

NUTRITION NEWS

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Exercise and Nutrition

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Hopefully by now we are done with snow and cold! What better time to start out on a new exercise routine? Most of us are very familiar with the benefits of exercise. But are you aware that different types of exercise offer different benefits?

There are four main types of exercise: endurance, balance, strength, and flexibility. Each type can offer different benefits, so it is a good idea to keep your exercises varied. For instance, strength training can firm, strengthen, and tone your muscles. It can also improve bone strength, balance, and coordination. Strength exercises include pushups, lunges, and bicep or triceps exercises with or without additional weights.

Flexibility training strengthens and lengthens muscles. The results of these exercises include joint flexibility and keeping muscles limber. This can, in turn, prevent injuries to your muscles during other types of exercise.

Did you know that increasing your activity level can even reduce your risk of falling? It has been proving

that individuals who are more physically active have a significant less risk of suffering a fall. And if they do fall, their risk of a fracture is less, especially if their activities include some weight bearing exercises. This is due to the bone strengthening that comes as a result of weight bearing exercise. Lastly, concentrating on exercises that promote balance can also prevent a fall.

Adding some additional protein to your diet when you begin an exercise regimen can be helpful in promoting muscle growth. Lean protein is the best option to maximize the nutritional benefits without comprising a diet moderate in fat. Examples of lean protein include chicken, fish, lean beef, eggs, and reduced fat milk and milk products (such as yogurt).

We very often hear talk of BMI these days. And regular exercise can help maintain a healthy BMI. BMI (or body mass index) is determined by a certain ratio of your height and weight. Most scales correlate a BMI

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MONTHLY EXERCISE

MARCHING (CHAIR AEROBICS)

Sit in chair back straight and arms straight down
Begin by marching with alternative legs. Bring one thigh high then to starting position, then do same with other leg
Continue for 30 seconds or 20 marches.

between 19 and 25 as a healthy weight. Less than 19 is considered underweight, 25-29 is considered overweight, and 30 and above is considered obese.

While we know that regular exercise can promote a healthy BMI, what does a healthy BMI contribute to? Benefits of a normal BMI include decreased risk of heart disease, diabetes, joint disease (and a decreased chance of needing an invasive surgery such as knee replacement), and a lessened risk of certain cancers. The strongest link appears to be between BMI and the risk of breast cancer.

Overweight and obese women not only have a higher risk of being diagnosed with breast cancer, but they also appear to have a higher incidence of recurrence after their initial diagnosis. However, the link between BMI and breast cancer risk is not straight forward. The location of the extra body fat may play a role in the increased risk. It is thought that excess body fat around the belly is the most likely to increase your risk of breast cancer.

Obesity and the risk of breast cancer may also be affected by race and ethnicity. According to the NCI (National Cancer Institute), there seems to be evidence that the risk associated with obesity and breast cancer may be less among both African American women and Hispanic women.

Another contributing factor is the time in your life when a woman gains excess weight. Weight gain during your adult life (between the ages of 18 and 50-60) has been consistently associated with a higher risk of breast cancer, especially after menopause.

So what is the reason for the link between elevated BMI and breast cancer? Although it has yet to be definitively defined, studies

seem to indicate that it is related to the estrogen that is produced. Overweight women have more fat tissue, their estrogen levels are higher, and these two factors potentially leads to more rapid growth of estrogen responsive breast tumors.

Breast cancer is not the only cancer linked to elevated BMI and obesity. The World Cancer Research Fund estimates that about 20% of all cancers diagnosed in the United States are related to obesity, physical inactivity, and poor nutrition. Being obese is clearly linked to the following cancers: colon and rectum, endometrium (lining of the uterus), esophagus, kidney, and pancreas. Less concrete evidence suggests that elevated BMI may also be linked to cancers of the gallbladder, liver, cervix, and ovary. Certain lymphomas and multiple myeloma may also be linked to obesity.

While the mechanism remains undetermined, excess body fat may affect immune system function and inflammation, levels of certain hormones, including insulin and estrogen, factors that regulate cell growth, and proteins that influence how the body uses certain hormones.



While the benefits of regular exercise far outweigh the risks, it can affect your joints, especially as you age. One of the most common complications is arthritis. While arthritis has a genetic component, it can be exacerbated by exercise.

Arthritis is defined as an inflammation of one or more than one joint. The main symptoms of arthritis are joint pain and stiffness. And both of these typically worsen as we age. Osteoarthritis is linked to exercise (in comparison to rheumatoid arthritis, which is an autoimmune disease.) Osteoarthritis causes the cartilage in your body to break down. (Cartilage is the hard, slippery tissue that covers the ends of bones where they form a joint). In addition to pain and stiffness, other symptoms can include swelling, redness, and a decreased range of motion.)

While osteoarthritis is normally caused by general “wear and tear”, it can be influenced by a joint injury, an infection, or even certain medicines including chemotherapy.

Here are some additional risk factor regarding arthritis:

- ◆ Family history: some types of arthritis can run in families, so if your parents or siblings have arthritis, you may be more at risk for developing it as well. Genetics may also make you more susceptible to environmental factors that might trigger arthritis.
- ◆ Age: the risk of most types of arthritis increases with age.
- ◆ Your sex: women are more likely to develop rheumatoid arthritis, where as men are more likely to develop gout (another form of arthritis involving a buildup of uric acid crystals in the joints.) The risk of osteoarthritis appears to be about comparable between men and women.

- ◆ Previous joint injury: people who have injured a joint, perhaps when playing a sport, are more likely to develop arthritis in that particular joint.
- ◆ Obesity: carrying excess weight puts stress on joints, particularly your knees, hips, and spine.

Treatment options vary from patient to patient. There are a number of different medications that can be tried, including both prescription and non-prescription options. Physical therapy can also be helpful in treating some of the symptoms of arthritis, including improving your range of motion and strengthening the muscles surrounding the joints. If conservative forms of treatment don't help, your doctor may discuss surgery as an option.

Surgery options include joint repair or joint replacement. In joint repair, joint surfaces may be able to be smoothed or realigned to ease joint pain and improve function. This can often be accomplished arthroscopically, which is minimally invasive. Should the damage be more widespread, joint replacement may be an option. This procedure removes the damaged joint and replaces it with an artificial one. While more invasive with a longer recovery period, the results are often much more effective.



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

Here is a low fat recipe that will pair nicely
with a new exercise routine!

Mediterranean Chicken

2 tbs white wine

2 tsp olive oil

6 skinless, boneless chicken breast halves

3 cloves garlic, minced

1/2 cup diced onion

3 cups tomatoes, chopped

1/2 cup white wine

2 tsp chopped fresh thyme

1 tbs chopped fresh basil

1/2 cup Kalamata olives

1/4 cup chopped fresh parsley

Salt and pepper to taste

Heat white wine and oil in a large skillet over
medium heat. Add chicken and cook until
golden, about 4 to 6 minutes on each side.
Remove chicken from skillet and set aside.

Add garlic to pan drippings; saute for 30 sec-
onds. Add onion; cook and stir until onions
are tender, about 3 minutes. Add tomatoes
and bring to a boil. Reduce heat to low and
add 1/2 cup white wine.; simmer for 10
minutes. Add thyme and basil and simmer for
5 more minutes.

Return chicken to skillet, cover, and cook
over low heat until the chicken is cooked
through and no longer pink inside. Add olives
and parsley; cook for 1 minute. Season with
salt and pepper and serve.