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Nutritious Bites

Back to Basics: Healthy Meal Planning

By Whitney Bignell, Wellness Coordinator

A new year ushers in a renewed dedication to healthy habits. However, sticking to those habits requires a fair amount of planning. The following tips will help you plan healthy meals that are quick and satisfying.

Start with Protein. Most meals build around your protein choice. The healthiest sources are lean cuts of beef, skinless chicken or turkey breast, fish (especially fatty fishes like salmon that are good sources of omega-3 fatty acids), beans or legumes, and eggs. Meal ideas include omelets, baked or broiled chicken breasts, vegetarian chili with beans, or turkey meatloaf.

Add Your Sides. Side dishes are usually sources of carbohydrates, so it's important for these dishes to include the healthiest types of "carbs." Whole grain toast, brown rice pilaf, baked sweet potatoes, or cornbread made with whole-wheat flour are

good options. Portion control is also important for side dishes.

Choose Your Veggies.

Choose 2 - 3 non-starchy vegetable servings for most meals. Remember to eat a rainbow of colors for the most health benefits. Add red bell peppers and green onions to omelets, have a side salad with soup, and roast broccoli, carrots, and Brussels sprouts for a flavorful dinner treat.

Use Dairy and Fruit as

Dessert. Low-fat dairy items, such as Greek yogurt with a teaspoon of honey, and fresh fruit are great options for dessert. You can also make a smoothie with yogurt, low-fat milk, and fruit for breakfast or a snack.

Finally, try planning your meals for the week so that you see variety each day. Make sure to include different proteins throughout the week, and variety in sides and vegetables is sure to follow.

Recipe of the Month

Coffee Mug Eggs Florentine (Serves 1)

This quick and easy breakfast uses the speed and ease of the microwave to help you prepare a tasty protein-rich breakfast omelet. (Recipe adapted from Hungry-Girl.com)

Ingredients

- ½ c. Egg substitute (Egg Beaters)
- ½ c. Fresh spinach, chopped
- 2 tbsp. Part-skim Mozzarella Cheese
- 1 tbsp. Non-fat plain Greek yogurt
- 1 tbsp. Mustard (Dijon or Yellow)
- 1 Lemon wedge, juiced
- Cooking spray



Directions

1. To make your sauce, stir to combine mustard, yogurt, and lemon juice in a small dish. Set aside.
2. Spray a large microwave-safe mug lightly with nonstick spray. Add just the spinach and microwave for 30 seconds. Blot excess liquid from spinach with a clean paper towel or cloth.
3. Add egg substitute and cheese and stir. Microwave for about a minute.
4. Stir gently, and then microwave for another 30 - 45 seconds, until scramble is just set. Stir, top with sauce, and enjoy!

Keep on Moving

How Much Exercise Do I Need?

Many people wonder how much exercise is enough to provide health benefits. Older adults should focus on endurance, strength, flexibility, and balance exercises.

Endurance activities, like walking, raise your heart rate and provide cardiovascular benefits. The goal is 150 minutes per week, or about 30 minutes most days.

Strength exercises move your muscles against a force, such as your own body weight. The goal is to work all muscle groups at least twice per week.

Flexibility exercises are important for improving range of motion in joints and for preventing falls. The goal is to engage in stretching each day.

Balance exercises improve strength, flexibility, and coordination to prevent falls. Practice standing on one foot near a counter or sturdy surface a few times each day.

Monthly Chair Exercise

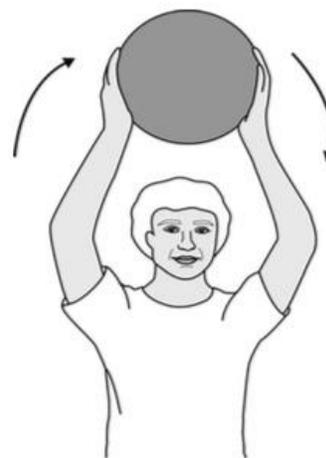
Sunshine Arm Circles

This exercise strengthens the torso and shoulders and opens the ribcage. If you don't have an exercise ball, you can imagine that you are holding a large ball.

Seated in a chair with good posture, hold a ball in both hands with arms extended above your head and/or in front of you, keeping elbows slightly bent. Visualizing the face of a clock out in front of you, begin by holding arms up overhead at 12 o'clock. Circle the ball around to go all the way around the clock in a controlled, fluid motion.

When you've reached 12 o'clock again, reverse directions and circle the opposite way. Keep alternating circle directions for 8 repetitions. Rest. Do another set of 8 repetitions.

