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Nutritious Bites

Making Better Beverage Choices

By Whitney Bignell, PhD, RDN, LD

Summer is here again - and with it comes heat and humidity (at least in Georgia)! The weather reminds us how important it is to make sure we stay hydrated. However, not all beverages are created equal when it comes to proper hydration.

While coffee, tea, and soda add to your fluid needs each day, they may not quench your thirst. You may continue to feel thirsty after drinking one of these beverages. We also tend to add sweeteners to many of these drinks, so we are adding calories to our day - which could lead to weight gain.

You've probably guessed that the best beverage for staying hydrated is water. Unfortunately, many of us find water rather . . . boring. It can be difficult to make yourself drink water throughout the day, especially if you don't feel thirsty. As we age, our thirst sensors are not as sensitive, so when we

do "feel thirsty," we are likely well on our way to dehydration.

How can we make drinking water more enjoyable? The following suggestions may help you stay hydrated this summer:

- Keep a pitcher of water in your refrigerator - cold water tends to taste better
- Add slices of cucumbers or limes and a few sprigs of mint for a refreshing taste
- Freeze puréed strawberries, blueberries, or watermelon in an ice cube tray to add flavor to your water
- Set an alarm on your smart phone or watch to remind you to drink water throughout the day

Recipe of the Month

Easy Green Smoothie (Serves 1)

Need a refreshing and easy way to get more fruits and veggies in your day? Try this easy green smoothie for a breakfast treat!

Ingredients

- ½ cup frozen spinach or kale
- ¾ cup frozen strawberries and bananas
- 1 cup almond milk*
- 1 scoop protein powder*



Directions

Combine all ingredients in a blender (or use an immersion blend). Serve in a tall glass - enjoy!

*You can also use low-fat milk (1% recommended) and ¼ cup plain non-fat Greek yogurt for a smoother texture.

Photo Courtesy of

<http://www.eatingwell.com/recipe/251353/strawberry-banana-green-smoothie/>

Keep on Moving

I know exercise is good for me, but . . .

Most people can recite many ways that exercise is good for you - improving heart health, managing blood sugar, reducing high blood pressure. These benefits may not be enough to motivate you to exercise, though. What are some “real life” benefits of exercise?

One of the most important benefits of exercise is maintaining physical function - a fancy way of saying, “being able to do what I want to do when I want to do it.” Without regular exercise, we can become winded easily, or find it challenging to get in and out of a chair.

The good news is that it is never too late to start! Exercise can be anything you like - it doesn't have to be complicated to be effective. Remember to include endurance, strength, flexibility, and balance exercises in your weekly routine, and you'll keep being able to do what you want to do.

Monthly Chair Exercise Push Open the Door

This exercise is important for strengthening the chest and triceps, key muscles in pulling oneself up from the floor.

Seated in a chair with good posture, wrap the band securely around the back of a chair or your own back so that you have equal band length in each hand. Start with the elbows bent and forearms parallel to the floor; hold on to the band so that the knuckles point forward. Slowly extend the arms out in front of you as if you were pushing a door open. Keep the elbows slightly bent and the wrists straight through the full range of motion. Pull the arms back in to the starting position and repeat for a set of 8-12 repetitions. Rest. Do another set.

Push Open the Door



For more exercises, visit the following link:

[https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair Exercise Manual 2006.pdf](https://s3.us-east-2.amazonaws.com/livewellagewell-archive/Exercise+Resources/Chair+Exercise+Manual+2006.pdf)

Living Better

Warning Signs of Heart Attack and Stroke

Heart attack, stroke, and cardiac arrest are life-and-death emergencies, so every second counts! Protect yourself, family, friends, and others by knowing the warning signs and calling 9-1-1 immediately.

If you see or have any of the signs for heart attack or stroke, then call 9-1-1 immediately.

Heart attack warning signs

1. Chest discomfort: often in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness, or pain.
2. Discomfort in other areas of the upper body: can include pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
3. Shortness of breath: may occur with or without chest discomfort.
4. Other signs: may include breaking out in a cold sweat, nausea, or lightheadedness.

Stroke warning signs

1. Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body.
2. Sudden confusion, trouble speaking or understanding.
3. Sudden trouble seeing in one or both eyes.
4. Sudden trouble walking, dizziness, loss of balance or coordination.
5. Sudden, severe headache with no known cause.

Cardiac arrest happens without warning and requires immediate treatment – first call 9-1-1, then get an automated external defibrillator or begin CPR.

1. First sign is loss of consciousness, which is similar to fainting.
2. Breathing often stops and no heartbeat (pulse) can be felt.

Medication Manager

Questions to Ask Your Pharmacist

Taking medications - especially multiple medications - can be overwhelming! Everytime you're prescribed a new medication or start taking a new over-the-counter supplement, it's a good idea to talk with your pharmacist. Key questions to ask the pharmacist include:

- Why was this medication prescribed? Or how does this supplement help my condition?
- When should I take this medication or supplement? (ie, morning or before meals)
- Should I take this medication or supplement with food?
- Should I take this medication or supplement with my other medications?
- What are potential side effects of this medication

or supplement?

- What should I do if I decide that I want to stop this medication or supplement?
- Is the generic brand as effective as the name brand?
- Is there anything else I should know about this medication or supplement?

Talking with your pharmacist will help you take your medications and supplements correctly, which will allow you to get the most benefit from them. It will also help you avoid possible interactions and recognize normal side effects from those that require medical attention. Remember to add any new medications or supplements to your medication list!

To Your Health

Reducing High Blood Pressure

Many people suffer with hypertension or high blood pressure. In fact, the CDC estimates that about 1 out of every 3 adults has hypertension, and many do not have their high blood pressure under control.

There are some risk factors for high blood pressure that you can't control, such as age or family history. However, there are many factors that you can change through diet and lifestyle. Some of these risk factors include:

- Eating foods high in sodium
- Physical inactivity
- Obesity
- Drinking too much alcohol
- Smoking

The following recommendations may help you lower your blood pressure; however, you should talk with your doctor about the proper use of medication in controlling your condition, as well.

1. Enjoy a healthy diet high in fruits and vegetables and lower in sodium and saturated fats. Produce, especially fresh or frozen, is higher in potassium and lower in sodium, which may help you lower your blood pressure. The Dietary Approaches to Stop Hypertension (DASH diet) is an evidence-based eating plan that has been proven to help manage high blood pressure, as it emphasizes fruits and vegetables, whole grains, low-fat dairy, and lean protein without a lot of sodium.
2. Be physically active. Aim for at least 30 minutes of moderate physical activity most days of the week.

3. Maintain a healthy weight. Eating a healthy diet and exercising regularly can help you lose weight and keep it off if needed.
4. Limit alcohol. Women should enjoy no more than one standard drink per day, and men should imbibe no more than two daily drinks.
5. Stop smoking. Ask your doctor about a smoking cessation program if needed.

Upcoming Events

A Matter of Balance Workshops

More workshops coming Fall 2018!

Living Well Workshops

Newton County Senior Center
Wednesdays, Time TBD
October 3 – November 7, 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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