

FOOD AND FITNESS

Exercise for Our Mental Health

Inside this issue:

Exercise for Our Mental Health	1-2
How Can I Cope with Stress?	3
Mineral—Phosphorus	4
Recipe—Lettuce Wrap Cheeseburgers	5
Brain Exercise	6
May Monthly Observations	7
Monthly Motivator Tips	8

Exercising routines are generally hard to start and even harder to keep. The term “falling off the wagon” is used for when we try to do something, like exercise, but then do not follow through, or continue to do it over a period of time. We know that physical exercise is good for bodies. Both physical activity and mental or brain exercise can also keep our minds sharp in addition to bettering our overall mood.

First, let's start with what is mental health? Everyone has a certain level of mental health. Mental health means “a person’s condition with regards to their psychological and emotional well-being.” Everyone's mental health is different. It may be sculpted from our individual life experiences, genetics, brain chemistry, and family history like mental illness.

Now let's move to the physical activity influence. Physical activity is simply defined as the body’s skeletal movement that uses energy expenditure. It can be high endurance exercise, weight lifting, walking, and everything in between. Physical exercise can be simple tasks to the most complex. People who participate in physical exercise have a better sense of well-being in many manners. Sleeping better, sharper memory, positive feelings, better relaxed, and feeling like you have more energy the rest of the day are just a few of the mental health benefits to regular physical activity.

(Continues on Page 2)

Exercise for Our Mental Health

(Continued from Page 1)

According to the Center for Disease Control and Prevention, older adults need to exercise as listed.

“If you are 65 year of age or older, generally fit, and have no limiting health conditions you can follow the guidelines listed below.”

Older adults need at least:

- 2 hours and 30 minutes (150 minutes) of moderate-intensity aerobic activity (i.e., brisk walking) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- 1 hour and 15 minutes (75 minutes) of vigorous-intensity aerobic activity (i.e., jogging or running) every week **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).
- An equivalent mix of moderate- and vigorous-intensity aerobic activity **and** muscle-strengthening activities on 2 or more days a week that work all major muscle groups (legs, hips, back, abdomen, chest, shoulders, and arms).

As for mental and brain exercise to improve mental health, there are many different options to choose from. One way to look at mental exercise is, if it is complex and uses a majority of your five senses – touch, taste, hearing, sight, and smell – it might benefit your mental health. The activities you would want to choose are the ones that would challenge your brain. We tend to do things in a routine or pattern which cuts down of our thinking skills needed to preform those tasks.

By doing things differently than usual, it can help utilize more of the neurons in our brain which in turn “exercises it.” These tasks can be as simple as trying to write with your non-dominate hand to more complex ideas like learning a new language. Other tasks like reading books aloud, trying new things, taking up crafting or new hobbies, meeting new people, or specialty designed apps or puzzles that require complexed thinking skills. By doing activities that are mentally challenging, can provide a number of benefits for your overall mood, increase memory, boost motivation, improve thinking skills and increase confidence.

Mental health is important for our overall quality of life. Changing your routine to include both physical activities and brain exercises can have a positive effect on the way you look at life.

Health Motivator Tips

May Health Extras

How Can I Cope with Stress?

By Dana Wright, WVU Extension Agent, Mingo and Logan Counties

The effects of stress tend to build up over time. Take practical steps to maintain your health and outlook, and reduce or prevent these effects. Try these tips:

- Get help from a qualified mental health care provider if you feel you are overwhelmed or cannot cope, have suicidal thoughts, or use drugs or alcohol to cope.
- Get proper health care for existing or new health problems.
- Stay in touch with people who can give emotional and other support. Ask for help from friends, family, and community or religious groups to lower stress from work burdens or family issues, such as caring for a loved one.
- Recognize your body's response to stress, such as difficulty sleeping, increased alcohol and other substance use, being easily angered, feeling depressed and having low energy.
- Set priorities – decide what must get done and what can wait. Learn to say no to new tasks if they are putting you into overload.
- Note what you have accomplished at the end of the day, not what you have been unable to do.
- Avoid dwelling on problems. If you can't do it on your own, get help from a qualified mental health professional who can guide you.
- Exercise regularly – just 30 minutes per day of gentle walking can help boost mood and reduce stress.
- Schedule regular times for healthy, relaxing and fun activities.
- Explore stress coping programs that may incorporate meditation, yoga, tai chi or other gentle exercises.

If you or someone you know is overwhelmed by stress, ask for help from a health professional. If you or someone close to you is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-8255.

