

National Nutrition Month



Be Fit-Be Well

March is National Nutrition Month and the USDA has been busy sending out new and updated information on dietary guidelines, balancing calories, managing weight, and obesity statistics in the United States. But who has time to read all of that (it's over 100 pages)...so I have done the reading for you and will hopefully shed some light on the main points and how they relate to the general public (you).

We all know that achieving and sustaining the "right" body weight can be difficult in this fast paced world. There are many behavioral, environmental, and genetic factors that affect a person's weight. But it can be easier if you follow one simple rule: balance calories coming in with calories going out (burned through exercise). Uh-oh the "E" word! Yes exercise.

"Calories consumed must equal calories expended for a person to maintain the same body weight." according to the *USDA Dietary Guidelines for Americans*. Obviously consuming too many calories and not burning them off will result in weight gain as will more calories expended result in weight loss. Combine the two and you will achieve the results. Maintaining a healthy body weight and preventing excess weight gain throughout your lifespan is preferable to not only you but your doctor. This will also benefit your blood pressure, cholesterol levels, glucose levels, and prevent many other diseases.

Controlling your caloric intake from foods and beverages is key. Understanding your caloric needs, knowing food sources of calories, recognizing associations between foods, beverages, and higher or lower body weight are all important concepts when building a healthy eating program (not diet). Many Americans are unaware of how many calories they need each day based on their activity level; many guesstimate to high. The total number of calories you need varies depending on a number of factors, including your age, gender, height, current weight, and level of physical activity; not to mention if you desire to lose weight, gain weight or just maintain. You can go to MyPyramid.org to find the "Estimated Calorie Needs" table to help you figure out your needs. I will use myself as an example in this article: I am a 45 year old female, 5 feet 9 inches, 150 pounds and I have a (according to their table) "active" level lifestyle. Based on

this I should be taking in about 2,200 nutrient dense calories per day. WOW-that's a lot, but the key phrase is nutrient dense. Ok so what does that mean? Nutrient Dense, according to Webster's Dictionary is food that is "relatively rich in nutrients for the number of calories contained." A sweet potato has 180 calories per 1 cup serving, no fat or cholesterol, packs in 7 grams of fiber, 4 grams of protein, 65% of your daily Vitamin C, 769% of your daily Vitamin A (yes well over your daily needs here), and 8% each of your daily Calcium and Iron needs. Basically you get more nutritional bang for your grocery buck.

Balancing your daily diet can be tricky; trying to find the right combination of foods that you like and are good for you. Carbohydrates, protein, and fat are the main sources of calories in the diet. Most foods and beverages contain combinations of these macronutrients in varying amounts. Alcohol also is a source of calories (mostly empty).

Carbohydrates provide 4 calories per gram and are the primary source of calories for most Americans. They are classified as simple; including sugars, or complex; including starches and fibers. Some sugars are found naturally in foods such as milk and fruit, whereas others are added to foods like table sugar into coffee. Fiber is also naturally occurring in foods like beans and whole grains or can be added to foods. Most carbohydrates are consumed in the form of starches: grains, potatoes, and other starchy vegetables. We should be eating whole grains but the majority of Americans consume mostly refined grains, too much sugar and not enough fiber.

Protein also provides 4 calories per gram. In addition to nutrient dense calories, protein provides amino acids that assist in building and preserving the bodies muscle and tissue. It is found in a wide variety of animal and plant foods: meat, poultry, seafood, eggs, milk, beans, nuts, seeds and soy products. Inadequate protein intake in the United States is rare.

Fats provide more calories per grams than any other calorie source, 9 calories per gram. Types of fat include saturated, monounsaturated, polyunsaturated and trans fatty acids. Some fat is found natural in foods such as nuts while other types are often added in the cooking process. Similar to protein, inadequate

4 Osteoarthritis Exercises

Osteoarthritis is the most common type of arthritis and is characterized by the breakdown of cartilage in almost any joint in the body, but most frequently seen in the spine, hips, and knees. Symptoms of this “wear and tear” condition include sore joints, pain after increased activity or extended periods of inactivity, joint deformation, and fluid accumulation. While there are many treatment options, one of the best things you can do is stretch. The following 4 stretches have been approved by the Arthritis Foundation of America.

Standing Calf Stretch

Stand facing a wall with your right leg in front of you, left leg behind. Placing your hands on the wall for support slowly bend your right knee and lean into the wall, pressing the left heel to the floor. Once you feel the stretch, hold for 30 seconds, then slowly relax. Repeat the stretch twice more before switching sides and repeating.

Seated Hip March

Sitting up straight in a chair, slightly kick your left foot back a few inches underneath chair, keeping toes on the floor for support. Lift your right foot off the floor, keeping knee bent at a 90* angle. Hold your right leg in the air for 5 seconds, then slowly lower back to the ground. Repeat 10 times, alternating legs to do 10 on each leg.

Quadriceps Stretch

Lying face down, bend your right knee and grab your ankle with your right hand. (You may want to rest your forehead on your left forearm for support.) Gently pull your right foot towards your buttocks until you feel a gentle stretch in the thigh. Hold the stretch for 30 seconds before slowly lowering your leg. Repeat 2 more times, switch sides and repeat.

Hamstring Stretch

Lie down on your back with both knees bent. Loop a towel or strap around your right foot and holding onto the strap for support, extend and elevate your right leg to a 45* angle. Once you feel a gentle stretch in your right hamstring (behind the knee and thigh), hold for 30 seconds. Slowly lower and repeat 2 more times, switch sides and repeat.



