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# May 11-17 is National Women's Health Week

Ladies, if you have been to any of my fitness classes this month, you know the questions, "Have you had your yearly checkup and tests?" May, like every month has several national health observances, but the most important this month is National Women's Health Week, May 11-17th.

A young lady asked why I felt it was so important to get yearly physicals and tests? Simply put, it's preventative maintenance for your body. Just like on your car, it keeps things running smoothly. Many tests now can detect early signs of heart disease, diabetes, blood pressure, breast and colon cancers, bone density and more. Plus, you make sure your children have their shots and checkups, why not you? Not only are regular physicals important, but what you do in between those doctor visits is just as important. Healthy eating, moderate physical exercise, and relaxation.

Let's start with healthy eating habits.

Having a healthy diet is one of the key things you can do for your overall health. Along with physical activity, your diet is the key factor that affects your weight; and as women, we know how weight affects everything else.



Being overweight or obese increases your risk of heart disease, type 2 diabetes, high blood pressure, stroke, breathing problems, arthritis, osteoarthritis—ooh, the list goes on! Women with a BMI or Body Mass Index of 25 to 29.9 are considered overweight, 30 or more are considered obese. If you have questions about your BMI, we can easily measure that for you here.

We all know saying "you are what you eat." Here are some suggestions from the U.S. Department of Health and Human Services.

**Focus on Fruits.** Eat a variety of fruits, fresh, frozen, dried or canned rather than juices which contain a lot of unnecessary sugars.

**Vary your Veggies.** Eat more dark leafy greens, orange veggies, and beans like kidney, pinto, and garbanzo beans.

**Get your Calcium-rich Foods.** Get 3 cups of low fat or fat-free milk, yogurt or cheese every day. If you don't like these, be sure to include a calcium and vitamin D supplement into your diet.

**Go Lean with Protein.** Bake, broil or grill and go for the leanest cuts out there.

**Make half your Grains Whole.** Eat at least 3 ounces of whole-grain cereals, breads, crackers every day. One ounce is about 1 slice of bread, 1 cup breakfast cereal or 1/2 cup cooked rice or pasta.

Now, on to physical activity. Regardless of your height, current weight, age, or ethnic background, you can exercise. If you are overweight or obese, your risk for heart disease, type 2 diabetes,

# Recipe of the Month-Enchiladas Suizas

## INGREDIENTS

1 1/2 lb bone-in chicken breast, skinless	2 tsp salt
4 cloves garlic	5 peppercorns
1lb tomatillos (about 8), husked	2 Serrano chilies
1/4 cup loosely packed cilantro	1/4 cup nonfat sour cream
8 corn tortillas (6" each)	1 1/2 oz Monterey Jack cheese, shredded



## PREPARATION

Place chicken in a large saucepan. Add 6 cups water and 1 tsp of the salt, 2 of the garlic cloves and peppercorns and bring to a boil. Reduce heat to low; cover, simmer 15 to 20 minutes. Remove chicken from liquid, pull meat from bones and shred the chicken, set aside. Place tomatillos and chilies in a medium saucepan, cover with water and boil over medium-high heat about 8 minutes. Drain, reserving 1/2 cup liquid. Transfer tomatillos and chilies to a blender. Add cilantro and remaining 2 cloves garlic, blend until smooth, adding reserved liquid if necessary. Heat oil in a small saucepan over medium high heat. Add tomatillo-Chile puree; reduce heat to medium. Simmer, stirring constantly, 10 minutes or until sauce reduces to about 1 cup. Reduce heat, add sour cream and remaining 1 tsp salt. Stir about 1 minute. Set aside. Heat oven 350\*. Heat a large skillet over medium heat; warm tortillas 10 seconds per side. Divide shredded chicken evenly among tortillas; roll up. Spread 1/3 sauce in a 9" baking dish. Arrange enchiladas in a layer, seam side down. Cover with remaining sauce, sprinkle with cheese. Bake until cheese starts to brown, about 30 minutes.

Serve immediately.

THE LOW DOWN 406 calories per 2 enchiladas:

11.8 g fat      5.7 g fiber      34 g carbohydrates      40 g protein



## Is Cardio Really Worth It?

When most people embark on a weight loss program, one of the first things they think about is cardio. How much should they do? How often? How long should you do it for? These are all great questions, but the real question should be – is it even necessary to lose weight.

In order to lose weight, you need to do one very important thing – you need to eat fewer calories than you burn. All these minute details don't matter if you aren't creating a calorie deficit. You could be lifting weights 3 times a week, doing HIIT cardio on your non weight training days, eating whole foods, and managing your stress levels, but none of that matters if you aren't creating a calorie deficit.

Sure, you can still lose fat while maintaining your weight or even increasing it. Weight and fat are not always one in the same. However, if you want to get lighter, the calories that you are storing on your body need to be burned off. You can't do that with a calorie surplus.

