

Video Tip of the Week Balance Exercises



Goal/Motivation:

Tip for Creating an Ideal Exercise Environment

One simple way to create an ideal exercise environment is to go to the gym during off-peak hours. This allows less wait time for machines, more privacy in the locker room, and also may allow you to request specific environment changes with the facility manager. For example, if there are fewer people, a manager is much more likely to be open to:

- o Changing the music and/or volume of the music
- o Adjusting the thermostat
- o Adjusting the lighting
- o Moving smaller pieces of equipment for easier access

Health Promotion and Wellness

Caring for your Wheelchair

Here are some suggestions for keeping your (non-power) wheelchair in tip-top workout shape. Review your manufacturer's warranty & maintenance contract for more.

Weekly:

- o Tires - Check for low air pressure, cracks or worn areas.
- o Spokes - Strum each spoke with your finger to make a twang sound. No sound may mean it needs tightening. If spokes are too tight the wheel can get out of alignment.
- o Hand rims - Check for loose screws; tighten if needed.
- o Axles - Take off quick release axles once a week. Put few drops of white lithium grease on a clean cloth and pull it through axle receptors and bearings. Then wipe off the axles. Place the wheel back on the same side.

Monthly

- o Metal parts - Spray chrome or painted parts with stainless steel spray & wipe clean. Apply car wax with damp cloth, let dry to a haze & wipe off with dry cloth.
- o Upholstery - Wipe down with any household spray cleaners, like Windex or 409.
- o Telescoping Tubes - Clean tubes and rub a little paraffin or candle wax. Not oil which collects dust.

Nutrition Tip of the Week

Creative Ways to Cut 100 Calories or More

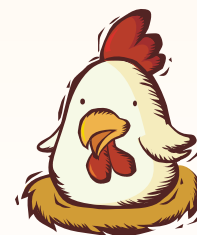
- o Leave behind 3 or 4 bites of your meal. Research shows that people usually polish off everything they're served, even if they're not hungry.
- o Eat your sandwiches and burgers open-faced, with one slice of bread instead of two.
- o Swap your chocolate bar (235 calories) for a glass of light chocolate soy milk (120 calories).
- o Use butter-flavored nonstick spray, not a tablespoon of margarine or butter when cooking in a frying pan.
- o Hold the cheese. A single 1-ounce slice of cheddar has ~100 calories. On salad and pasta, sprinkle on one tablespoon of grated part-skim mozzarella (36 calories).
- o Spike foods with hot sauce or chili peppers. Both are high in capsaicin, which may help curb your appetite. A study in the British Journal of Nutrition revealed that people who had a hot sauce on their food ate 200 fewer calories in the next 3 hours than did those who ate their meal plain.
- o Instead of maple syrup, top your pancakes and waffles with a dusting of confectioners' sugar and cinnamon or a tablespoon of low-sugar jam. Skip butter entirely and cut even more calories.
- o Remove the skin from your chicken after cooking it. You'll retain moisture yet still strip away ~150 calories per piece of chicken.

Recipe of the Week

Chicken Marinara

Ingredients:

- 1 tablespoon olive oil
- 1 large skinless, boneless chicken breast half (about 8 ounces), cut in 1-inch chunks
- 1 can (14 1/2 ounces) low-sodium crushed or chopped Italian-style tomatoes
- 1/2 cup canned low-sodium mixed vegetables, drained
- 1/4 teaspoon garlic powder
- 1/4 teaspoon pepper
- 2 cups freshly cooked whole-wheat spaghetti noodles



Preparation:

Heat the olive oil in a medium skillet over medium-high heat. Add the chicken, and brown on both sides. Reduce the heat to medium; add the tomatoes, mixed vegetables, garlic powder and pepper. Cover and simmer for 10 minutes until the chicken is cooked through. Serve over hot whole-wheat spaghetti. Total Time: 25 Minutes.