



## MONTHLY NEWSLETTER

### EXERCISE AS A FITNESS TOOL

*By our very own CEO, Dr. Dwinells*

In my previous article, I discussed how fitness involves proper exercise, nutrition, friendships, spiritual and mental well-being, and a positive attitude. This time, let's focus on exercise as a key to overall health.

Key Points:

1. **Balance:** Ensure harmony in your activities. Avoid overdoing or underdoing. Start slow, enjoy the process, and vary your routines to keep things interesting.
2. **Movement:** Like flowing water, our bodies need movement to stay healthy. Balance rest and activity to prevent stagnation and promote well-being.
3. **Consistency:** Make exercise a lifelong commitment. Stay consistent and persevere.
4. **Holistic Benefits:** Exercise benefits both your muscles and internal organs, keeping your body in top condition and warding off illnesses.

My routine includes running, weight training, hiking, tai chi, yoga, and meditation. I mix heavy and light weights, vary repetitions, and focus on different body parts. Logging my progress keeps me motivated—I've worked out for over 4,000 days straight!

### EXERCISE OF THE MONTH

*by Eschman Physical Therapy*

#### BODYWEIGHT SQUATS

How to Do It:

1. Stand with feet shoulder-width apart.
2. Lower your hips as if sitting in a chair.
3. Keep your chest up and back straight.
4. Push through your heels to stand back up.



3 sets of 10-20 reps



### EATING TIP OF THE MONTH

*Look Out for High Sodium Foods*

Sodium, commonly known as salt, is found in many foods. While moderate intake is fine, excessive sodium can cause health issues like high blood pressure.

#### Daily Sodium Limits:

- Most people:  $\leq 2,300$  mg/day
- Those with kidney problems, high blood pressure, or heart failure:  $< 2,000$  mg/day

Current Intake: Many Americans consume around 3,600 mg/day, which is much higher than recommended.

#### High-Sodium Foods:

- Processed and packaged foods
- Restaurant meals
- Processed meats (sausage, deli meats)
- Pickled products

#### Tips to Reduce Sodium:

- Eat out less often
- Cook and prepare your own meals
- Choose low-sodium or reduced-sodium products
- Check nutrition labels and opt for lower sodium options

By being mindful of sodium intake, you can help protect your health and reduce the risk of high blood pressure and other related issues.

**"IF JANUARY IS THE MONTH OF CHANGE, FEBRUARY IS THE MONTH OF LASTING CHANGE. JANUARY IS FOR DREAMERS... FEBRUARY IS FOR DOERS."**  
*-Marc Parent*

## RECIPE OF THE MONTH

### *Southwestern Stuffed Peppers*

*Calories: 103 per serving*

#### Ingredients:

- 5 bell peppers, halved and seeded
- 1/3 cup chopped onion
- 1 1/2 cloves garlic, chopped
- 3 cups cooked brown rice
- 1 can diced tomatoes with chilies
- 1/2 can corn, drained
- 1/3 cup shredded cheddar cheese



#### Directions:

1. Boil pepper halves for 2 minutes, then drain.
2. Cook onion and garlic in oil for 3 minutes. Mix with rice, tomatoes, and corn.
3. Fill pepper halves with the mixture and place on a baking sheet.
4. Bake at **350°F for 10 minutes**. Add cheese and bake for another 10 minutes.

**Tip:** Add 1 lb of browned lean ground beef or turkey for extra protein.

*For more healthy recipes and healthy eating information, scan the QR Code.*



## WEIGHT LOSS PEARLS

### *Health Benefits of Weight Loss*

**Understanding Obesity:** Obesity, defined by excessive body fat or a BMI of 30 or higher, is a chronic and relapsing condition. It poses risks such as diabetes, high blood pressure, high cholesterol, sleep apnea, and heart attacks.

**Comprehensive Treatment:** Effective obesity treatment includes:

- Healthy eating
- Regular exercise
- Behavior modification (counseling)
- Medications or bariatric surgery

**Goals of Treatment:** The aim is to enhance overall health and wellbeing, not just to reach a "normal" weight. This involves preventing, improving, or reversing obesity-related conditions like diabetes and high blood pressure. Discuss your personal "goal weight" with your FIT clinician.

**Proven Benefits:** Losing just 5-10% of your body weight can significantly improve health, including:

- Better blood pressure control
- Improved or resolved diabetes/prediabetes
- Lower cholesterol levels
- Reduced sleep apnea
- Improved mood and reduced depression

Achieving a healthier weight can lead to a better quality of life and reduced health risks.

## *Join Our Exercise Reminder Program!*

We're excited to offer a program that sends a series of texts to patients over a 24-week period. These texts include reminders to exercise, along with helpful exercise guidance and tips.

**Available at No Extra Cost:** This program is available to all ONE Health Ohio patients at no additional charge!

**How to Enroll:** If you're interested in joining, talk to your clinician today.