Adapted from *Adult Stress – Frequently Asked Questions* from the National Institutes of Health



Mineral— Phosphorus

Function:

Phosphorus is the second most inorganic element in abundance in the human body. About 85 percent of the phosphorus in the body, is located in the bones and teeth. Its functions are for bone mineralization (the process of laying down minerals on the matrix of the bone), making protein for growth, body maintenance, repairing of cells and tissues, transferring and storing energy, pH balance, and other functions.

Recommendation:

Recommended Dietary Allowances (RDA):

Men and Women 51 and Older: 700 mg/d

Food Sources :

Milk and milk products

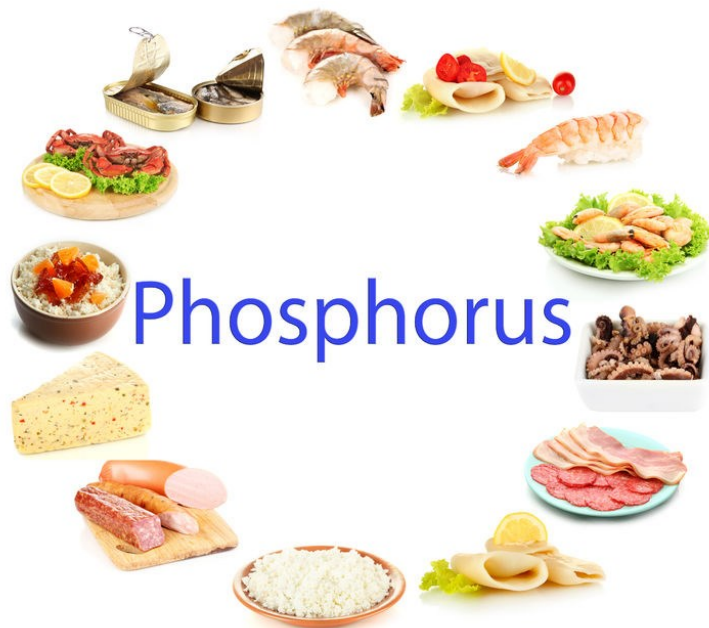
Meats/Poultry/ Fish

Eggs

Nuts

Cereals and other grain products

Coffee/Tea/Colas (depending on consumption)



Deficiency

Very Rare to have a deficiency in phosphorus based on diet alone.

Toxicity

Can cause hypocalcemia and tetany.

Lettuce Wrap Cheese Burgers

Ingredients

- 2 lbs ground beef
- 1/4 tsp salt
- 1 tsp pepper
- 1/2 Tbsp oregano
- 2 Tbsp reduced sugar ketchup
- 2 tomatoes, sliced thin
- 1 head of iceberg lettuce, leaves removed
- 6 slices American cheese
- Spread:
 - 1/4 cup mayo
 - 3 Tbsp reduced sugar ketchup
 - 1 Tbsp dill pickle relish
 - dash of salt and pepper



Directions

- Heat your grill or skillet on medium heat and add a little butter.
- In a large bowl, mix together the beef, salt, pepper, oregano and ketchup.
- Divide the mixture into 6 sections, and roll each piece into a ball then press down flat for 6 burgers. You can also use a burger press if you have one.
- Place each burger on your grill/pan and cook for approximately 3-4 minutes on each side. Try not to press down on the burgers...they end up a little dry that way.
- Once you flip the burger, add your cheese to the top cooked side.
- In a small bowl mix together the spread ingredients and refrigerate.
- Once you have cooked all your burgers and removed them from the pan, assemble them.

Brain Exercise

Don't Just Exercise Your Body, Workout Your Brain!

Intermediate Sudoku by KrazyDad, Volume 14, Book 40

Sudoku #1

	6		3		2			
		5	4		1			3
2		1						
6	5							
		2	9		6	8		
							3	4
						5		2
7			6		3	1		
			8		9		6	

Never call a man a fool; borrow from him.

© 2017 KrazyDad.com

Fill in the blank squares so that each row, each column and each 3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guesswork.

Need a little help? The hints page shows a logical order to solve the puzzle. Use it to identify the next square you should solve. Or use the answers page if you really get stuck.

