



# Cardiovascular Wellness Program Newsletter

Issue 9  
October 2021

## Comments from Linda

We have been having in-person sessions since August and I have to share, it feels very good. Things are on the quiet side, many of you are not ready to join us yet, but we are grateful that we are there for those of you who do want to come out. Little by little more of you are coming over, and our roster is in the 20-30's. Many many thanks to Mary & Dave, as without them this would not be happening. Our notion of creating a "hybrid" program is going fine, we are continuing to offer all of our sessions, both exercise & education, as Zoom meetings but joining us in the gym is a choice too. Our program is all about choices, isn't it?

If you do want to come in, the COVID protocol is still in place: you must be fully vaccinated, and we are wearing masks and maintaining distances. No potlucks for now, but hopefully we'll have some food options before the end of the semester. And again, when you're ready to come back, be sure to talk to me about parking.

*Linda*



Maybe we can have a Halloween party in 2022! In the meantime, we'll just have to share memories from past fun.

### Included in this issue:

Program Coordinator Notes, Linda Paumer, MA  
Program Projects Fall 2021  
Exercise Reminders  
Recipe Corner  
Nutrition Notes, Debbie Lucas, RD

## CWP Fall Projects

Fall semester is full swing now, and we have a full complement of students doing many different things. Thanks for helping them and the program out by joining their projects. Some of them are described here:

1) Several of you are interacting with PT and nursing students. A fall prevention protocol will be a main by-product of this project as well as many new bonds. Thanks to those of you involved with this. If the project sounds fun and you're not involved, keep in mind with luck the same opportunity will come up next semester and we will be looking for more help of course then.

2) The Maturity, Memory & Music project is still going on. We have a nice response so far but are hoping to boost it even further. Started in July, the entire project is done online. We would appreciate your involvement with this project whether you are musical or not. Thanks to the 30+ of you that have already completed the project. (Since the number is in the 30's, I know there are more of you out there that could still do it!).

This is the link to the first survey: [https://csus.co1.qualtrics.com/jfe/form/SV\\_5duxctzIF3hwZWm](https://csus.co1.qualtrics.com/jfe/form/SV_5duxctzIF3hwZWm)

3) Last fall ~40 of you participated in a project we were doing with Kim Roberts on sleep habits and pandemic coping. Thank you! If you were on that list, please disregard this notice. If you didn't do those surveys in Oct/Nov 2020, we would very much like you to give them a go now – Kim spent spring semester collecting data on close to 200 college-aged people and she is hoping to round out a comparison between younger & older sleepers. The surveys for this study include sleep habits, depression, resilience, and health status questions and will take ~20-30 minutes to complete.

The link to those surveys: [https://csus.co1.qualtrics.com/jfe/form/SV\\_7VyknWaiPeJ68Op](https://csus.co1.qualtrics.com/jfe/form/SV_7VyknWaiPeJ68Op)

4) Intergenerational Story Telling. Several of you have already been interviewed by Maria and more of you are scheduled I know. She will be compiling these stories for her gero project—her final product will be very fun to see. Please ask if you want to be included but haven't spoken up yet! You can email Maria directly if you want: [msanchez@csus.edu](mailto:msanchez@csus.edu)

5) Gero 101 Interactions. We have a full semester (once/week for 8 weeks) of interactions scheduled with Dr. Abah's Gero 101 class. These are fun sessions, done as Zoom meetings, giving the students a chance to gain insights from us and giving us a chance to gain insights from them. They are at 5:30 pm on Thursdays and are included on our weekly list of links. Please log in if you can, to just one or as many of these as you can.

5) Research students/outcome assessments. There are four students with us the semester getting research experience. I am hoping they can collect some "outcome assessment" data and if you find yourself being asked to do a 6-minute walk and/or some hip flexor/extensor assessments, it is to complete their projects. A good way for you to keep tabs on yourself and it truly does help our program viability.







## Exercise Reminders *from Linda Paumer*

If you've been with me on a frenetic Friday, you have seen my new favorite activity—"carries". We've been doing the "farmer's walk" for a while, and I've learned some variations that add to that concept. I like them because they are all about "function"—using muscles, getting your heart rate up a bit, and using your core to hold you together, keeping you doing the activities of living that help you stay functional. Of course, you can try these on your own at home – you don't need to join me to carry things around. You are encouraged, as always, to keep active and maintain your function the best & longest that you can. These carries are shown on the next page.

Along with this encouragement, I will recap our training goals: getting 30-60 minutes of cardiovascular activity 3-5 days/week and doing both some resistance exercise and balance and flexibility activities a few times each week too. If you're not stretching/lifting/carrying with me, I certainly hope you are doing that on your own faithfully. Best thing you can do for yourself!

