

August 2008 • Your Walk Catawba Valley Quarterly Update

Welcome to your Walk Catawba Valley Quarterly Update! Four times each year we will be bringing you information on upcoming events as well as on fitness, nutrition and medical topics we hope will be of interest to you.

Walk Catawba Valley's Summer Challenge Ends August 23

If you have been participating in the summer challenge, be sure to return your Summer Challenge Log Sheets to The Health First Center by September 3. Participants are eligible to win door prizes if they meet all the summer challenge criteria for five of the six weeks from July 13 to August 23. These criteria for the six-week period are:

- Drink eight glasses of water each day
- Eat five fruits or vegetables each day
- Participate in any form of exercise for a minimum of 30 minutes, three times a week
- Participate in resistance training for a minimum of 20 minutes, two times a week

A Heart to Heart Cholesterol Screening is coming up on Thursday, August 14 from 7:00 a.m. to 8:45 a.m. at The Health First Center. Charge is \$20, \$15 for Seniority Members – must present card. Participants must fast for 8 hours prior to the screening.

Join us at the Women's Show on September 6 and 7 at the Metrolina Convention Center. For more information, go to www.hickoryconventions.com

Fitness • Irwin Circles the Globe on Foot From Dave Lancer, Director Information of the Champions Tour

The Travelers Championship participated in Men's Health Week (June 9-15, 2008) as the PGA TOUR participated in Men's Health Month nationally.

With fitness such a requirement in the game, we took a look at Hale Irwin, a player who has played for a long time on both the PGA TOUR and Champions Tour.

Irwin, 63, is playing in his 40th year as a professional this year and has won 20 PGA TOUR titles and a record 45 Champions Tour crowns. He's played in nearly 1,000 official combined events over that span.

One reason for his longevity and ability to still compete at a high level at age 63 is that he has always remained fit. We did a little homework and came up with this bit of information. With the exception of Champions Tour pro-ams, we estimate that between practice rounds and PGA TOUR pro-am rounds, as well as unofficial and official events, Irwin has played just a shade under 5,000 rounds—all of them on foot. At roughly 5 miles per round, that's 25,000 miles on foot. The 25,000 miles is enough for Irwin to have walked around the earth at its equator. That's a distance of 24,901 miles.

Hale added to his mileage total when he competed on the Champions Tour at the Bank of America Championship outside Boston. A victory, by the way, would have made him the oldest player in Tour history to win.

You can't play this game at a high level without being in shape. Hale Irwin is living proof of that.



Nutrition • Low Calorie Snack

From Lynn Geissele, Registered Dietitian, Catawba Valley Medical Center

If you are trying to eat healthy, snack time can be a challenge. Eating light between meals can energize you! Here are some ideas for snacks with only 50 calories:

1/2 large grapefruit	2.5 cups of sugar-free jello	12 baby carrots
10 dill pickle spears	2 thin slices turkey breast	15 grapes
7 almonds	1 fig bar	16 cherry tomatoes
1 cup V8 juice	5 large jelly beans	12 M&M's
2 Hershey Kisses	5 potato chips	2 cups light microwave popcorn
2 graham cracker squares	11 dry roasted peanuts	1/2 low-fat ice cream sandwich
1/2 cup vegetarian barley soup	1/2 Oats N' Honey granola bar	1/3 Slim Jim
1 cup cantaloupe or watermelon	10 medium strawberries with 1 tablespoon Cool Whip	

And how do you burn those 50 calories? With 30 minutes of walking!

Medical News • Health Benefits of Walking

From Peggy Messick, Catawba Valley Medical Center Disease Prevention Coordinator

According to the Health Magazine 2008 on CNN.com, walking has many health benefits. Their article "Walking a little can go a long way" lists eight good reasons to start walking.

1. Walking reduces your risk of heart disease, or in other words, it is good for your heart. A recent Duke University study found that a daily 30-minute brisk walk lowers your risk of developing metabolic syndrome, a cluster of risk factors linked to higher incidence of heart disease, diabetes, and stroke.
2. Women who walk even for a few hours a week have a significantly lower risk of breast cancer. According to a study published in the Journal of the American Medical Association, walking helps lower levels of body fat, which is a source of estrogen. This study of 74,000 postmenopausal women between 50 and 79 years old found that walking decreased the risk of breast cancer by 30 percent in women of normal weight and 10-20 percent in women who were overweight.
3. The National Sleep Foundation states that a brisk walk in the afternoon helps you get a better night's sleep. Experts believe that walking helps boost your levels of serotonin, your feel-good hormone that relaxes you.
4. Walking the Chi way may cut down on aches and pain. Invented nine years ago by the ultra-marathoner, Danny Dreyer, Chi walking incorporates ideas from Tai Chi, yoga, and Pilates. Because it involves conscious relaxation and improved body alignment, it puts less stress on the legs and decreases injuries.
5. Walking can help reduce depression, stress, and anxiety. Researchers at the University of Texas found that just one 30-minute walk can make you feel better when you are feeling down. You will get the biggest boost by walking 90 minutes five times a week. According to a new study from Temple University, this amount of walking may stimulate your body to produce endorphins, the chemicals linked to "runner's high."
6. Walking helps to control weight. A Duke University study found that walking 30 minutes a day can prevent weight gain in most people who have been physically inactive. Researchers from both the University of Pittsburgh and Brown University found that women who walked for an hour five days a week and consumed 1,500 calories a day lost and kept off 25 pounds over a course of a year.
7. Even as little as 45 minutes of walking a week may help ward off Alzheimer's disease. Regular walking is linked to mental sharpness in seniors, but it is good for people of all ages, especially if you stroll with friends.
8. Walking helps protect your bones. As little as 30 minutes three times a week does wonders to prevent and treat thinning bones.

For more information, check out CNN.com/health.