MAY
Monthly
Observations

May 2017

◆ **Older Americans Month**

◆ Date Your Mate Month

◆ Foster Care Month

◆ National Barbecue Month

◆ National Bike Month

◆ National Blood Pressure Month

◆ National Hamburger Month

◆ National Photography Month

◆ National Salad Month

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Mother Goose</i>	2 <i>Baby Day</i>	3 <i>Lumpy Rug Day</i>	4 <i>Bird Day</i>	5 <i>Cinco de Mayo</i>	6 <i>Beverage Day</i>
	7 <i>National Tourism Day</i>	8 <i>No Sock Day</i>	9 <i>Lost Sock Memorial Day</i>	10 <i>National Receptionist</i>	11 <i>Eat What You Want</i>	12 <i>Military Spouses Day</i>	13 <i>National Train Day</i>
	14 <i>Mother's Day</i>	15 <i>National Chocolate Chip Day</i>	16 <i>Wear Purple for Peace</i>	17 <i>Pack Rat Day</i>	18 <i>No Dirty Dishes Day</i>	19 <i>National Bike to Work Day</i>	20 <i>Pick Strawberries Day</i>
	21 <i>National Memo Day</i>	22 <i>World Goth Day</i>	23 <i>Lucky Penny Day</i>	24 <i>National Escargot Day</i>	25 <i>National Wine Day</i>	26 <i>Don't Fry Day</i>	27 <i>International Jazz Day</i>
	28 <i>Amnesty International Day</i>	29 <i>Memorial Day</i>	30 <i>Water a Flower Day</i>	31 <i>Save Your Hearing Day</i>			

Your Brain on Cortisol



By Dana Wright, WVU Extension Agent, Mingo and Logan Counties

Health Motivator Talking Points

Did you know . . . ?

- Stress is a normal part of life. The demands of family, friends and work are the most common sources.
- Experiencing stress for long periods of time affects memory and may even shrink your brain.
- When stressed, the adrenal gland releases the hormone cortisol. It makes thinking and problem-solving difficult.
- Ten to 15 minutes of stress can hardwire your brain to get stressed more easily and stay stressed longer for the next two to three days.
- We can't avoid stress; however, we can learn healthy ways to deal with it.
 - ✓ *Think positive.* Dwelling on the negatives increase anxiety.
 - ✓ *Be active.* As little as 30 minutes of physical activity improves your body's response to stress and improves mood.
 - ✓ *Maintain a healthy diet.* When stressed, comfort foods can be tempting. Remember, foods high in sugar, fat and sodium can lead to future health issues.
 - ✓ *Connect with others.* Positive relationships help you adapt better to stressful events.
 - ✓ *Escape.* Take a few moments for yourself. Even 10 seconds to refocus your thoughts causes the "fight or flight" chemical cortisol to stop flooding your brain and body.

Quick Club Activity: Knock Your Stress Out

Pretend you are in a boxing match with the stressor that is bothering you. Get in a boxing stance with fists in a ball. Move around like you are in a boxing ring. Knock your stress out!

Learn More!

Adult Stress – Frequently Asked Questions. (n.d.). http://www.nimh.nih.gov/health/publications/stress/stress_factsheet_ln_142898.pdf.

12 Effects of Chronic Stress on Your Brain. (2016). <http://bebrainfit.com/effects-chronic-stress-brain/>.

RELAX: Alternatives to Anger Curriculum (HNI98CD). (n.d.). http://msue.anr.msu.edu/resources/relax_alternatives_to_anger_curriculum.

Aronson, D. (n.d.). Cortisol – Its Role in Stress, Inflammation, and Indications for Diet Therapy. <http://www.todaysdietitian.com/newarchives/111609p38.shtml>.

Short-term Stress Can Affect Learning and Memory. (2008, March 13). <https://www.sciencedaily.com/releases/2008/03/080311182434.htm>.

West Virginia Bureau of Senior Services

Kathrine J. Clark, MS, RD, LD

Nutrition Consultant

1 John Marshall Drive

Huntington, WV 25575

Kathrine.Clark@marshall.edu



**This newsletter is created by
Kathrine J. Clark, MS, RD, LD,
Nutrition Consultant to the
West Virginia
Bureau of Senior Services.**

Page 9

Brain Exercise Hints and Answers

Hints

Sudoku #1

22		48		46		49	27	33
54	50			9		51	32	
	2		21	43	41	23	36	8
		20	30	47	44	37	31	35
24	19			14			26	25
55	52	53	15	28	16	3		
10	38	4	29	45	42		40	
	17	39		5			18	34
6	13	12		11		7		1

Answers

Sudoku #1

4	6	7	3	8	2	9	5	1
8	9	5	4	6	1	7	2	3
2	3	1	5	9	7	4	8	6
6	5	3	7	4	8	2	1	9
1	4	2	9	3	6	8	7	5
9	7	8	2	1	5	6	3	4
3	8	6	1	7	4	5	9	2
7	2	9	6	5	3	1	4	8
5	1	4	8	2	9	3	6	7