How Can You Create a Calorie Deficit? The best way is through diet and exercise – You can also create a calorie deficit through a combination of diet and exercise. For example, you could reduce your 2,000

calorie diet by 500 calories through diet, and then another 500 calories through exercise – netting you a daily 1,000 calorie deficit, resulting in 2 pounds of weight loss per week.

OK, so back to the question at hand – is cardio necessary to lose weight? Based on the above facts – no, it is not necessary to lose weight. Will it help you lose weight? Yes it can if you're using it to create a calorie deficit. However, if you're doing cardio without a calorie deficit, you can obviously forget about any kind of weight loss.

Of all the methods for creating a calorie deficit, I'm the biggest fan of either creating it through exercise alone or via a combination of diet and exercise. These methods will allow you to eat the most food, get in the most nutrients, while at the same time building and maintaining the most muscle – all while dropping a high percentage of body fat.

My point in this article is not to demonize cardiovascular training. What I'm trying to do is show you that the idea of dedicated cardio sessions, like so many people do on the treadmill, stationary bike, or elliptical, are totally unnecessary or possibly even counterproductive. Prioritize strength training, and if you want to do cardiovascular training, find ways to increase the intensity of your strength training workouts.

# Ask and it Will Be Answered?!



*Submit your questions for real honest answers.*

*Q: How do I know what muscles to work on different days and is there a specific routine I should follow?*

**A: Yes, there is but no there isn't. Everyone is different, but a basic approach is this: back, chest, biceps and triceps day 1; hamstrings, quadriceps, calves day 2; shoulders, calves, flexibility day 3. Abs can be done each day but don't think you have to do 300 crunches each time (quality over quantity). For example, you could work a Monday, Wednesday, Friday split and hit cardio Tuesday, Thursday, Saturday. The most important thing to remember is that working different muscle groups on separate days also all the muscles to be trained without having to spend an inordinate amount of time in the gym. Dividing the body in an appropriate manner allows you to focus on some muscle groups while others are given time to recover properly.**

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stroke, and osteoarthritis are 3 times greater than your healthy weight counterparts. To lower the risk of chronic disease, get at least 30 minutes of moderate intensity physical activity most days of the week. This could be brisk walking before or after work, low-impact or step aerobics classes, going to the gym, doing a workout video or playing outside with your children (positive role model there). Try a variety of physical activities, create opportunities with your family to exercise or make it a social occasion with friends. If you are just getting into or getting back into exercise, start slow and work your way up. Then add weight training at least twice a week to increase lean muscle mass and build bone density, protecting against osteoporosis, arthritis, and bone fractures.

If you feel uncomfortable with the weights or machines in any of the HPR Community Centers, we have Certified Personal Trainers on staff to assist you and as always, consult with your doctor at your next check up before starting any new fitness program!



## LOL CLUB...Come join us as we laugh, cry, and support

each other with expressing our journey as we live each day by showing how "LOL" .....  
LOVE OVERCOMES LUPUS.

Our interest is to provide you with education, support, fitness, and love. This will be our first meeting so tell someone you may know with Lupus.

**MAY 22, 2014**

**THURSDAY 6PM-7PM**

**Hampton Parks & Recreation**

**FORT MONROE COMMUNITY CENTER**

**100 STILLWELL ROAD, FORT MONROE, VA 23651**

**Nicole Dennis (757) 727-6835**



Administrative Office - 727-6348  
22 Lincoln Street

Fort Monroe Center - 727-6831  
100 Stillwell Road

Newtown Center - 728-1710  
4315 Kecoughtan Road

North Phoebus Center - 727-1160  
249 W. Chamberlain Ave.

Northampton Center - 825-4805  
1435-A Todds Lane

Old Hampton Center - 727-1123  
201 Lincoln Street

Senior Services Center - 727-1601  
3501 Kecoughtan Road

West Hampton Center - 896-4687  
1638 Briarfield Road

YH Thomas Center—727-1200  
1300 Thomas Street

The Hampton Parks and Recreation Department does not discriminate against any person on the basis of race, color, national origin, ancestry, age, marital status, religion, sex, or disability. If you are disabled and have need for a special accommodation in order to participate, please contact us at 727-1601.

# Memorable May

**May 10 - Family Fitness Fun; NHCC;  
9:30a to 11:30a; FREE**

**May 16 - Campfire Fun & Lakeside  
Hayride; Sandy Bottom;  
7:30p to 9p; \$5/person**

**May 21 - Front Porch Music Series;  
Hampton History Museum;  
6p to 8p—727-1610**

**May 24 - Ranger Way Fit Day; Sandy  
Bottom; 11a to 12noon;  
\$5/person—825-4657**

**May 26 - MEMORIAL DAY HOLIDAY  
ALL City offices closed**

**May 30-June 1 - Blackbeard Festival;  
Downtown Hampton; FREE**

**GREAT JOB!**  
**Valarie Patin and**  
**the NHCC staff**  
**for a fabulous event on**  
**Saturday, April 26**  
**Mother & Son Dance**