Sunshine Arm Circles



For more exercises, visit the following link:

[https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/13-ChairExercisesBallsBands+\(1\).pdf](https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/13-ChairExercisesBallsBands+(1).pdf)

Living Better Sleeping Better

Recent research suggests that sleep is one of the keys to better health. Adequate sleep allows your body to repair itself from the wear-and-tear of the day and helps you wake up energized. However, many older adults have trouble getting a good night's rest - either not being able to fall asleep or waking up throughout the night.

The following suggestions may help you develop a "better sleep" routine so that you can get the rest you need.

- Dim lights about 30 - 60 minutes before bedtime. Also, turn off any electronic devices (i.e., televisions, cell phones, etc.).
- Make a night-time routine. Take a warm bath or shower about an hour before bedtime, relax with a cup of non-caffeinated tea, or read, pray, or meditate before bed.
- Stop eating about 3-4 hours before bedtime. Most people sleep better without a snack; however, if

you have diabetes, you may need a snack before going to sleep (check with your doctor for recommendations).

- If you wake up frequently to go to the bathroom because of taking medications, such as diuretics for high blood pressure, talk with your doctor about possibly taking medication in the morning.
- Go to bed at the same time each day, and get up at the same time (no sleeping in on the weekends).
- Limit naps to 60 minutes or less. If you're not sleeping well, a short nap may help you get through the day. However, longer naps can disrupt your sleep cycle.

If you're having trouble sleeping, talk with your doctor about possible reasons why and if you need medication to help you sleep.

Medication Manager

To Flush or Not to Flush: Disposing of Medications Wisely

You may have the urge to clean out your medicine cabinet with the start of the new year. However, it's important to dispose of old medications properly. Follow these guidelines to safely clean out your medicine cabinet:

Find a prescription drug take-back program. This option is best, as these authorized collectors will properly dispose of your medications. You can call the Drug Enforcement Administration at 1-800-882-9539 to find a collector in your area.

Dispose of medications in household trash. If you need to dispose of expired, unwanted, or unused medications in your trash, follow these tips:

- Mix unused medications with unpalatable substances, such as dirt, cat litter, or coffee grounds.
- Place the mixture in a sealed bag (i.e., Ziploc bag).
- Throw the sealed bag in your household trash.
- Scratch out all personal information on your empty pill bottle and discard with the trash.

Note: Don't flush old medications down the toilet. They may contaminate the water supply, as well as harm wildlife.

To Your Health

Healthy Weight and Older Adults

By Whitney Bignell, Registered Dietitian Nutritionist

Maintaining a healthy weight is important for older adults. Like Goldilocks, being underweight or overweight (obese) can have health consequences, so staying in the middle is best. Knowing your healthy weight, as well as habits that maintain a healthy weight, are key to enjoying better health longer and maintaining physical function.

What is a healthy weight?

Healthcare professionals use a measure called Body Mass Index, or BMI, to assess your weight status. This measure is a comparison of your weight to your height. "Normal" BMI is 18.5 - 24.9. For a 5'4" person, this weight is about 108 - 145 lbs. For a shorter person, the range will be lower, and for a taller person, the range will be higher. You can use an online calculator to estimate your BMI (https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm).

Habits for a Healthy Weight

As we age, we need fewer calories due to loss of muscle mass and relative inactivity. So, it's important to choose nutrient-dense foods within our daily calorie budget. Including fruits and vegetables, lean proteins, whole grain foods, and low-fat dairy in your diet and limiting foods with added sugars and salt will ensure you are getting the nutrients you need without excess calories. Portion control is also important.

Being as physically active as possible is also key to maintaining a healthy weight. If you are just starting to exercise, take it slow. Add five minutes to your walk each week until you reach about 30 minutes

each day. Include strength-training, stretching, and balance exercises in your exercise routine.

Concerns About Weight Changes

While weight loss can be helpful if you are overweight, it is not a good thing if you are not trying to lose weight. If you have concerns about your weight, talk with your healthcare provider. You may also request a referral to a dietitian.

Upcoming Events

A Matter of Balance Workshops

More workshops coming Spring 2018!

Living Well Workshops

More workshops coming Spring 2018!

If you'd like to host a workshop, please contact Whitney Bignell (web1975@uga.edu)

Check out our website for upcoming workshops:
<http://www.negahealthmatters.org/index.php/calendar-2/>

Support for this newsletter is also provided by:

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Questions or Comments? Contact us!

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