



Your Health is Worth It

Eating Healthy Happens One Day at a time!

Welcome Summer!

This time of the year has lots of fun options, like, BBQ's, salads, swimming, late night camp fires, and fresh fruit. Enjoy the summer and the fresh fruit in season. Increase your palate by trying new foods. Don't let the heat from keeping you active. Stay motivated throughout the summer. Focus on whole foods, fresh foods and nutritionally balanced meals. Of course, do not forget to move the body!

Eat "Cleaner" on the Road

Eating healthy on the go can be difficult. The key to making it work is to plan, plan and plan some more. You must plan your meals and snacks and go shopping to make sure you have what you need in the pantry. Often times we don't have what we need so we end you driving through and getting something, not so healthy.

You should kind of know how long you will be away from the house, so you know how many meals to plan for. Try and eat at least 3 meals per day. If you are extra active you may need to add in a few snacks.

1. Always make sure your meals are combined with carbohydrates and lean protein.
2. Bring plenty of water so you do not go dehydrated. Something people think they are hungry when they are actually thirsty. Strive for at least 64 ounces per day.
3. Carry a cooler full of healthy meal options
4. Carry fresh fruit

- Pack a trail mix: add unsweetened dry cereal, nuts, and dried fruit
- Pack portable low-fat cheese; my favorite is string cheese, freeze it and then throw it in the cooler and it is cold and ready to eat
- Edamame is a great on the go snack. Boil it, package it and pack it. Great mix of carbohydrate and lean protein.
- A simple classic lunch – Peanut butter and jam sandwich. Make a sandwich on whole wheat bread with natural peanut butter and fruit preserves with no added sugar. Pair your sandwich with a juicy fruit and you are full and satisfied
- Bean and cheese burritos are great cold. Prepare a tortilla burrito wrap with fat free refried beans, reduced fat shredded cheese wrapped into a whole-wheat tortilla.
- Baby carrots and cucumbers with hummus dip
- Bean and rice bowl: In a cooler pack ½ cup beans and 1/3 cup rice or quinoa. In a separate container pack salsa. When hungry and ready to eat, top beans and rice with salsa and enjoy!
- Stuffed pita; Pre cut pita bread, in a zip lock baggie pack all the essentials to make the perfect pita sandwich. Try something simple such as, low sodium turkey meat, roast beef or maybe even hummus. Also pack a little lettuce, tomatoes and sliced cucumbers to add and make a perfect pita.
- Cottage cheese and fruit with whole wheat crackers; Pack cottage cheese in a Tupperware container, pre cut your favorite fruit or use fresh berries, and Compliment the meal with whole wheat crackers.
- Cheese sandwich (my kids like this one): On a sandwich flat or similar type bread, spread one wedge laughing cow cheese, one slice of reduced fat cheese



Your Best Body Ever!

Jump start your metabolism and get healthy all at the same time. Food is such an important part of being healthy. An important part of exercising and training requires the right type of fuel. If you are doing cardiovascular and/or strength training it is very important to fuel your body with the right amount of carbohydrates and lean protein. Carbohydrates are especially important. Many people are scared of carbs and think they will cause weight gain. This is entirely not true. Carbohydrates help with muscle recovery, fuel for effective training, steady blood glucose levels, and deplete glycogen stores for great exercise.

Follow these simple rules to be better fueled to train your body to build a hot and healthy bod!

- 1. Eat whole grains with every meal:*** Oats, barley, quinoa, and other whole grain foods will help deliver long-lasting energy and may help decrease belly fat. Whole grain foods are high in fiber, fiber will help prevent foods from turning into sugar as quickly. This may allow the body to break down dietary fats instead of storing them. Be aware of whole grains that are full of added sugars.
- 2. Load up on veggies at every meal:*** It is recommended you get 25-35 grams of fiber each day. Adding vegetables to your meals is a great way to achieve this goal. Vegetables are low in calories and will help fill you up. They also contain important vitamins, minerals and antioxidants to help remove dirty toxins from the body and repair your damaged cells. You can never eat too many non-starchy vegetables. Just avoid dipping vegetables into high fat dips.
- 3. Have a sweet tooth? Try snacking on fruit instead of other high fat/high sugar options:*** Fruits are full of vitamins and minerals. Adding fruits to your day has been shown to help with reducing heart disease, lung disorders and certain cancers. Fruit is also high in fiber. If you use fruit for a mid-day snack try and pair it with a lean protein. The protein will help slow down the absorption of sugar from the fruit. Eat fruits that are in season. They will have more vitamins and minerals and they will be cheaper on the wallet.
- 4. Drink water:*** Avoid juice and sports drinks. These are very high in sugar. Even if you have a high priced juicer and using organic fruit, it is still very high in sugar. Water also helps to promote lipolysis- the process of fat burning.
- 5. Eat Quick carbs post workout:*** If you are coming out of a work-out that has lasted more than a hour and a half, be sure to pair protein and a simple carb within 15-30 minutes after exercise to replenish the depleted glycogen in your muscles and start recovery. The protein will trigger protein synthesis (muscle building) and carbohydrate replenishes fuel that you used during exercise.

