



NEWSLETTER

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

VOLUME 1 ISSUE 1 JULY/AUG 2008
PUBLISHED IRREGULARLY BY:

MARQUETTE GENERAL HOSPITAL • 580 W. COLLEGE • MARQUETTE, MI 49855-2711

JULY 2008 AUGUST

More Than BIG MUSCLES

by Jeffrey Kinnunen MS, Exercise Specialist

A healthy diet and regular exercise are essential to maintaining your health. However when most people experience health problems, they usually don't consider that their fitness level may be responsible. There are four components of health-related fitness: muscular fitness, cardiovascular endurance, flexibility, and body composition. All of the components of health-related fitness contribute maintaining your health.

Muscular fitness is often dismissed as something that's only important for athletes. However, poor muscular fitness contributes to some types of chronic pain, risk of certain injuries, and a decline in the ability to perform normal activities of daily living as we age. Consequently, muscular fitness becomes more important as we get older, and it's never to late to start. Improving muscular fitness can help you improve or maintain the following:

- Bone mass, which relates to osteoporosis
- Glucose tolerance, which relates to type 2 diabetes
- Integrity of muscles and tendons, which relates to low-back pain and the risk of injury
- Body composition, which relates to weight management

Muscular fitness can be subdivided into two categories, muscular strength and muscular endurance. Muscular strength refers to the ability of a muscle to exert force. Muscular endurance refers to the ability to perform successive exertions. Ideal muscular fitness levels are higher than many people would think. For example, according to the guidelines of the American College of Sports Medicine, a 69-year-old man with good upper body muscular

endurance should be able to perform 10 standard push-ups without rest.

Improvements in muscular fitness occur gradually with consistent resistance training. The best way to begin a resistance-training program is to seek out a qualified fitness professional or health care provider who can work with you. And remember, you should always consult your physician before beginning an exercise program.



Keep Yourself Hydrated This Summer

Submitted by Mary Charlebois, RD

It is great to see many families who are participating in sports either for competition or just for fun in the backyard.

Any activity performed in these warmer months can cause increased fluid loss from sweating.

Baseline fluid needs vary depending on the size of a person. In general, the more a person weighs, the more fluid they need. For example, a 65# child would need about 1,700 ml per day (equal to about seven, 8 ounce cups), and an older high schooler weighing 160# would need about 2,500 ml per day (equal to about ten, 8 ounce cups). A healthy adult who weighs 190# would need about 2,600 ml per day (equal to about eleven 8 ounce cups).

- Drink water before you actually feel thirsty. To meet daily fluid needs, we need to start early in the day - before breakfast. Your body can really use the water after going all night without any.



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- Try drinking a glass of water each time you brush your teeth. It is a good time, since you are already by the sink.
- Make water your drink of choice for between meals. Get in the habit of grabbing a glass of water with any snacks eaten.
- Aim for eight ounces of milk with all three meals and about six ounces of juice with breakfast. Milk and juice offer important nutrients vital for growth, development and bone health.
- Having chilled water on hand will make it easy to grab in place of other pre-portioned sugary drinks.
- Save sports drinks to use while engaging in activities lasting more than one hour. For vigorous events lasting greater than 60 minutes, a person may need eight to ten ounces of a sports drink every 30 minutes.
- Skip caffeine-containing beverages. Caffeine can act as a diuretic in some people and make them lose more water through urination.
- Carbonation may cause stomach distress such as gas or bloating.
- Observe your urine output. Urine should be pale, almost clear. If you notice that your urine is dark yellow or orange in color, it means you need more water.
- Talk to your doctor about fluid needs specific for you and your family members. Older, inactive adults with medical problems may need less fluid.

Crazy Coleslaw

- 4 cups shredded cabbage (green, purple or a mix)
- 4 cups shredded carrots
- 4 cups broccoli chopped fine
- 1 cup dried cranberries or raisins
- 1 cup Sunflower Seeds or Soy nuts
(cashews or peanuts work well too)
- ¼ cup chopped red onion (optional)
- 1 cup reduced fat coleslaw dressing
- ¼ cup balsamic or cider vinegar
- 4 cups fresh spinach
- black pepper to taste

Mix above in order listed.

Serve immediately. Makes 16-1 cup servings.

Per serving 110 Calories, 6 grams Fat (0 Saturated), 14 grams Carb, 3 grams Protein, 170 mg Sodium and 3 grams Fiber.

