



Staying Active When It's Cold

By: Jackie Kendziorski, M.S.

Well... It is awfully cold outside and it's not getting any warmer this month. With record low temperatures, even in our southern states, it keeps us wondering if we catch the motivation to get moving! While most of us avoid the cold, outdoor winter workouts are actually great way to take in small doses of sunlight. Which we feel can be lacking in the winter months. The sunlight can help to improve our mood and help with vitamin D intake, according to the American Heart association. And who doesn't need to improve their mood this time of year?!

Winter exercise can actually help boost our immune system during cold and flu season. Germs have a hard time surviving very cold temperatures too! A few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention. Take a brisk walk for some fresh air! Brrr! Start to shiver! When we shiver we build up heat which in turn burns more calories! Did you know you can burn up to five times more calories shivering compared to just being at rest alone.

Believe it or not working out in the cold has several advantages over warmer weather workouts. Think about it, there is no heat and humidity to deal with in colder weather. Have you ever stepped outside in the morning to grab the paper or go heat up your car? How did you feel when you walked back inside? Invigorating? The cold can actually wake us up and give us more energy instantly! Requiring us to move, in turn... burning more calories!

In the cold, your body can regulate its temperature a little better. This means you can often exercise farther or longer; therefore, you can potentially burn even more calories, according to the American Heart Association.

Preparations for cold versus warm workouts definitely differ. Proper nutrition and hydration are both required to have the most satisfying workouts. However clothing choices definitely differ for different weather. Depending on how hot or cold it is depends on the types of fabrics you will want to layer. Remember, you can always remove a layer as you warm up. We do lose a lot from heat from our heads so it's important to always keep your head covered with a hat or wrap. Also, regardless of the temperature, there is still always a chance for harmful sun exposure so you'll want to make sure exposed skin is properly protected by sun screen. Choose an SPF that is appropriate for your skin type.

Individuals with medical conditions should check with their doctor to review any special precautions based on their condition and/or medications.



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*"Kindness is a language the blind can see and the deaf can hear."
-Mark Twain*

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Show Your Sweet Heart Some Love

And by sweet heart, I mean that incredible muscle that is beating in your chest every day. February is officially heart health month! So what better time to talk about taking care of our ticker?! One of the greatest, and most important, indicators of our cardiovascular health that often gets pushed to the wayside is our resting heart rate (RHR).

RHR is the number of times your heart beats per minute when you're awake and in a relaxed state. A normal RHR for an adult is between 60-100 beats per minute. Studies show that the lower your RHR, the better your cardiovascular fitness, and the longer you may live.

Every time you have your blood pressure taken, it will also read your heart rate. It is also very easy to do yourself... place 2 fingers on the underside of one of your wrists and find your heart rate. Count how many times it beats in 15 seconds and multiply by 4. There you have it! For those with Fitbits, Apple watches, or any other kind of smart watch, most of them these days are coming with a heart rate monitor built in.

If you have a high heart rate, do not fret! There are many ways to train our ticker. The AHA and CDC both recommend getting 30 minutes of aerobic activity 5 days a week. Even just an extra 15-20 minutes of activity a day has been shown to have positive effects on heart rate.

You can also be the one showing your heart some love by watching what you use to fuel your body, and your heart. Some of the best heart-healthy foods include: **berries**, being rich in antioxidants to help increase blood flow; **salmon, tuna, and trout** being rich in omega-3 fatty acids which help lower blood pressure; **oatmeal, beans/legumes, kale, spinach, and broccoli**, all of which are high in fiber, helping to regulate blood sugar levels and help lower cholesterol; **dark chocolate**, (yes, that's correct) with at least 70% cocoa, contain flavanols that have been found to help lower blood pressure and improve blood flow between the heart and brain (just don't go overboard!); and **almonds, walnuts, and pistachios**, which are chockfull of polyunsaturated fatty acids that help prevent plaque buildup in arteries around the heart.

This heart health month, show not only your heart some love, but the hearts of those around you. Studies show that a thankful mindset can literally be good for your heart. Practicing gratitude has been shown to increase your good cholesterol (HDL), and reduce certain cardiac risk factors. Practice sharing signs of gratitude with your co-workers, tell your family and friends how much you appreciate them, and/or start every day recognizing something you are thankful for.

This Valentine's Day, along with sharing the love with your significant other and family and friends, show your own heart some love too. Maybe that's making your own meal at home putting some of those heart healthy foods together for a work lunch; or taking a walk and reconnecting with your significant other. Either way, your heart will thank you.

Broccoli Cheese Bites

Serving size: 5 pieces
Serves 6

Ingredients:

Cooking spray
2 heads broccoli, trimmed (about 1 1/2 pounds)
1 egg
1 egg white
1/3 cup reduced-fat shredded cheddar or Mexican-style cheese
1/3 cup bread crumbs
1/2 cup onion, chopped
1/4 tsp salt
1/4 tsp ground black pepper

Directions:

1. Preheat the oven to 400 degrees F. Coat one large (or two small) baking sheets with cooking spray. Set aside.
2. Steam the broccoli for approximately 10 to 12 minutes, until soft. Set aside to cool (for about 10 minutes).
3. Add the broccoli and remaining ingredients to a blender or food processor and pulse to combine. Do not overmix; the mixture should be slightly chunky, not a paste. Let the mixture rest for 10 minutes.
4. After resting the mixture, stir it, and scoop and drop by tablespoonful's onto the prepared baking sheet.
5. Lightly spray the top of each ball with cooking spray. Bake for 15 minutes. Turn the pieces over and bake an additional 10 minutes, or until golden brown.

Recipe from www.diabetes.org



Baked Chicken with Artichoke

Topping

Serving size: 1 chicken breast
Serves 4

Ingredients:

Cooking spray
2 Tbsp fresh lemon juice
4 (4 oz) boneless, skinless chicken breasts
1/2 tsp garlic powder
1/4 tsp ground black pepper
1 Tbsp olive oil
1 clove garlic, minced
1 (15 oz) can artichoke hearts, drained and chopped
1/3 cup reduced-sodium, fat-free chicken broth
3 Tbsp grated parmesan cheese

Directions:

1. Preheat the oven to 350 degrees F. Spray a baking sheet with cooking spray.
2. Place the chicken breasts in a plastic freezer bag or between plastic wrap. Use a mallet or rolling pin and pound the chicken breasts until it is 1/2 inch thick.
3. Squeeze the lemon juice over the chicken breasts and season with the garlic powder and black pepper. Bake the chicken 25 minutes.
4. While the chicken is baking; warm the olive oil in a skillet over medium-high heat. Add the garlic and cook for 1 minute. Add the artichoke hearts and cook about 3 minutes. Add the chicken broth and simmer for 5 minutes. Stir in the parmesan cheese.
5. Remove the chicken from the oven. Spread the artichoke mixture evenly over the chicken breasts. Bake for 10 more minutes or until the chicken is done.

Recipe from <http://www.diabetes.org>

Nutrition Facts

6 Servings servings per container
Serving size 5 Pieces

Amount per serving
Calories 90

	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 200mg	9%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 103mg	8%
Iron 1mg	6%
Potassium 406mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4



Nutrition Facts

servings per container
Serving size 1 Chicken Breast

Amount per serving
Calories 220

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 90mg	30%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 29g	
Vitamin D 0mcg	0%
Calcium 96mg	8%
Iron 1mg	6%
Potassium 413mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
 Fat 9 • Carbohydrate 4 • Protein 4