



IN THIS ISSUE

Nutritious Bites 1

Confused about what to eat for a healthy diet? **ChooseMyPlate** can help!

Recipe of the Month 2

These **Chicken Parmesan Zucchini boats** are a great way to use this abundant summer squash in a main dish.

Keep On Moving 2

Thinking about trying a **fitness app** to help you increase your physical activity? Check out a few of our favorites.

Chair Exercise 2

These **front arm raises** will help you strengthen your shoulders, which can make it easier to lift items and pull yourself up after a fall.

Living Better 3

Many people experience **pain** and/or **fatigue** on a regular basis due to chronic illnesses. Learn how to better **manage** these symptoms to improve your life.

Medication Management 3

It's important to keep an **up-to-date list of your medications**. Find out what information to include on your list.

Test Yourself 4

Nutritious Bites

Choose MyPlate to Eat Healthy

By Mary Grider, Nutrition Educator

In 2015, the U. S. Department of Agriculture (USDA) updated recommendations for how Americans should eat to stay healthy. It is called **MY PLATE** (choosemyplate.gov).



Generally, this program is a reminder to create a healthy eating style you can maintain throughout your life. Using approximately a 9-inch plate, they suggest you put particular foods in each of 4 sections.

- Half of your plate should be a variety of fruits and vegetables (a little more vegetables than fruit).
- The other half of the plate is for grains and protein (with a little more grain than protein).

Choose whole grains like 100% whole wheat bread or brown rice several times a day. A good rule of thumb is to “make at least half of your grains whole grains.” Choose a lean source of protein, which could include lean cuts of fish, pork, beef or poultry. It is also recommended that all adults have three servings of some sort of low-fat dairy food or beverage daily.

All of the food and beverage choices you make daily matter. Look for foods that are packed with nutrients which will help your body run at its best. On the whole, choose foods and beverages that are lower in fat, sodium, and sugar.

It's best to start with small changes like eliminating sugary drinks or adding whole grains to your diet. If you stock your pantry and refrigerator with healthy options, you will be well on your way to meeting the established guidelines.

Recipe of the Month

Chicken Parmesan Zucchini Boats (Serves 4)

Ingredients

- 4 medium zucchini (about 1 ¾ lbs.)
- 1 lb. ground chicken or turkey
- ¼ tsp. salt
- ¼ tsp. black pepper
- 2 garlic cloves, minced
- 1 cup pasta sauce
- ¼ c. grated parmesan cheese
- ½ c. shredded mozzarella cheese
- Optional: sliced fresh basil for garnish



Directions

1. Preheat oven to 400° F. Spray a 9"x13" baking dish with cooking spray.
2. Place a large non-stick skillet over medium-high heat. Add chicken and break apart with a spoon. Add salt and pepper and cook for 8-10 minutes until chicken is cooked through. Stir occasionally to break chicken into small chunks.
3. Reduce heat to low. Add garlic and cook 1 minute. Add pasta sauce and cook 3 minutes, stirring occasionally.
4. Cut zucchini in half (length-wise); scoop out seeds and center of each half, leaving a ¼-inch thick "boat."
5. Place zucchini in baking dish with cut size up. Spoon chicken mixture into zucchini boats. Sprinkle boats evenly with Parmesan and mozzarella cheeses.
6. Cover baking dish with foil. Bake for 35 minutes.
7. Sprinkle with fresh basil and serve.

Keep on Moving Technically Fit

There's an old saying that "what gets measured gets done." The same goes for our fitness goals – we're more likely to reach our goals if we measure our progress regularly. That's where fitness apps on our smart phones can help. Here are a few of the most popular apps available:

MyFitnessPal

This app allows you to track what you eat, as well as your exercise each day. The online account is free and can sync with your smart phone. You can also connect a tracker, such as [Fitbit](#) or [Jawbone Up](#) so that your daily steps are logged automatically.

MapMyWalk

This app connects with the GPS on your smart phone to track how far you walk and what your pace is.

Pacer

This app helps you track multiple health goals, including steps, weight, blood pressure, and sleep.

Monthly Chair Exercise Front Arm Raises

Strong shoulders are important if you need to pull yourself up after a fall. These front arm raises can be done with or without a ball. You can also use a can of soup or water bottle for additional resistance.

In a seated position with good posture, hold a ball in both hands with palms facing each other. Extend the arms out in front of your body, keeping your elbows slightly bent. Starting with the ball lowered toward the knees, slowly raise your arms to lift the ball up to shoulder level (no higher), then lower the ball back to the starting position, taking about 2 to 3 seconds to lift and lower.

Repeat 10 to 15 times. Rest. Do another set of 10 to 15 repetitions.

Front Arm Raises



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

Managing Pain and Fatigue

Anyone with a chronic condition often has to deal with pain as well as fatigue. Finding ways to deal with these symptoms can be frustrating. Whether a chronic condition or something else (like too much exercise or not enough sleep) is the cause of your pain or fatigue, you will notice that often the same solutions will work for both symptoms. The following are some things that have been found to help manage these symptoms:

- ❖ Don't over-do it
- ❖ Plan your day to ensure a mix of rest and activity
- ❖ Rest or get good sleep
- ❖ Exercise
- ❖ Use meditation or mindfulness relaxation techniques
- ❖ Continue to be socially active

- ❖ Learn to say 'no' when you don't have the time or energy to do what someone asks of you
- ❖ Eat well
- ❖ Use medications properly
- ❖ Massage

These are just a few ways that you can manage pain or fatigue. If you find that after trying these techniques your pain or fatigue is still overwhelming, contact your healthcare provider about your concerns.

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

Medication Manager Safety Measures for Medications

When we use medications, we assume several responsibilities. One of those includes keeping an up-to-date list of all medications we take, whether they are prescriptions or over-the-counter. It's important to share this list with all of our doctors (including the dentist!). Some people keep a small card in their purse or wallet. Others use the computer to make a list that they can edit as medications change. The following information should be included in your list:

- ✓ **Name of medication** (including over-the-counter medications, creams, lotions, drops, vitamins, minerals, and nutritional supplements)
- ✓ **Provider** who prescribed or told you to take medication
- ✓ **Dosage** (i.e., milligram per pill, how many pills taken daily)
- ✓ **Date** you started taking medication
- ✓ Any **allergies** to medications

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/>

Upcoming Events

Test Yourself

Examining Your Habits

How am I doing?

- 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
- 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
- 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
- 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
- I limit the amount of sodium or salt I eat (circle one) Yes No
- I limit how much sugar or sweet foods I eat (circle one) Yes No
- I am interested in using a fitness app to help me reach my health goals (circle one) Yes No
- I regularly practice techniques to manage pain and/or fatigue (circle one) Yes No
- I keep an updated list of all of my medications and supplements (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) 542-4067 | web1975@uga.edu
Visit our web site! www.negahealthmatters.org