



NEWSLETTER

A partnership between the
Heart Institute & Diabetes Education
at Marquette General Hospital

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FIT HAPPENS

by Jeffrey Kinnunen, MS,
Registered Clinical Exercise Physiologist

Good fitness can seem like an unattainable goal when you are out of shape, but increasing your fitness could be easier than it seems. It starts with dedicating yourself to a realistic plan. To improve your overall fitness, you need to spend time each week on all four components of health-related fitness: cardiovascular endurance, muscular fitness, flexibility, and body composition. All of the components of health-related fitness contribute maintaining your health.

It may sound like a lot of work, but cardiovascular endurance, muscular endurance and body composition can all be developed through continuous, repetitive activities like walking, biking, swimming, or cross-country skiing. How much time you spend on each depends on your current fitness level. If you're inactive, start small and gradually increase the frequency (how often you exercise), intensity (how hard you are working), and duration (how long you are working) over subsequent exercise sessions. For example, you may start off walking 10 to 20 minutes each day for two weeks, and then add two minutes each week to the time you spend walking. The intensity of your exercise should be light during the first 5 minutes and last 5 minutes of your activity, this allows for warm-up and cool down. It's useful to use perceived exertion as a guide. The warm-up and cool down should feel, according to your individual judgment, like you are working at "light" intensity, and the rest of your activity should feel "moderate to somewhat hard." If you walk with a partner, make sure that they are able to walk at the same pace that you do, so that you both benefit.

Consistency is extremely important to achieving success with exercise. Most people should build up to performing endurance exercise (such as walking, biking, swimming, or cross-country skiing) four to five days per week, for thirty to forty minutes at "moderate to somewhat hard" intensity.

COMFORT FOOD

Submitted by Sarah Balko, RD, CDE
MGH Diabetes Education

Now that we are in the middle of another cold winter, it is common to turn to high fat, high sugar, and high calorie foods for comfort until spring. The winter months tend to be a time of decreased activity, so the extra calories usually result in the 5-10 lb 'winter' weight gain that people experience.

This doesn't have to be the case. Enjoying the following tea recipes will keep you warm without adding extra calories. Having a cup of tea instead of hot cocoa this winter will save you approximately 75-100 calories. Research has shown that regular consumption of tea has numerous health benefits, so drink to your health!

Spiced Citrus Tea

- 1 tea bag, citrus flavor
- 1 tsp. orange juice
- 1 tsp. honey

Place tea bag into a mug with boiling water and steep for 3-5 minutes. Remove tea bag and add juice and honey.

Makes 1 serving
Per serving:
26 calories, 0 g fat, 0 g protein, 7 g carbohydrate,
0 mg cholesterol, 0 g fiber, 2 mg sodium



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Spiced Apple Tea

2 cups 100% apple juice
6 whole cloves
1 cinnamon stick
3 cups water
3 bags herbal tea, cinnamon flavor

Combine juice, cloves, and cinnamon stick in a saucepan and bring to a boil over medium heat. Reduce heat to low and simmer for 10 minutes. Meanwhile, bring water to a boil in another saucepan. Add teabags and allow to steep for 6 minutes. Strain juice mixture and discard spices. Stir juice into tea and serve.

Makes 5 servings

Per 1 cup serving:

60 calories, 0 g fat, 0 g protein, 15 g carbohydrate,
0 mg cholesterol, 0 g fiber, 6 mg sodium

This ***Beef Goulash Soup with Caraway*** is a warm, hearty meal that is good for your heart AND your soul! Holiday foods are often calorie dense. Now that the holidays are over, it is a good time to focus on renewed health goals.



Beef Goulash Soup with Caraway

1¼ lbs boneless beef sirloin tip roast, chuck roast, or round steak
1 tsp. canola oil
1 cup onion, chopped
3 cans (14 oz ea.) reduced sodium beef broth
2 cans (14.5 oz ea.) diced tomatoes
1½ cups carrots, sliced
2 Tbsp. Sugar
1 Tbsp. Paprika
1 Tbsp. Caraway seeds, slightly crushed
2 cloves garlic, minced
4 oz. (about 2 cups) uncooked whole wheat noodles
2 cups thinly sliced cabbage or coleslaw mix

Trim fat from beef and cut beef into 1-inch pieces. Heat oil over medium heat in nonstick dutch oven. Brown one-half of meat. Transfer to paper towel lined plate. Repeat with remaining meat. Return all meat to pan and add onion. Cook, stirring occasionally, about 3 minutes or until onion is tender.

Stir in broth, tomatoes, carrots, sugar, paprika, caraway seeds, and garlic. Bring to a boil. Reduce heat, cover and simmer about 45 minutes or until beef is tender.

Stir in noodles. Return to a boil. Reduce heat. Simmer, uncovered, about 10 minutes or until noodles are tender. Stir in cabbage. Cook an additional 1-2 minutes or until heated through.

Makes 8-9 servings

Per 1 cup serving:

235 calories, 5 g fat, 22 g protein, 27 g carbohydrate,
26 mg cholesterol, 4 g fiber, 273 mg sodium