2008 Issue II

AMH Inside Out

Easy Steps to Starting a Fitness Program

Adapted from Mayo Clinic by Jill Harvill, MS, ATC, AMH Industrial Rehabilitation

We know exercise helps us lead healthier lives. However, many people don't know where to start. You should see your health care provider first if you have any medical conditions which may be aggravated by physical activity. Your health care provider can also help you decide the types of activities that are safe and appropriate for you. The following steps can help you get started.

Assess your current fitness level. It is best to know where you are starting from so you can measure your progress. Record the following measurements:

- How long it takes you to comfortably walk one mile.
- Your pulse rate after walking one mile.
- How many push-ups you can do in one minute.
- How far you can reach forward while seated on the floor with your legs straight in front of you.
- Your waist circumference at your navel.
- Your hip circumference at the widest part.

2. **Plan your program**. Consider your fitness goals and think about your likes and dislikes. You program will be different if you are trying to lose weight versus training for a sport. Choose a variety of activities you'll enjoy. This is much more likely to help you stay motivated.

3. **Assemble your equipment**. You should start with a pair of good athletic shoes. If you need exercise equipment, consider trying some at a fitness center before you buy. You can also find good used exercise equipment for a fraction of the price of new. A set of light dumbbells, some elastic bands and a place to walk can be all you need for a great overall workout.

4. **Get started slowly and build up gradually**. If you are having trouble fitting exercises into your busy work day, you can break up exercise bouts into 10-minute sessions. Your goal is 30 minutes of exercise most days of the week. Allow yourself time to recover. Muscle soreness is normal the first two to three days after a new workout. Continue light exercise and stretching and that soreness will go away.

5. **Monitor your progress.** Repeat your personal fitness assessment after six weeks. You may notice you need to increase the amount of time you exercise in order to continue improving. You may also be pleasantly surprised to find you are exercising just the right amount to meet your fitness goals. If you lose motivation, try a new activity or ask a friend to join you.

Starting an exercise program is an important decision. By planning carefully and pacing yourself, you can establish a healthy habit that lasts a lifetime. AMH has a Preventive Exercise service in which we can perform a fitness assessment and discuss a program that will help you meet your goals. For information on this service, call 376-2886.

More on Fitness:

MayoClinic
www.mayoclinic.com

Family Doctor
www.familydoctor.org

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Watch for upcoming events with AMH

Select a link or visit our website

MARCH	APRIL	MAY
* Site Health Fairs	* Nutrition Challenge (Begins 4/7 - Ends 5/15)	* Health & Safety EXPO (5/20 & 21)
* Exercise Challenge (Ends 3/7)	* National Humor Month	* Nutrition Challenge (Ends 5/15)
	* National Alcohol Awareness Month	* National Employee Health & Fitness Day (5/21)
	* Hanford Office Professionals Conference (15&16)	

Happy St. Patricks Day

www.hanford.gov/amh

Why *Inside Out*?

It was one of those mysterious moments, sitting in the office with two co-workers present, discussing the need for a name for our new health and wellness newsletter. Several ideas had gone around, none of which had grabbed anyone's imagination. Suddenly, out of nowhere: "How 'bout 'Inside Out?'" Blank stares. Then: "Yeah, that sounds good." I liked it; they liked it. Now we had to figure out where that came from!

Here's what we came up with:

- How you care for yourself on the ***inside***---exercise, nutrition, weight control, (not) smoking, alcohol in moderation, stress reduction, knowing your numbers…like blood pressure, cholesterol---reveals itself on the ***outside***.
- How we here at AMH care for ourselves demonstrates to those on the Site for whom we care that we "walk the talk." It's hard to ask---urge---workers "***out***" there to follow our recommendations if we aren't doing the same "***in***" here at AMH.
- Sometimes it feels as though you're turning yourself "***inside out***" to make the changes you need for better health.

Well, those are three thoughts that came to mind retroactively. Where it came from at the time, who knows? But here we are: "***Inside Out***." We hope you benefit from it, inside *and* out.

L.B. Sandy Rock MD

Healthy Recipes

HIGH FIBER STRAWBERRY SMOOTHIE

1 container (6 oz.) fat free strawberry yogurt
1 cup fresh strawberry halves or frozen unsweetened whole strawberries
3/4 cup fat-free milk
2 tablespoons Fiber One original bran cereal (or any other high fiber cereal of your choice)

In blender, place all ingredients. Cover; blend on high speed for 20 seconds or until smooth. (Scrape sides as needed.) Serve immediately.

~ FiberOne.com

Calories 160
Protein 6g
Carbohydrates 30g
Fiber 3g
Total Fat 1g
Saturated Fat 1/2g
Cholesterol 5mg
Sodium 48mg

Benefits of a High Fiber Diet

By Kelly Harnish BS, CHES, Health Education

Many of us know about fiber because we often see commercials on TV touting the latest fiber supplement to make us more "regular". At the grocery store, you don't have to look far to see cereals and snacks with the fiber content loud and clear on the front of the packaging. But what **is** fiber and why do we need it? How much do we need and where should it come from?

Long heralded as part of a healthy diet, fiber appears to reduce the risk of developing various conditions, including heart disease, diabetes, diverticular disease, and constipation. From a weight management standpoint, fiber is our friend. Foods containing fiber add bulk with minimum calories. Consider a 4 ounce steak: 260 calories. Compare this to 4 ounces of black beans: 150 calories. While this is the same amount of food and both great sources of protein, the black beans will fill you up and save over 100 calories. In this way, fiber helps us manage our weight.

Food item	Fiber content in grams
Split peas, cooked, 1 cup	16.3
Red kidney beans, boiled, 1 cup	13.1
Raspberries, raw, 1 cup	8.0
Whole-wheat spaghetti, 1 cup	6.3
Oat bran muffin, medium	5.2
Pear, medium with skin	5.1
Broccoli, boiled, 1 cup	5.1
Apple, medium with skin	4.4
Oatmeal, quick, regular or instant, cooked, 1 cup	4.0
Green beans, cooked, 1 cup	4.0
Brown rice, cooked, 1 cup	3.5
Popcorn, air-popped, 2 cups	2.3
Whole-wheat bread, one slice	1.9

~ MayoClinic.com

It is best to get fiber from real food versus supplements. Not only will this help you have a generally healthy diet, but also, you will be spreading out your consumption of fiber throughout the day, which reduces the stress on your digestive system. Adults should get at least 25 grams of fiber per day. Most Americans are not getting this much fiber. If you don't think that you are currently reaching 25 grams a day, do not attempt to jump right into it tomorrow. Gradually increase your fiber intake so that your body has time to adjust. Your digestive system will thank you for increasing gradually and your heart will thank you for the long term benefits.

Check it out on the AMH website...

Reduce your eye strain!