Celebrate the Art of Culinary during Hampton Restaurant Week, March 2-9

Participating restaurants will offer prix-fixe menus for lunch and dinner. Diners can enjoy a two-course \$10 lunch or a three-course dinner priced at \$20 or \$30.

Preview menus from each restaurant at [Hampton Restaurant Week](#).

Select from exciting menus presented by [Regatta Grille](#), [Stillwater Tavern](#), [Musasi](#), [The Grey Goose](#), [Venture Kitchen & Bar](#), [Conch & Bucket](#), [Hampton Taphouse](#), [Marker 20](#), [The Cyprus Grille](#), [Grandview Island Grill](#), [Sarah's Irish Pub](#), [Old Town Tavern](#), and [The Point at Phoebus](#).

**SELECT YOUR FAVORITE OR SAMPLE ALL! THIS IS A
FANTASTIC OPPORTUNITY TO TRY SOME OF HAMPTON'S
BEST RESTAURANTS AT EXCELLENT PRICES**

intake of total fat is not a common concern in the United States. Most Americans consume **too much** saturated and trans fat and not enough unsaturated fat.

Alcohol contributes 7 calories per gram and the number of calories in an alcoholic beverage varies widely depending on the type of beverage consumed. They are what we call “empty calories”; they provide no nutritional value and are the top calorie contributor in the diets of many American adults.

So to help you and your family live healthier the following guidance on controlling total caloric intake and managing body weight has been posted in the *Dietary Guidelines for Americans at USDA.org*:

- * **Increase intake of whole grains, vegetables, and fruits.** Moderate evidence shows that adults who eat more whole grains high in dietary fiber have a lower body weight compared to adults who eat fewer whole grains. Children and youth should also increase vegetable and fruit intake to protect against weight gain.
- * **Reduce intake of sugar-sweetened beverages.** This can be accomplished by drinking smaller portions (read the label for the true serving size). Sugar-sweetened beverages provide excess calories and few essential nutrients.
- * **Monitor intake of 100% fruit juice for children and youth, especially those who are over-weight or obese.** For most children and youth, intake of 100% fruit juice is not associated with body weight. However, studies have shown that increased intake of 100% juice has been associated with higher body weight.
- * **Monitor calorie intake from alcoholic beverages for adults.** Reducing alcohol intake is a strategy that can be used by adults to consume fewer calories.
- * **Balance physical activity with your lifestyle:**
 1. 6 to 17 years should do 60 minutes or more of physical activity daily that is age appropriate and enjoyable.
 2. 18 to 64 years should do at least 30 minutes per day or 150 minutes per week of moderate-intensity aerobic activity as well as 60 minutes per week of resistance training to maintain lean muscle mass and bone density as well as flexibility and balance training.
 3. 65 years and older should follow the adult guidelines but know their physical limitations (if any) and how to modify their routine. They should also include resistance training, flexibility, and balance work to decrease the risk of injury if a fall should occur.
 4. Families can incorporate exercise into their quality time with activities like hiking, biking, swimming, and family sports.

Improved nutrition, appropriate eating behaviors, and increased physical activity will have a tremendous potential to decrease diseases and obesity, reduce morbidity and health care costs while enhancing your life!

DIVE INTO FUN

*Lifeguarding classes start March 8,
call 727-1150 for details*



*Learn to swim classes start
March 10 at OHCC
201 Lincoln Street
and
March 15 at HAC
300 Butler Farm Road
call 727-1150 for details*

WAY TO GO!

CONGRATULATIONS TO...

***Corrie Middleton – National
Certified Pool Operator***

***Katie Kerby - American Red
Cross Lifeguard Instructor***

***Tyler Bostic - United States
Water Fitness
Instructor***





FUN FOR YOU!

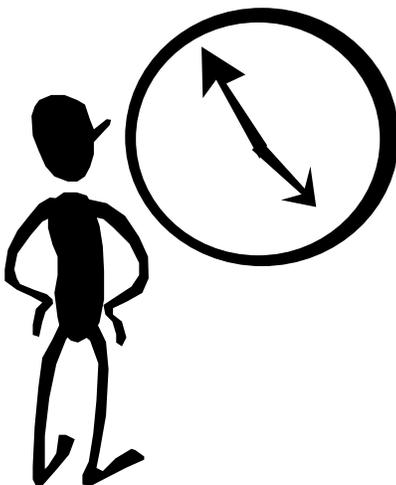
CITY OF HAMPTON PARKS & RECREATION

Administrative Office - 727-6348
Fort Monroe Center - 727-6831
Newtown Center - 728-1710
North Phoebus Center - 727-1160
Northampton Center - 825-4805
Old Hampton Center - 727-1123
Senior Services Center - 727-1601
West Hampton Center - 896-4687
YH Thomas Center—727-1200

www.hampton.gov/parks

Join the fun!

Don't forget to
"Spring Forward"!
DST begins March 9th



- * *March is National Nutrition Month*
- * *March Madness = FREE ZUMBA at North Phoebus CC, Saturdays 11a-12n for all of March*
- * *March 11th - Wellness After Work Series; "Nutrition Labels, Breaking the Code", WHCC 5:15-6:30p FREE*
- * *March 12th - Breakfast Bingo, WHCC 10-11:30a FREE*
- * *March 14th - 17th - "Friends of the Hampton Public Library" Used Book Sale at the Main Library, 4207 Victoria Blvd. Call 727-1154 for details.*
- * *March 29th - "Women Connected By Love" Brunch; 10a-12:30p, Fort Monroe Community Center. Call 896-4692 for tickets; deadline for ticket sales is March 24th.*

