



IN THIS ISSUE

Nutritious Bites 1

Sometimes, it seems like we've gained weight and don't know how it happened. The answer may be in our **portion sizes**.

Recipe of the Month 2

These **Skinny Deviled Eggs** use Greek yogurt instead of mayonnaise – and you'll never miss the fat.

Keep On Moving 2

Don't let the summer heat keep you from exercising – follow these tips to **stay cool while being physically active**.

Chair Exercise 2

Our leg muscles tend to get tight when we're not very active. These **inner thigh stretches** will help you regain flexibility.

Living Better 3

Have you heard that our thoughts influence our health? Learn **four simple steps to positive thinking** to improve your health.

Medication Management 3

Medications and supplements serve **four purposes** – do you know what your medications are doing for you?

Test Yourself 4

Nutritious Bites

Weight Management and Portion Control

By Mary Grider, Nutrition Educator

If you go to any fast food restaurant, the chances are good you will be asked if you want to have your meal “up-sized.” The problem is that the more super-sized meals we eat, the more super-sized we may become!

The key to weight management is the energy you take in versus the energy you use. Calories are the energy in the food you eat. Your body burns off those calories with activity. If we take in more calories than we burn off, we will begin to gain weight. One way to make sure you are not consuming too many calories is to follow these guidelines for a daily meal pattern:

GRAINS – 6 servings (example: ½ cup rice or noodles, 1 slice of bread or ¾ cup dry cereal)

MILK – 3 servings (1 cup milk, yogurt or buttermilk)

FRUITS/VEGETABLES – 7 servings (1 cup salad greens ½ cup cooked or raw chopped or sliced fruits or vegetables, ¼ cup dried fruit, ½ cup 100% fruit juice)

PROTEIN – 5 oz. daily (fish, beef, pork or poultry). Eggs, tofu, and nut butters are also sources of protein

One of the best ways to know how much you are actually eating is to measure it. After you get an idea of what a portion size looks like, you can fill your plate with an appropriate amount of food. A good suggestion is to put your food in an eating utensil that won't hold more than the appropriate serving size. You may want to buy a 9-inch plate or small ½ cup glasses or bowls.

For a personalized eating plan, you can visit <https://www.supertracker.usda.gov/createprofile.aspx> to enter your gender, age, height, weight, and physical activity level.

Recipe of the Month

Skinny Deviled Eggs (Serves 6-8)

Deviled eggs are a staple at Southern luncheons and potlucks, but they have a lot of fat. These skinny deviled eggs use fat-free Greek yogurt – you'll never miss the mayonnaise!

Ingredients

- 6 large eggs
- 1/3 c. plain, fat-free Greek yogurt
- 1 tsp. yellow mustard
- 1 tsp. red wine vinegar
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper



Directions

1. Boil 6 eggs, then peel them, cut them in half, and scoop out the yolks. Discard one (1) yolk, and place others in a bowl. Mash yolks with a fork.
2. Add fat-free Greek yogurt, yellow mustard, red wine vinegar, sugar, salt, and pepper to mashed egg yolks and stir until smooth.
3. Fill egg whites with egg-yolk/yogurt mixture.

Recipe and picture courtesy of

<http://www.thewholesomedish.com/skinny-deviled-eggs/>

Keep on Moving Keeping Cool This Summer

Summer is heating up – and it's more challenging to keep up your exercise routine without risking heat exhaustion or heat stroke. Follow these tips to keep cool while exercising this summer.

- Walk earlier in the morning. If it is still dark, be sure to wear reflective clothing and carry a flashlight with you. It's also safer to walk with someone.
- Wear light, comfortable clothing.
- Take your routine indoors – many malls still offer “mall-walking” about an hour before stores open.
- Try an exercise video at home. You can find many exercise videos on YouTube, or use a streaming service, such as AmazonPrime.com (monthly fees will apply).
- Drink water regularly throughout your exercise and throughout the day to stay hydrated.
- Keep a damp cloth with you to wipe your neck and face – the moisture evaporating from your skin will help you cool off.

Monthly Chair Exercise Inner Thigh Stretch

Our muscles, especially those in the legs, can become very stiff (and shorten) if we're not very active. This exercise will stretch the inner thigh muscles and improve your flexibility.

Begin in a standing position and take feet greater than hip distance apart with toes pointing slightly outward to the corners of the room. Slowly lean to the right side by bending the right knee, keeping your left leg straight. Rest your hands on your right leg for support. Make sure the bent knee does not jut beyond your toes. Feel the inner thigh of your left leg lengthen as you hold the stretch for 10 seconds. Slowly come back up to the starting position and repeat on the left side, keeping the right leg straight and bending the left knee this time.

Come back to center and repeat the stretch on both sides.

Inner Thigh Stretch



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

Living Better

Mind-Body Connection

Thoughts, feelings, beliefs, and attitudes can positively or negatively affect our health. Conversely, our health, what we eat, how much we exercise, etc., can impact our mental state. Science has shown us that anxiety causes you to produce stress hormones that can harm you. Finding coping skills can help to minimize the anxiety.

Since we understand our minds can have a powerful influence on how we feel, if we think overly negative thoughts, they can lead to low self-esteem, inactivity, or even depression. All of these can lead to a decline in our overall health.

The following steps toward positive thinking can help stop the cycle.

1. Write down your negative or self-defeating thoughts (i.e., “If I exercise, it will make my pain worse”)

2. Change these to rational and helpful thoughts (i.e., “I can walk slow if I need to, and exercise will make my pain better)
3. Practice in real situations
4. Be patient – it takes time to develop new habits.

Other tools using the mind that can help with stress, pain or fatigue are: prayer, mediation, relaxation, guided imagery, body scan and distraction techniques. These should not be used, however, if you are having symptoms that may indicate you are having a heart attack or stroke.

Adapted from Lorig, K., et al.
Living a Healthy Life with Chronic Conditions
(4th ed.)

Medication Manager

Purpose of Medications

Medications can be very important to our overall health. Whether over the counter or prescription, medications have four basic purposes:

1. Relieve symptoms. This could include medications to relieve pain or inhalers to ease breathing, for example.
2. Prevent further problems, such as diuretics or blood thinners to prevent a stroke.
3. Improve the disease or slow its progress. For example, certain osteoporosis medications can build bone mass.
4. Replace substances the body normally produces, such as insulin taken by people with diabetes.

Be sure you know what medications (prescription and over-the-counter) you are taking and what their purposes are. Be sure to discuss any questions or concerns with your health care provider.

Upcoming Events

Matter of Balance Classes

More classes coming Fall 2017!

Live Strong, Live Long

More classes coming Fall 2017!

Are you passionate about helping people live well with chronic health conditions? Consider becoming a Stanford Chronic Disease Self-Management Program certified lay leader! Our next 4-day training will be September 28-29 and October 5-6. Contact Whitney Bignell (web1975@uga.edu) for more information!

Keep up with new events at <http://www.negahealthmatters.org/>

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 practice positive thinking/mind techniques to cope with symptoms (circle one) Yes No
9. I know the purpose of the medications and supplements I take (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!

Whitney Bignell, PhD, RDN, LD
Wellness Coordinator
NE Georgia Area Agency on Aging
Postdoctoral Research Associate
The University of Georgia
(706) 542-4507 | web1975@uga.edu
Visit our web site! www.negahealthmatters.org