



Heart of America Medical Center - Wellness Center

Why should women strength train?

By Tammy McClintock, CFT

Strength training builds muscle, we know, but why is that so important?

- Strengthening Bones.** In order to increase bone density and decrease your risk of osteoporosis you need to impose a stress on them, and it needs to be more than simply walking.
- Controls Body Fat.** Muscle burns more calories than fat at rest, thereby increasing your resting metabolic rate. So the more you build through weight training the more calories you burn, minimizing the amount of fat that is available to deposit.
- Prevents Injuries.** When done with proper form, strength training protects your joints from injuries.
- Boosts Stamina.** You will find you fatigue less easily when you strength train.
- Improves Self-Image.** Women who strength train can boost their self-confidence and body image while reducing the risk of depression.
- Improves Sleeping Patterns.** You are less likely to suffer from insomnia if you regularly strength train.

Source: Oxygen

That summer exercise feeling!

By John Brandt, Director PT

Greetings, everyone! The summer is flying fast and the weather has been beautiful. It is a great time to get out and exercise. But what should you do, you ask? For some, just getting out and doing an activity is the best way to get fit. For the rest of us, we need a plan.

There are several ways to set up a regimented exercise routine that will help you build endurance and burn calories. For starters, commit yourself to a program. Set aside 30 days, a 30-day challenge, if you will, and get into a five-day-per-week routine (we'll give you the weekends off because you're great!).



A great way to start your day is to get up early before work and exercise. No breakfast, just roll out of bed, step outside and go. Make sure you get dressed first! Thirty minutes of walking, jogging, biking or whatever gets your heart rate up can all be done before you start the morning grind. It's

better than that morning cup of coffee! Make sure you do something you enjoy so you can stick to it. Better yet, bring a friend. Summer mornings are great with the early morning sunshine and cooler temperatures.

If you have questions or need help with your summer exercise program, please contact us at the Wellness Center, 701-776-5455 Extension 2209. Have a fun and fit summer!

Have you had your Rainbow this week?

By Kathy Brandt, LRD

The American Dietetic Association (ADA) recommends eating an array of foods of many different colors, such as those of the rainbow. Note: an array of 'foods', doesn't mean a colorful bag of candy to brighten your day. It turns out that eating a variety of 'naturally colorful' foods is ideal.

Research indicates that foods rich in color and flavor have more phytochemicals, or plant compounds, which are believed to aid in disease prevention and maintenance of a healthy body.

To vary your veggies, MyPyramid.gov 2000 calorie food pattern recommends the following amounts: Dark Green Vegetables = 3 cups weekly, Orange Vegetables = 2 cups weekly, Dry Beans and Peas = 3 cups weekly, Starchy Vegetables = 3 cups weekly, and other Colorful Vegetables = 6 ½ cups weekly.

Focus on colors as you prepare meals each day.

Each color brings its own bevy of nutrition to the table. To eat the rainbow each day, or foods that help to create the image of one, keep these colors and foods in mind:



- Red foods are high in the antioxidant lycopene, which helps protect from some cancers, and helps prevent sun damage. Red foods include tomatoes, cherries, red bell pepper, watermelon, strawberries, pomegranates, and red potatoes.

- Orange foods are high in vitamin C, provide anti-inflammatory properties, and help prevent cancer. Good sources of orange foods include carrots, sweet potatoes, pumpkins, cantaloupe, oranges, and orange bell pepper.

- Yellow foods are high in carotenoids, which help to decrease inflammation in the joints, as well as prevent cancer and aid in good vision. Sources include yellow bell pepper, corn, pineapple, yellow squash, and apricots.

- Green foods offer an abundance of vitamins and antioxidants. Options include avocado, broccoli, asparagus, spinach, zucchini, romaine lettuce, green peas, and green grapes.

- Blue and purple foods are high in antioxidants and are good for memory and cardiovascular health. Ideal selections include eggplant, blueberries, prunes, plums, beets, and blackberries.

- White foods can help prevent cancer and heart disease, and include such options as onions, mushrooms, garlic, and cauliflower.

These foods can easily be added into your daily meals as side dishes, chopped and added to sauces, casseroles, stir fry, and soups, or even used in preparing baked goods, such as pumpkin spice muffins. Go ahead, think color to improve your health.

Women!

FREE workout with
Tammy in August!

Call to register
776-5455 Ext. 2209

VALUABLE COUPON



Wellness Center Hours:
 Monday-Friday 7 a.m.-9 p.m.
 Saturday 8 a.m.-Noon

August 2009

Heart of America Wellness Center Monthly Activities

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
		National Women's Month				1
2 —Exercise —Healthy Habit —Water My goal this week is _____	3 Sports Acceleration 7-9 p.m.	4	5 Sports Acceleration 7-9 p.m.	6	7 Sports Acceleration 7-9 p.m.	8
9 —Exercise —Healthy Habit —Water My goal this week is _____	10 Sports Acceleration 7-9 p.m.	11	12 Sports Acceleration 7-9 p.m.	13	14 Sports Acceleration 7-9 p.m.	15
16 —Exercise —Healthy Habit —Water My goal this week is _____	17	18	19	20	21	22
—Exercise 23/30 —Healthy Habit —Water My goal this week is _____	24/31	25	26	27	28	29
61% of American women say they participate in a sport or recreational activity. What about you?						

NON-PROFIT ORG.
 U.S. Postage PAID
 Permit No. 100
 Rugby, ND 58368

Good Samaritan Hospital Association doing business as
Heart of America Medical Center
 800 South Main
 Rugby, ND 58368-2118
 Return Service Requested