

# " Stall Talk "

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## Health Benefits of Regular Exercise

**Cardiac disease:** the risk reduction of heart disease is similar to the affects of hypertension control and estrogen replacement therapy.

**Stroke:** your chance of having a stroke can be reduced by 50%.

**Diabetes mellitus type II:** by exercising you not only reduce your chances of getting the disease but also reduce insulin needs for those who already have the disease.

**Hypertension:** 33-50% reduced risk of having high blood pressure.

**Musculoskeletal system:** exercise can increase functioning and weight-bearing exercises can reduce the risk of osteoporosis.

**Mental Health:** can potentially reduce stress and anxiety for overall better mental health. Benefits also include improvement in minor depression.

**Obesity:** in addition to reduced caloric intake exercise contributes to a healthy steady weight loss.

**Preservation of function:** results in an increase in functional ability as well as strength for all ages.

**Healthy Lifestyle:** creates healthy habits for future generations. Children pick up on habits of adults so why not create good habits and help them get a healthy start in life.

From "Prescribing exercise for health: a simple framework for primary care" by Peter M. Will

## Black Bean Chili Salad



### Ingredients

- 1 cup frozen whole kernel corn
- 1 cup diced jicama (5 ounces)
- 1 medium tomato, seeded and chopped (3/4 cup)
- 2 medium green onions, sliced (2 tablespoons)
- 2 cans (15 ounces each) black beans, rinsed and drained
- 1/4 red wine vinegar
- 2 tablespoons vegetable oil
- 1/2 teaspoon chili powder
- 1/4 teaspoon ground cumin
- 1 small garlic clove finely chopped

### Directions

1. Combine red wine vinegar, vegetable oil, chili powder, ground cumin, and garlic for the dressing in a large bowl.
2. Add remaining ingredients and stir

Makes 4 servings

**1 Serving:** Calories 365 (Calories from Fat 70); Fat 8g (Saturated 1g); Cholesterol 0mg; Sodium 830mg; Potassium 1000mg; Carbohydrate 70g (Dietary Fiber 17g); Protein 20g

**% Daily Value:** Vitamin A 6%; Vitamin C 28%; Vitamin D 0%; Calcium 16%; Iron 32%; Folic Acid 80%

Diet Exchanges: 4 Starch; 2 Vegetable 22%

**Diet Exchanges:** 2 Starch; 2 High-Fat Meat; 1 Vegetable

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## Safety Month: Tips We Should All Follow

- Wear a protective helmet when biking, skating, or riding horses.
- For safe grilling check the air tubes that lead to the burners for blockages.
- When traveling internationally make sure to make a copy of your passport and do not carry excessive amounts of cash.
- Only swim in supervised areas and use many preventatives to avoid a swimming pool tragedy.
- Use a lawn mower that stops moving if the handle is let go.
  - Always wear your seatbelt.
  - Drink lots of water.
  - Learn CPR.

## FOOD FOR THOUGHT

- ☀ Sweets & chocolate represent 50% of all mid-afternoon snacks, while bakery goods still dominate in the morning.
- ☀ More than 60% of workers are likely to try food & drinks that co-workers are consuming.

**Set an example by having healthy snacks at work and don't forget to bring enough to share.**

## Personal Goal Board

Come to the Administration fitness center to put up a personal goal on our bulletin board. See what others are trying to accomplish and offer words of encouragement.

## Heart Healthy Pretzels

The American Heart Association has recognized *Frito-Lay's Rold Gold Hartzels Pretzels* as a heart health food. These tasty snacks are even heart-shaped. The pretzels have no saturated fat or cholesterol, less sodium than regular pretzels. They are also a good source of iron and fiber with 2 grams per 1 ounce serving. The new snack is even being served on airplanes instead of peanuts. You can grab your own bag for just \$2.19.