## Romanesco Pasta

*Roasted Romanesco Pasta is an easy 30 minute meal. Similar in taste to cauliflower and broccoli, romanesco pairs with garlic in this simple vegan dish.* Author [Amy Katz](#)

Recipe  
Corner

Servings 4

### Ingredients

- 1 head romanesco separated into florets
- 3 cloves garlic thinly sliced
- 1 tsp olive oil
- salt and pepper to taste
- 12 ounces short pasta such as penne

### Instructions

Pre-heat the oven to 425 degrees F. Line a baking sheet with parchment paper. Place the romanesco and garlic on the baking sheet and drizzle the vegetables with the olive oil. Toss well with your hands to coat. Season to taste with salt and pepper. 3. Roast the vegetables 20-25 minutes until tender and lightly browned, tossing half way through.



Meanwhile, prepare the pasta according to the package directions. Drain the pasta, reserving about ½ cup of the starchy pasta water. Return the pasta to the pot. Pour the contents of the baking sheet into the pasta. Toss well, adding as much of the reserved pasta water as needed to help vegetables stick to the pasta. Taste and add more salt and pepper, if needed.

Notes. If you can't find romanesco, this dish is equally delicious with cauliflower or broccoli.

## Six Carry Exercises

All of the exercises here are described using a kettlebell. With kettlebells, the weight hangs below the handle, mimicking how you carry things in real life. If you don't have access to kettlebells, use dumbbells instead.



### Exercise #1: Farmer's Carry <https://youtu.be/qIy-XBBNX38>

Grab a pair of kettlebells (or dumbbells), and let them hang naturally at arm's length next to your sides, palms facing in. Walk forward for as long as you can (aim for 30 seconds), keeping an upright torso and not allowing the weight to dump into your low back. Imagine a string is connected to the top of your head and pulling you toward the ceiling. If you can walk for longer than 60 seconds, try using a heavier weight.

### Exercise #2: Suitcase Carry <https://youtu.be/tkNVuIKpxr0>

This is the same movement as the farmer's carry, except you hold the weight in one hand at a time. Grab one kettlebell (or dumbbell), and hold it like a suitcase, keeping your shoulders square and upright. Maintain that posture as you walk with the weight at your side—no leaning! Walk for five to 10 feet, then put it down, pick it up with your other hand, and walk back. Repeat 2-3x.



### Exercise #3: Double-Arm Rack Carry <https://youtu.be/mlcuaEkqyyc>

The key to this carry is the racked position of the weights, which engages your upper-back muscles (to keep the weights stable) and also creates a cardio challenge. Grab a weight in each hand, and carefully raise them to your shoulders. Your wrists should be facing each other, and your elbows should be pointed straight down toward the floor. The weights should hang against the backs of your forearms as you stand tall with your core braced. (If you're using dumbbells, keep them off your shoulders.) This is your starting position. Maintain your posture as you walk forward as long as you can (aim for 30 seconds). Imagine a string is connected to the top of your head and pulling up. If you can walk for longer than 60 seconds, try using a heavier weight.

### Exercise #4: Single-Arm Rack Carry <https://youtu.be/nhi2nILhuB0>

As you might've guessed, this carry variation is the same movement as above using only one weight at a time. By only holding one weight, your oblique muscles on the opposite side have to work harder to keep you upright. Grab one kettlebell (or dumbbell), and bring it to a racked position, holding the weight at your shoulder with your elbow pointing straight down. (If you're using a dumbbell, hold it above your shoulder.) Keeping your shoulders square and upright, walk forward five to 10 feet. Carefully put the weight down, pick it up with your other hand, and walk back in a racked position. Repeat 2-3x.



### Exercise #5: Double-Arm Waiter Carry <https://youtu.be/beO3nP2EYCg>

This variation involves pressing the weights overhead and holding them there as you walk. It is not recommended for anyone with back or shoulder issues. If it's safe for you, start by holding a weight in each hand and bringing them to a racked position at your shoulders. From here, extend your arms to lift the kettlebells overhead. Make sure your elbows are locked out and your shoulder blades are down, not shrugging up by your ears. This is your starting position. Walk forward as long as you can (aim for 20 to 30 seconds), maintaining an upright posture and not allowing the weight to sink into your low back. Carefully lower the weights to your shoulders and then your sides before setting them back on the floor.

