

# HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

347 W. Berry St., Fort Wayne, IN 46802

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[www.fwymca.org](http://www.fwymca.org)

The YMCA of Greater Fort Wayne is a nonprofit organization whose mission is to put Christian principles into practice through programs that build healthy spirit, mind and body for all.

## HEALTHY LIVING

### WALK A MILE THIS MONDAY

With the warmer weather on its way, why not start something new at the office to encourage everyone to get up and moving. The Monday Mile is a fun way to jump-start your week with a healthy dose of physical activity. Walk, jog or run the Monday Mile with co-workers, and enjoy positive health benefits while socializing with others and making a commitment to stay fit throughout the week.

**You may be asking yourself, can walking a mile really make a difference to my health?**

Yes! The potential health benefits of walking at a moderate pace for at least 30 minutes a day are well established. Simply by walking you can improve your cholesterol profile, blood pressure and blood sugar; lower the risk of obesity; feel more energetic; fight stress; and reduce the risk of heart disease, type 2 diabetes, and breast and colon cancer.

#### Why a mile?

It takes the average adult roughly 30 minutes to walk a mile. The CDC recommends adults get 150 minutes of moderate physical activity each week. That breaks down to 30 minutes a day, 5 days a week. So by doing the Monday Mile, you're taking the first steps toward meeting your recommended weekly exercise goal.

#### What about the other six days?

Keep moving! Remember, the CDC recommends 150 minutes of moderate physical activity each week. Use the Monday Mile to kick your week off with a healthy start, and then make it your goal to continue your healthy behaviors throughout the rest of the week. And if you don't reach your goal, don't stress. The next Monday is a new start and another chance to try again!

For more information or to download the Monday Mile toolkit, [click here](#).

Source: Move it Monday!



## IN THIS ISSUE

Healthy Living  
LiVe Healthy  
Healthy Recipe  
Tip of the Month  
Social Responsibility

## WHAT'S HAPPENING AT THE Y?

### HEALTHY KIDS DAY

On Saturday, April 21<sup>st</sup> join us for our community-wide open house from 10am-1pm at the Ys in Allen, Whitley and Wells counties. The day will feature free, educational activities that will help you and your family learn how to live healthier lives. We will be waiving the \$75 enrollment fee for anyone that joins the Y that day as well. Questions? Contact us at [HereForYou@fwymca.org](mailto:HereForYou@fwymca.org).

### MAXIMIZE YOUR TRAINING ZONE

Heart Rate Monitoring Classes are now available at the Skyline YMCA. Get the maximum benefits of exercise training in your heart rate zone by taking one of our free heart rate monitoring classes. These classes use chest strap HR monitors to gauge your heart rate, training zone, and calories burned while your instructor guides and motivates you.

The HR monitors are available during the following classes:

- Queenax Circuit Training Classes
- Group Cycling Classes

Visit our website at [www.fwymca.org](http://www.fwymca.org) to find out what else is happening this month!

### ENJOY THIS ISSUE?

Share this newsletter with anyone who you think may find it useful.

### QUESTIONS, COMMENTS, IDEAS?

Contact us at [hereforyou@fwymca.org](mailto:hereforyou@fwymca.org)



## LIVE HEALTHY

# TOTALLY TERRIFIC TURMERIC

The Indian spice turmeric gives curry its rich golden color. Not only does turmeric impart a fabulous and unique flavor, it may offer a multitude of health benefits. Research with turmeric in the diet shows it has promising potential to help prevent and slow cancer cell growth. It appears to have the potential ability to prevent DNA mutations in cells.

Besides cancer-fighting benefits, turmeric may be effective in improving inflammatory conditions such as inflammatory bowel disease, lupus, and osteoarthritis. Preliminary studies found that curcuminoids may reduce the number of heart attacks bypass patients had after surgery, control knee pain from osteoarthritis as well as ibuprofen did and reduce the skin irritation that often occurs after radiation treatments for breast cancer.

Ready to give it a try? Here are some tasty ways to include turmeric in your diet!

- Enjoy curry powder sprinkled into egg dishes, cooked vegetables, soups, mashed avocado, rice dishes or even warm milk!
- Be adventurous and try this tasty turmeric tea (from [drweil.com](#))
  - 1) Bring four cups of water to a boil.
  - 2) Add one teaspoon of ground turmeric and reduce to a simmer for 10 minutes.
  - 3) Strain the tea through a fine sieve into a cup; add honey and/or lemon to taste.
  - 4) Add a pinch of black pepper to increase absorption (optional)

In good health!

Kyla Zehr, MA, RD  
Parkview Health Community Outreach Dietitian



## HEALTHY RECIPE GRAB & GO GRANOLA BARS

### INGREDIENTS:

- ½ cup vegetable oil
- ¾ cup pure maple syrup
- 3 cups old-fashioned rolled oats
- 1 cup sweetened shredded coconut
- 1 cup sliced almonds
- ½ cup diced dried apricots
- ½ cup diced dried figs or dates
- ½ cup dried cherries
- ½ cup dried cranberries or blueberries
- ½ cup roasted unsalted cashews

### DIRECTIONS:

1. Preheat oven to 350°F. Whisk together oil and maple syrup in a small bowl. Toss all other ingredients together in a large bowl. Pour the liquid over the oat mixture and stir with a wooden spoon until all ingredients are coated. Pour onto a 9x13-inch sheet pan lined with parchment paper. Bake until the mixture turns an even, golden brown, about 30 minutes.
2. Remove granola from oven and allow to cool. Refrigerate until set, and slice into bars. Store in an airtight container at room temperature.

Servings per recipe: 12. Per serving: Calories 410; Total Fat 22g; Saturated Fat 4g; Cholesterol 0mg; Sodium 10mg; Carbohydrates 5g; Dietary Fiber 5g, Protein 8g; Sugar 26g. Source: Kroger MyMagazine; April 2017



### TIP OF THE MONTH

## MAKE BREAKFAST...AT NIGHT!

Prepping your breakfast the night before takes the stress out of morning meal planning. There are plenty of foods that can be made the night before and put together in minutes: overnight oats, smoothie bags and make-ahead granola. Need a little inspiration, try the recipe above!

Source: Kroger MyMagazine; April 2017

### SOCIAL RESPONSIBILITY

## VOLUNTEERING AT THE Y

The YMCA knows that helping people grow in spirit involves taking time to give back to the community. We believe that the power of membership can be released into the community as a force for good. As a member of the Y we want you to realize that you are part of a bigger movement to strengthen the foundation of community.

Interested in volunteering? Want to learn more? [Click here to see volunteer opportunities available.](#)