

NUTRITION NEWS

WRITTEN BY: SHANNON DAVIS, RD, CDN

LAYOUT BY: REGINA PIZZO

Physical Activity

MAY 2025

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 your 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

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

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MONTHLY

EXERCISE

EAGLE ARMS

- Sit tall on chair with feet flat on ground
- Extend your arms out to the sides shoulder height
- Cross your right arm over your left, bringing your palms together
- Inhale as you lift your elbows towards the ceiling, exhale as you lower them towards your chest

your balance, thereby reducing your chances of a fall. Weight bearing exercises 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 (Centers for Disease Control) recommends regular exercise, especially exercise focusing on increasing leg strength and improving balance. You can also help 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 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.

Hope your month
is positively
a Mayzing



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

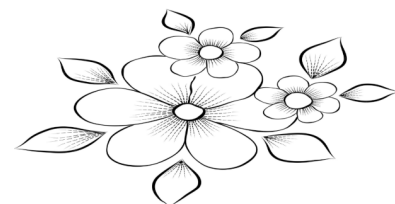
Be aware that a significant weight loss should always be discussed with your physician, especially if you are an insulin dependent diabetic. As your body's regulation of your blood sugar improves, you may not need as much insulin. There are some oral agents (such as glyburide or metformin) that may need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



Emergency Preparedness Training Program

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters

WHERE—Niccolls Church

228 Crosby Blvd., Old Forge, NY

WHEN— Tuesday, May 13, 2025 @ Noon

Registration is required to attend this event

Visit—www.prepare.ny.gov

If you need help registering call the

Office for the Aging— **315-867-1371**

**Each family that attends will receive
one preparedness kit**

HEAP Cooling Assistance

If you received HEAP this year you may qualify for a Air Conditioner
Call the HEAP office to see if you qualify as there are limited supplies

HEAP also covers furnace inspections and turning

HEAP 315-867-1195



**109 Mary Street, Suite 1101
Herkimer, NY 13350**

**Phone: 315-867-1195
Fax: 315-867-1448**

**E-mail: hcofa@herkimercountyny.gov
Web: www.herkimercountyny.gov**

This is a recipe that is low fat, high fiber, and loaded in antioxidants.

Black Bean Avocado Salsa

1 (15 ounce) can black beans, rinsed and drained

1 (11 ounce) can whole kernel sweet corn, drained

4 Roma (plum) tomatoes, seeded and chopped

1 small red bell pepper, diced

1 jalapeno pepper, seeded and minced

1/3 cup chopped fresh cilantro

1/4 cup diced red onion

1/4 cup fresh lime juice

2 tbs red wine vinegar

1 tsp salt

1/2 tsp ground black pepper

2 avocados, diced

Mix black beans, corns, tomatoes, red bell pepper, jalapeno pepper, cilantro, red onion, lime juice, vinegar, salt, and black pepper in a bowl.

Fold avocado into mixture. Cover top of salsa directly with plastic. Chill at least 2 hours.

Fruit Salsa

1 Fuji apple— peeled, cored, and diced

1 cup sliced fresh strawberries

2 kiwis, peeled and sliced

2 bananas, peeled and sliced

1 tbs fresh lime juice

2 tbs white sugar

1/2 tsp ground cinnamon

1/2 tsp ground nutmeg

Mix together and chill for 20 minutes. Serve with cinnamon chips.