

Weekly tips includes information on topics such as nutrition, workout ideas, fitness equipment, weather, motivation tools, written and video resources to keep you motivated to stay on track with your health and fitness goals for 2009.

Video Tip of the Week

Upper Body Strengthening Exercises with Common Household Items



Adaptive Equipment Wrist and Ankle Weights

- o Similar to free weights, but are strapped around wrists or ankles to provide upper body resistance.
- o Ideal for those who have difficulty grasping free weights.
- o Where to buy:
 - o Sporting goods stores such as Sports Authority and Sportmart
 - o Online stores such as Amazon
 - o Retailers such as Walmart and Target
 - o Access to Recreation at www.accesstr.com
- o Related NCPAD Resources Available Online:
 - Weight Training Equipment
http://www.ncpad.org/exercise/fact_sheet.php?sheet=25
 - Seated Strengthening Exercises
http://www.ncpad.org/videos/fact_sheet.php?sheet=1



Nutrition Tip of the Week

Cutting Back on Partially Hydrogenated Vegetable Oils

Cutting back on foods containing partially hydrogenated vegetable oils can reduce the amount of trans fat in your diet. Partially hydrogenated oils are man-made fats that are solid at room temperature and therefore more shelf-stable. These fats are often found in packaged foods, like cookies and crackers, as well as pastries, margarine, shortening, and fried foods, such as French fries and doughnuts. Studies have shown that trans fats not only raise LDL cholesterol, but also lower HDL cholesterol ('good' cholesterol). Although trans fats are now listed on food labels, it is still very important to read the ingredients listed on foods even if the food is advertised as "no trans-fats" since amounts less than 0.5 grams per serving can legally still be printed as "zero" on the label. If you see "hydrogenated oil" or "partially hydrogenated oil" listed in the ingredients, that food contains trans fat.

Recipe of the Week: Oven Sweet Potato Fries

Ingredients:

- o 1 large sweet potato, peeled and cut into wedges
- o 2 teaspoons canola oil
- o 1/4 teaspoon salt
- o Pinch of cayenne pepper



Preheat oven to 450°F. Toss sweet potato wedges with oil, salt and pepper. Spread the wedges out on a rimmed baking sheet. Bake about 20 minutes until browned and tender, turning once. Makes 2 servings.

Exercise Helps Control Stress

Exercise can help you feel less anxious and is even being prescribed in clinical settings to help treat nervous tension. Following a session of exercise, clinicians have measured a decrease in electrical activity of tensed muscles. People report being less jittery and hyperactive after an exercise session.