

October is
National Breast
Cancer Awareness
Month

B. INFORMED

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*“The greatest
wealth is health.”
Virgil*

B. COLORFUL

Fall is a great time to add different fruits and vegetables to your menu. Squash, pumpkin, apples, cabbage, beets, cauliflower, broccoli, pears, potato and melons are just a few ways of adding tasty color to your plate during the fall season. Shhhh, do not let anyone know they have health benefits too!



B. NUTRITIOUS

Pumpkin has many health benefits. Pumpkin can aid in eye health, is rich in antioxidants, has fiber and promotes heart health. Don't throw out the seeds. They also have many health benefits!

Pumpkin Pancakes

- 1 Cup gluten-free “flour” mix (I use buckwheat flour)
- 1 Large egg
- ¾ Cup seltzer water (seltzer water will make the pancakes fluffier)
- 1 Tablespoon olive oil
- 1 15 oz. can 100% pure pumpkin
- ½ Tablespoon brown sugar
- ¼ Teaspoon cinnamon
- ¼ Teaspoon nutmeg

Mix all ingredients together. Spray your skillet with a non-stick cooking spray. Preheat the skillet, place small scoops of your pancake mixture on the hot skillet. When the bottom of the pancake is slightly brown flip to brown the other side but keep a watchful eye on the pancakes so they do not burn. Double the recipe so you have extra. They taste good cold or re-heated.



B. READY

Do you know what to do in the event of an earthquake? How about a tornado or winter storm? Do you have an escape plan in the event of a fire? Information is available at www.ready.gov that can help save a life, including yours and your family's.



Mark My Words

Question:

I keep hearing about staying in my zone. What is my zone and why is it important?

Sandy H.

Answer:

The zone you are hearing about is your target heart rate zone (THR). I have many clients that tell me they are training hard, yet do not appear to be getting their desired results, which is usually weight loss. Training at too high of an intensity burns more calories but often does not result in weight loss.

I recommend wearing a heart rate monitor that displays your heart rate during your exercise session. This will keep you in your desired zone, promote fat burning and eliminate any guess work.

We have a testing system that identifies your exact fat burning zones. Without the testing system you can follow this example for a quick reference to find your THR. Just make sure to use your own age. If you are on any medications ask your doctor about adjusting your target heart rate.

220 (maximum heart beats)
minus 48 (my age) = 172
(age adjusted beats per minute-bpm)
172 bpm multiplied by .6
(60% of maximum bpm) = 103bpm
172 bpm multiplied by .8
(80% of maximum bpm) = 137bpm
My training zone therefore is
103 bpm – 137 bpm.

For weight loss you would ideally spend 3 – 4 hours a week, spread out over 4 days, exercising between your zones. This could be a case where less really is more!



B. ACTIVE Raking leaves has many benefits! In addition to helping the environment you are also saving money by not using your gas leaf blower and you can use the leaves in your compost pile. You will be outside to enjoy the fall foliage and cooler temperatures. You also burn between 200-300 calories per hour raking leaves. Why the difference? A few items affect the caloric expenditure: weight, gender and intensity all contribute to the difference in calories burned.

B. TREATED - NOT TRICKED

B. Safe:

- Do not let children go out alone
- Wear bright, highly visible clothing
- Carry and use flashlights
- Stay in neighborhoods familiar to you

B. Healthy: skip the candy and hand out the following:

- Fruit
- School supplies like pencils & markers
- Gift certificates
- 100 calorie snack packs
- Glow sticks
- Sugar-free gum
- Packs of microwave popcorn
- Instant oatmeal packs
- Low sugar breakfast bars



B. PROTECTED

With the flu season upon us and the threat of the swine flu here are a few tips that may help you prevent getting or spreading the flu:

- Cover your nose with a tissue when you sneeze, then throw out the tissue
- Cover your mouth with a tissue when you cough, then throw out the tissue
- Avoid touching your eyes, nose and mouth
- Wash your hands regularly and avoid touching areas that are notorious for housing germs
- Limit your contact with others when you are sick
- If you feel sick, contact your health care provider



If you have a question you would like answered please contact me at mkrug@benecon.com.