
- 4 tablespoons of Nutella™ or other nut butter
- 2 bananas

Directions

- Spread 2 tablespoons of nut butter on one side of each tortilla
- Put a banana on the edge of the tortilla and roll it up tightly
- Slice into rounds to serve

Photo Courtesy of: <https://www.readyseteat.com/recipes-Peanut-Butter-and-Banana-Roll-Ups-6788.html>

Keep on Moving Be Flexible

Four types of exercise include endurance, strength, balance, and stretching. You may not think of stretching as important. However, stretching increases flexibility, which helps you do things like reach down and tie your shoe or look over your shoulder while driving.

The American College of Sports Medicine recommends stretching exercises at least two days per week – daily if you've lost range of motion in your joints. Before stretching, warm up your muscles by walking around the house or marching in place. Stretching involves moving your joints through their entire range of motion. Hold each stretch for 15-30 seconds. You should feel a pull on the muscle but not pain (stop if you feel pain). If you have any injuries, be sure to check with your doctor before starting a stretching routine. For sample stretches, visit the following web site:

<http://nihseniorhealth.gov/exerciseandphysicalactivityexercisestry/flexibilityexercises/01.html>

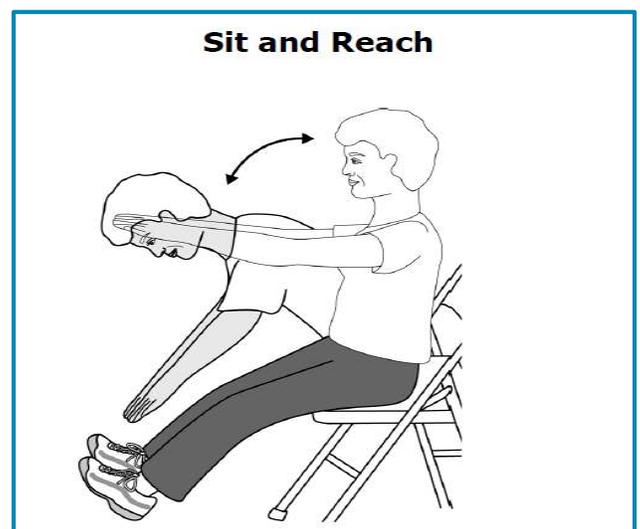
Monthly Chair Exercise Sit and Reach

This exercise will increase flexibility in the back, calves, and hamstrings – all important for good balance.

Seated toward the edge of a chair, extend your legs out in front of you, keeping the knees slightly bent. With heels on the floor and toes pointed up toward the ceiling, extend your arms out in front of you and try to reach down to touch your toes. Bend at the waist to do this and do not bounce. Hold the stretch for about 10 seconds. Come back up to the starting position.

Repeat the stretch 1 to 2 more times.

Modification: Depending on your flexibility, you may only be able to go to your knees or shins. If you are very flexible, you may be able to reach your fingers out past your toes.



For more exercises, visit the following link:
<http://www.livewellagewell.info/study/2007/12-ChairExercisesUGA113006.pdf>

Living Better

Balance and Fall Prevention

The risk, as well as fear of falling, tends to increase as we age. Having good balance is key to preventing falls. Balance can be affected by many situations, such as medications that make you dizzy, changes in eyesight, having inner ear problems, or some symptoms of chronic conditions.

Even if you're not having a problem with balance, there are habits you may have that put you at a higher risk for falling. For example,

- wearing inappropriate shoes
- carrying too much and not leaving a hand free to use a handrail
- leaving clutter on the floor
- rushing to answer the door or phone
- not using a cane or walker even if you know you have been told you should
- not exercising to keep muscles strong

Medication Manager

Making an Informed Decision

When faced with a chronic condition, there are often many choices to be made regarding your treatment or medications. It can often be tempting to try a quick fix without weighing the options and consequences. In order to make informed treatment decisions, it is important to keep some things in mind.

- Was this new treatment recommended by your doctor, or did you see an advertisement in the back of a magazine?
- Did a friend tell you about a new treatment?

It's tempting to try new things just because a friend recommends it. But you must consider your complete medical condition, as well as all other medications or supplements you may be taking. No two people are exactly the same. It may have worked for your friend but be dangerous or ineffective for you.

- not using a cane or walker even if you know you have been told you should
- not exercising to keep muscles strong and flexible
- not talking to your doctor or family member if you have a fear of falling
- not asking for help if you need it

It's important to discuss with your doctor any falls or *near falls* that you've had. Some seniors are afraid that if they talk to the doctor that the doctor will want them to go into a nursing home. Most doctors are primarily concerned with keeping you healthy, active and able to age in place and stay independent as long as possible. So if you've been having balance issues, concerns about falls or you've actually fallen, make it a priority to discuss it with your health care provider so they can evaluate you and get you the help you may need.

Upcoming Events

Matter of Balance Classes

Tuckston United Methodist Church
Athens, Georgia
Wednesday's
10:00 a.m. – 12:00 p.m.
May 3 – June 21, 2017

More workshops are listed on our web site <http://www.negahealthmatters.org/>

Live Strong, Live Long

Jackson County Senior Center
Jefferson, Georgia
Friday's, 10:00 a.m. – 12:30 p.m.
April 14 – May 26, 2017

Want to offer a workshop?
Contact Whitney Bignell
(web1975@uga.edu) for more details!

Test Yourself

Examining Your Habits

How am I doing?

1. I currently eat _____ servings of fruits most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
2. I currently eat _____ servings of vegetables most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
3. I currently eat _____ servings of whole grain products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
4. I currently have _____ servings of milk or other dairy products most days of the week (circle one)
a. Less than 1 serving b. 1-2 servings c. 3 or more servings
5. I limit the amount of sodium or salt I eat (circle one) Yes No
6. I limit how much sugar or sweet foods I eat (circle one) Yes No
7. I practice flexibility exercises each week (circle one) Yes No
8. I regularly practice fall prevention habits (circle one) Yes No
9. I talk with my healthcare provider or pharmacist before starting a medication (circle one) Yes No

What do I want to change?

This month, I want to do the following to improve my health and well-being:

On a scale of 1 to 10 (1 = low confidence, 10 = high confidence), how confident am I that I can make the change I wrote above? (circle one)

1 2 3 4 5 6 7 8 9 10

Support for this newsletter is also provided by:

The University of Georgia

- College of Family and Consumer Sciences
 - Dept. of Foods and Nutrition
- College of Public Health
 - Dept. of Health Policy and Management
 - Institute of Gerontology

Questions or Comments? Contact us!

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