### Exercise #6: Single-Arm Waiter Carry <https://youtu.be/Dx6iZJJCiMw>

Just as with the double-arm waiter carry, this variation is not recommended for anyone with back or shoulder issues. If it's safe for you, performing the waiter carry with one weight at a time is a great (challenging!) way to work on functional core strength and balance. Grab a weight in one hand and bring it to your shoulder before pressing it straight overhead. Remember to keep your shoulder back and down. Once you're comfortable in your position and upright in your posture, begin to walk forward, keeping the weight directly above your shoulder—don't allow it to wander behind you! Walk for five to 10 feet, then carefully lower the weight down, pick it up with your other hand, raise it overhead, and walk back. Repeat 2-3x



## Fall into New Veggies by Debbie Lucus

I love the change of seasons in fall and especially enjoy the change of produce available at the Farmers' Markets as well as our favorite grocery stores. I have to admit that my go-to veggies are the standards for fall: winter squash, carrots, greens, Brussels, etc. But this year I thought I would try some less popular produce. Some are completely new to me and others I just rarely use. They all have awesome health benefits, as do any fruit or vegetable. Maybe you will know about these, so please share your knowledge!

**1. Kohlrabi** I mentioned in one of my presentations in the last month that I have never cooked with kohlrabi – so that is the first on my list. Linda sent me this picture of her friend who grows kohlrabi – I don't usually see them this huge at our markets!!! Kohlrabi is a member of the cabbage family (also cousins with kale and broccoli), therefore it is in the cruciferous group and a strong cancer-fighter. The root bulb, stems and leaves are all edible. When you get home from the store, separate the leaves from the root and store in the refrigerator. Peel the root before eating, as it can be very tough. You can eat it raw or cooked. Cut the bulb into matchsticks and have in a slaw-type dish, or chop up and roast with your fall root veggies or toss into a soup. Eat the leaves raw by slicing them up and tossing with your favorite salad dressing. You may also want to sauté the greens and stems with a little garlic. So many options!! I got some of this info from a Bon Appetit article and they suggest this recipe. I would, of course, leave off the cheese, go easier on the oil and probably use walnuts instead of the hazelnuts.



<https://www.bonappetit.com/recipe/shaved-kohlrabi-with-apple-and-hazelnuts>

**2. Romanesco** This beautiful veggie you have likely seen, and if you are like me, call it 'green cauliflower'. It has actually been called Romanesco Broccoli or Roman Cauliflower. It hails from Italy. It is a cross between cauliflower and broccoli and a member of the brassica/cruciferous family, too. You can use it in any recipes that call for cauliflower or broccoli. Try it raw on a crudité platter. You can blanch the flowers and add them to salads, or sauté with garlic and onion, or toss with pasta dishes. Be sure to not overcook, as it can get mushy and lose its shape. I found this recipe to try – I would just spray the veggies with olive oil spray instead of pouring olive oil onto it.



<https://www.vegiessavetheday.com/roasted-romanescopasta-2/#recipe>



**3. Brusselberry sprouts.** These are basically purple Brussels sprouts. They have a milder taste than your usual Brussels', so they are perfect for the Brussels' haters in your life. The anthocyanin flavonoids (think anti-inflammatory and anti-oxidant) give them their purple hue. This is yet another member of the cruciferous family. We might not see these in the markets until later in the fall. Treat them as you would the green variety. This recipe from Forks over Knives is a perfect one for the holidays.



<https://www.forksoverknives.com/recipes/vegan-salads-sides/brussels-sprouts-with-maple-mustard-sauce/>

**4. Okinawan purple sweet potatoes.** These flavonoid-rich potatoes are fat free and high in fiber, potassium and vitamin C. The Okinawans from the Blue Zones use these potatoes as a staple in their diets with excellent results! They have purple flesh but brown skins – and are not the purple potatoes you see at the store (although those are great too!). Asian stores or Sprouts are an affordable place to look for these if you can't find them in your Farmers' markets. Here's a recipe for perfectly baked purple sweet potatoes.



<https://eatplant-based.com/okinawan-sweet-potato/>

**5. Celeriac root.** This is one of the least attractive of our veggies. While a member of the celery family, this is actually a larger bulbous root with smaller roots sprouting off of it – and it won't grow into the stalks we associate with celery. It is very versatile – it can be grated raw and incorporated into a slaw; cooked and mashed with other root veggies; sliced/cubed and roasted; or even spiralized! Peel it before you use it. It is low in calorie and contains a moderate amount of fiber and antioxidants. Here's a 'creamy' recipe using celeriac.



<https://www.forksoverknives.com/recipes/vegan-pasta-noodles/celeriac-pasta-vegan-alfredo/>

I encourage you to try some new (to you) veggies this fall!!! Visit your Farmers' market and see what they have. I'll see you there!