Try:

- ½ cup cereal and fat free cottage cheese
- 5-6 crackers with peanut butter or fruit and peanut butter
- Light yogurt with sliced almonds
- ½ tuna sandwich on rye bread
- Low-fat protein shake with added fruit and made with fat free milk
- Boiled egg and slice of toast
- String cheese and fruit
- Greek yogurt



How to Prevent Injury associated with Working Out and Endurance Training

1. **Rest and Recover:** Plan some days to rest when you are training. This applies to training for endurance events, such as a 5 K race, marathon, triathlon or just try to lose and few extra pounds. Avoid training for more than two consecutive days without resting. Your rest days or recovery days should follow your hard training days.
2. **Incorporate Recovery Techniques:** Spending time with the family, watching movies, reading, listening to music and socializing with friends and be a great way to relax. It can allow you to disassociate from physical exercise and reduce tension while developing a positive mood and happiness.
3. **SLEEP:** This is a must for physiological growth and repair. It is important to try and get 7-8 hours of sleep per night. Studies have shown that cardiovascular performance can be decreased by 20 percent with sleep deprivation. Naps are a great option if 7-8 hours of sleep at night is not realistic.
4. **You must post-exercise fuel:** Eating post exercise is very important for restoring muscle and liver glycogen, improve hydration, and repair muscle tissue. Try and eat some form of carbohydrate and lean protein 15-30 minutes after exercise.
Rehydrate after exercise. Most people will hydrate during exercise but most people stop hydrating after exercise. It is important to continue drinking water for 20-30 minutes after exercise.
Performance can decrease after a 2 percent loss in body water.
5. **Warm-up and Cool-Down:** Warm-up is a must before working out. You must slightly increase the heart rate and get blood flowing to the muscles and connective tissue before exercise. Improper warm-up can lead to muscle injury and joint and muscle stiffness.
Warm-up should last 5 to 15 minutes. After 45 minutes of inactivity, rewarm-up may be needed.
Cool-down can help prevent lactic acid build-up, decrease muscle soreness, and prevent pooling of blood.
Cool-down consistent of low-intensity aerobic exercise, light jogging, walking or cycling
6. **Add strength training:** Strength training will help prepare the body for endurance events. Strength training will facilitate bone health and help enhance injury resistance.
7. **Maintain good posture:** Incorrect posture can easily lead to injuries. If you start to lose your posture, stop the exercise and reposition yourself.
8. **If anything hurts while you are training, stop the exercise.** A little discomfort is common, but not pain.
9. **Slowly Increase time and intensity:** Begin with moderate exercise of about 20 minutes, 3 times per week and gradually build upon this. Add 5 minutes each week or until you are comfortable with the 20 minutes of exercise.
10. **Dress Properly:** Choose the right footwear and replace shoes as needed. Wear clothes that wick sweat and helps keep you cool and dry. It is also important to wear exercise clothing that will make you look good and work-out comfortably.
Look for fabric that is polyester combined with cotton

Effective Exercise for a Strong Body

** A look at some of the most effective exercises**

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Walking: You can walk anywhere, anytime, on a treadmill or with no equipment, besides a good pair of walking/running shoes. Start out slowly, 5 to 10 minutes and slowly increase. You should be walking at a minimum of 30 minutes per day. It is a good idea to get an inexpensive pedometer. It will help keep track of the number of steps that you walk a day. It is a goal to walk 10,000 steps per day, which is equivalent to 5 miles.

As you progress, lengthen your time of your walks before boosting your speed or incline.

Interval Training: Adding interval training to your cardio workout can boost your fitness level, to help you burn more calories and help you lose weight. The idea of interval training is vary the intensity of your workout to challenge your body instead of staying in your comfort zone. An example is to start with basic walking and pick up the pace for a minute or two, then back off for 5-10 minutes and then increase the pace again. Do this off and on throughout your workout.

Squats: I know they can be difficult but they work really well. The squat hits all of your large muscle groups; such as, quadriceps, hamstrings, and gluteals. Make sure that you keep your feet shoulder width apart and back straight. Bend at your knees and lower your rear as if you were sitting in a chair. Keep you knees over your ankles. Practice your squat by putting a chair behind you.

Lunges: This is another difficult one. But like the squat it works large muscle groups. This exercise will also help with balance.
Technique: Take a large step forward, keep your spine straight, bend your front knee to 90 degrees. Keep your weight on your back toes and drop the back knee toward the floor, but don't let it touch the floor.

Push-ups: This is my favorite! Push-ups help to strengthen the chest, shoulders, arms, triceps and core muscles.
Technique: Face down, place hands slightly wider than shoulder-width apart. Place toes or knees on the floor, create a smooth line with your body, from shoulders to knees or feet. Keep your rear end muscles and core muscles engaged, lower and lift your body by bending and straightening your elbows, keep your torso stable throughout the move.

Bend over row: This works the main muscles in the back and biceps.
Technique: Stand with feet shoulder-width apart, bend knees, and flex forward at the hips, then engage the abdominals and extend spine to add support. Hold weights beneath the shoulders with hands shoulder-width apart. Flex elbows and lift both hands toward the sides of the body. Pause, then slowly lower hands to the starting position.

Newsletter edited by Jade Morgan

PLEASE NOTE: Always consult a physician before starting a fitness program or changing your diet. Information found in this newsletter is meant to support and not replace the relationship with your physician. Not all exercises or activities are suitable for everyone. If you feel discomfort or pain, stop. The instructions and advice presented are in no way intended as a substitute for medical or psychological counseling.