

HEALTHY TIPS



YMCA OF GREATER FORT WAYNE

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

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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

MINI-WORKOUTS: LITTLE WAYS TO MAKE BIG CHANGES



Do a short fitness session to get your heart rate up for big results. Integrating a mini-session into your busy schedule could be just what you need to start the week moving and be more energized. A little can go a long way!

The Master Plan

Here's the big picture, 150 minutes of exercise a week. It sounds like a lot, but if you break it up with "moderate or vigorous intensity workouts for at least 10 minutes at a time," you'll reach the weekly physical fitness recommendations from the CDC.

Short Workouts for Long-Term Impact

Exercise can prolong your life, but you're busy. How do you fit it in? Short workouts target burning calories and resistance training – alternating cardio with building muscle. Here are some quick ideas:

1. Try [Move It Monday Mini Workouts](#) for low-impact activities that can be easily integrated into a busy day. You can use these simple steps to improve your fitness when you're on the go, waiting in line, idling in the car, at your desk, or even at home.
2. Do you like to walk? Spend two minutes walking 15 times a day or 10-minutes walking three times a day.
3. Have time to roll-out your yoga mat? Start with Child's Pose and take it from there. [Here's a video](#) of a ten-minute yoga routine to get you started.
4. Express cardio. Here are some ideas for some addictive, high-intensity [ten-minute workouts](#). For low impact options, try some [chair yoga](#).
5. Take ten minutes from your lunch hour with these easy lunchtime [workout ideas](#).
6. Do you like to ride a bicycle? Set a phone timer for five minutes. Ride in one direction, when the timer goes off, turn around.
7. Can't leave home? Watch a video online and follow along. [Here are some suggestions](#) to get you started.

Source: Move It Monday

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WHAT'S HAPPENING AT THE Y?

GOAT YOGA

Join us at the Caylor-Nickel Foundation Family YMCA on Monday, August 6th at 6:30pm for Goat Yoga. What is Goat Yoga? It is different things for different people. It has been described as "calm", "therapy", "zen", and just plain "happiness." However, there is one recurrent description... "unexpected." Goat Yoga is Animal-Assisted Therapy in a natural setting with an unexpectedly (there's that word again) smart, social, and profoundly cuddly animal. Suggested donations: \$5 for members; \$10 for participants. All proceeds go to support the Annual Campaign. Questions? Contact [Dave](#) at 260.565.9622.

CORPORATE CHALLENGE

Are you looking for a great team-building opportunity? How about ways to encourage your employees to be active and involved in the community? If so, check out the Central Branch YMCA's Fort Wayne Corporate Challenge! Questions? Contact Ben Linehan at 260.755.4804. The Challenge kicks off August 7th!

Visit our website at 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



LIVE HEALTHY

BUDGET FRIENDLY EATING

People always equate healthy foods with costing a lot. Not always true! Consider these 10 budget friendly foods with good nutrition that keep your wallet and waistline in mind!

1. **Beans** – Starchy beans give you great fiber, protein and other nutrients. Lentils cook in 15 minutes. Lack time to cook others? Buy no-salt-added canned garbonzo, black or kidney beans and add to salads, soups and entrees (be sure to rinse them first!).
2. **Bananas** – a great grab and go snack, bananas offer fiber, potassium and more! And nature has provided a perfect covering for tote-ability!
3. **Peanut Butter** – A favorite for any age. Buy natural peanut butter if possible.
4. **Yogurt** – Mix ½ plain, ½ fruit flavored to cut sugar down. Go for Greek yogurt for added protein and note that “lite” types of yogurt probably contain artificial sweeteners.
5. **Whole grain pasta** – more fiber, protein and vitamins than refined varieties
6. **Frozen peas** – loaded with protein, fiber, iron and some vitamin A. Throw in soups, salads, stews, pasta dishes, etc.
7. **Broccoli** – maximum nutrition here – steam or sauté lightly in olive oil, and squeeze a bit of lemon on top when done.
8. **Almonds** – heart healthy fat plus vitamin E. Look for stores that sell in bulk.
9. **Eggs** – versatile and loaded with protein, and vitamins A & D.
10. **Tuna** – great, inexpensive protein source that offers omega 3 fats, selenium and B vitamins. Chunk light tuna has less mercury than Albacore.

And talk about cool deals – don’t forget to peruse the local farmer’s markets. Not only will you find great produce, you’ll likely see artisan products such as homemade soaps, candles, baked goods, spice blends, jams and even jewelry and crafts.

In good health,

Kathy Wehrle, RDN, CD
Community Outreach Dietitian



HEALTHY RECIPE

SUMMER CORN SALAD

INGREDIENTS:

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 2 tablespoons white vinegar
- salt and pepper to taste

DIRECTIONS:

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.

Servings: 4. Per Serving: 305 calories; 15.6 g fat; 42.8 g carbohydrates; 6.2 g protein; 0 mg cholesterol; 9 mg sodium

Source: Allrecipes.com

TIP OF THE MONTH

SPICE UP YOUR ROUTINE.

Recent research published in the journal *Physiology & Behavior* showed that 10 grams (or just half a teaspoon) of cayenne pepper can boost metabolism and cause the body to burn an extra 10 calories on its own. And when you add a little spice, like chili seasoning, to fruits, the heat actually enhances the fruit’s natural sweetness.

Source: Kroger MyMagazine