

# NUTRITION NEWS

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## Physical Activity

Finally, after a long winter, the weather is starting to improve. This is a perfect time to amp up your exercise routine. Studies show that increasing your activity by only 30 minutes, three times a week can significantly reduce your chances of developing chronic diseases.

Did you know that inactive people are nearly twice as active individuals are to develop heart disease? Lack of physical activity also leads to more visits to the doctor, more hospitalizations, and more use of a variety of medicines to treat different conditions.

Adding physical activity can improve your cardiovascular health, including reducing your risk of stroke and lowering high blood pressure, helps control your blood sugar, and combat obesity. It has even been shown to reduce your risk of developing colon cancer. Regular physical activity has been shown to improve your mental health as well.

Additional benefits of regular exercise include:

- \* May help to prevent cancers of the breast, uterus, and colon
- \* Strengthens your lungs and helps them to work more efficiently
- \* Tones and strengthens your muscles
- \* Builds your stamina
- \* Keeps your joints in good condition
- \* Improves your balance
- \* May slow bone loss
- \* Gives you more energy
- \* Helps you to relax, cope better with stress, and beat the blues
- \* Allow you to fall asleep more quickly and sleep more soundly



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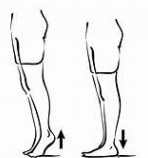
### Monthly Exercise

#### Heel Raise

**Helps with walking and climbing stairs.**

1. With fingertips on something solid to help balance, lift both heels off the floor and stand on your toes for three seconds, then slowly lower your heels to the floor

2. Repeat 5 times.



If there is a down side to increasing your activity, it is that your risk of falls may increase as well. But exercise can also be tied in to falls prevention. Different exercises can improve your balance, thereby reducing your chances of a fall. Weight bearing exercise can strengthen your bones so that if you do fall, your risk of fracturing a bone is lessened.

Did you know that one out of every three individuals aged 65 or older fall at least once a year? Injuries sustained from a fall can vary in severity from cuts and bruises, to fractures and head injuries. Among individuals aged 65 and older, falls are the leading cause of injury death. Falls are also the most common cause of nonfatal injuries and hospital admissions for trauma.

Here are some additional sobering facts regarding falls:

1. The most common fractures caused by falls include fractures of the spine, hip, forearm, leg, ankle, pelvis, upper arm, and hand.
2. People aged 75 and older are four to five times more likely than those aged 65-74 to be admitted to a long term care facility for a year or longer.
3. The rates of fall related fractures among older women are more than twice that of older men.
4. More than 95% of all hip fractures are caused by falls.



So what can be done to prevent falls? The CDC recommends regular exercise, especially exercise focusing on increasing leg strength and improving balance. You can also make your home safer by removing certain known hazards, including loose floor rugs which can become entangled when walking. Any other objects that may increase your risk of tripping should also be removed. Adding grab bars in the bathroom, especially by the tub and toilet is another preventative measure. Lastly, make sure that there is adequate lighting in the home to prevent accidental tripping.

Involving your health care team is another practical measure to prevent falls. Have your doctor check your list of both prescription and over the counter medications to determine if there are any that cause dizziness or drowsiness. You can also get regular eye exams to ensure that your vision is optimal.

Lastly, to prevent your risk of fractures if you do fall, make sure that you are taking in adequate calcium and Vitamin D for bone health (either through diet or supplementation). Remember that meeting your needs through real food sources is also desirable, but if you cannot do that, a supplement may be a good option. Add weight bearing exercise if possible, and be sure to get screened and/or treated for osteoporosis.



As mentioned earlier, exercise can have a positive effect on your blood sugar. Some individuals with diabetes have it as a result of an insensitivity of their adipose (or fat) cells to insulin. Research shows that as the adipose tissue grows, it becomes resistant to the insulin that the body may be producing. Therefore, even if your insulin production is sufficient, the fact that it cannot enter the cells can cause your blood sugar to rise.

As you exercise, the benefits may be twofold. Not only could you be losing weight, thereby causing your adipose tissue to return to a more normal size, exercise itself may increase the sensitivity of the adipose cells to insulin.

Allowing the insulin to reach the cells will help control your blood sugar. As obesity is a direct link to your risk of developing diabetes, nay steps taken to lose weight may help improve your blood sugar control.

Be aware that a significant weight loss should always be discussed with your physician, especially if you are an insulin dependent diabetic. As your body's regulation of your blood sugar improves, you may not need as much insulin. There are some oral agents (such as glyburide or metformin) that may need to be adjusted as well.

Always be sure to carry a glucose source with you when exercising, and be well versed in the signs and symptoms of hypoglycemia, including dizziness, light headedness, sweating and shakiness.



Lastly, here are some simple tips to increase your activity level.

- ◆ Drive or walk to a nearby high school and walk around the track: 4 laps equals approximately 2000 steps
- ◆ Pass by the drive thru window at the bank and walk inside
- ◆ Stroll the halls while waiting for your doctor appointment
- ◆ Listen to books on tape or music while walking
- ◆ Walk your grandchildren to school
- ◆ Walk to a nearby store or post office to accomplish your errands
- ◆ Walk to church for services
- ◆ Walk to a friend's house for a visit
- ◆ Focus on walking distance over speed; it's better to get in more steps at a comfortable pace than to burn out quickly
- ◆ Benefit a good cause by joining a charity walk
- ◆ Walk around the campus of a nearby college
- ◆ Vary your pace while walking— start out slowly then increase your speed, include short bursts of speed walking, then cool down with a slower pace at the end of your walk
- ◆ Explore nature by keeping a field guide handy when walking
- ◆ Play a round of golf but pass on the cart
- ◆ Don't forget household activities, such as scrubbing the floors or vacuuming

We can't forget Mother's Day in May! This decadent recipe will fit right in at a Mother's Day brunch, This cake is loaded with calcium and you can top it with the fruit of your choice to make it rich in fiber and antioxidants. Try pairing it with blueberries!



**HEAP**

If you received HEAP last year but have not yet received an application for this year, please call our Office at 867-1195.

If you did not receive HEAP last year but want to apply this year, please call our Office at 867-1195.

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***Lemon Pound Cake***

**1 cup butter, room temperature**

**2 cups white sugar**

**3 eggs, room temperature**

**1 tsp lemon extract**

**2 1/4 cups all purpose flour**

**1/2 tsp baking soda**

**1/2 tsp salt**

**1 (8 ounce) container lemon flavored yogurt**

Preheat the oven to 325 degrees. Grease and flour a 10 inch bundt pan.

Beat butter and sugar together in a large bowl with an electric mixer until light and fluffy. Beat one egg at a time into the butter mixture; add lemon extract with the last egg.

Sift together the flour, baking soda, and salt. Alternately mix in the flour mixture and the yogurt, starting and ending with the dry ingredients. Beat just until incorporated.

Pour batter into prepared pan. Bake in the preheated oven for 60 minutes, or until a toothpick inserted into the center of the cake comes out clean. Allow to cool 10 minutes in the pan, then turn out into a wire rack and cool completely.

Try serving with a fruit compote and whipped topping.