



# NEWSLETTER

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

VOLUME 1 ISSUE 12 NOVEMBER/DECEMBER 2010  
PUBLISHED BIMONTHLY BY:  
MARQUETTE GENERAL HOSPITAL • 580 W. COLLEGE • MARQUETTE, MI 49855-2711

## November 2010 December

### GIVE YOURSELF A GIFT: ONE MORE GOOD YEAR

by Jeffrey Kinnunen, MS,  
Registered Clinical Exercise Physiologist

"Is all of this hard work worth it?" The question has been posed to me many times. "I'm just getting old," is usually the follow-up statement. So do we reach a point when it's not worth it to take care of ourselves? The factor that gets lost is the way your body ages encompasses much more than the number of calendar years you've been alive. In other words, your biological age isn't necessarily the same as your chronological age.

Our bodies are dynamic organisms that continue to respond to lifestyle choices in later years. In fact, as we get older, lifestyle choices become more important. The goal shouldn't be to simply live longer. The goal should be to enjoy a high quality life for a longer time. Think of your lawn. You need just the right amount of water, fertilizer, weed control, etc. for your lawn to thrive. Of course, for people this translates to the right amount of activity (i.e. exercise), recovery (i.e. quality sleep) and nutrition (high quality food in the right amount). On the other hand, too much sitting, too little sleep, and too much junk food, caffeine, nicotine or alcohol are the equivalent of putting salt on your lawn.

The goal isn't to live longer; the goal is to live better! In case you aren't convinced; let me tell you about Bob. Bob came to me as a patient who didn't think exercise would do much good. "I don't think I'll make it long anyway" he told me frankly, "I came here because my doctor told me to." He required his wife to push him in a wheel chair to get from the car to our facility, and was severely deconditioned. Through a



combination of his persistence (what his wife called stubbornness) and hard work, he slowly, progressively grew stronger. His color improved, his energy improved and after six months he told me "You've given me my life back." He still struggled, but he was back to fishing and enjoying his hobbies. He was able to enjoy his hobbies for about one year, before he died as a result of his chronic disease. Was all of his hard work worth it?



### "BEWARE": CALORIE COUNT FOR SOME HOLIDAY FAVORITES

Mary Charlebois, RD  
Cardiac Rehab Dietitian

- \*\*EGG NOG 1 CUP = ~ 340 CALORIES  
ADD: 1 OZ. SHOT OF LIQUOR ADDS  
60 - 100 CALORIES
- \*\*A SMALL CANDY CANE = 110 CALORIES
- \*\*CHOCOLATE COVERED CHERRY =  
65 CALORIES
- \*\*A SMALL PEANUT BUTTER COOKIE =  
135 CALORIES  
ADD: 1 CHOCOLATE KISS + 25 CALORIES
- \*\*PECAN PIE, 1/8 of a 9 inch pie =  
~ 500 CALORIES
- \*\*A REPLAY OF "HOLIDAY DINNER" =  
~ 1000 CALORIES

~ Continued on reverse

*Continued ~*

### **What are your favorites?**

During the holiday season, it is not uncommon to gain weight. Let's not do that this year!

Think about how many cookies, chocolate covered cherries (or your favorite) you are putting into your mouth. It is human nature to eat for other reasons than hunger, especially around the holidays. Anything eaten that is "extra", whether it is a healthy food item or not, is still "extra" calories and will add to weight gain. It will take a conscious effort not to overeat. But it is possible.

Food and drinks are an important part of our life. But think about what is more important, and that is your family and friends with whom you are spending your time. Enjoy the company; go for a walk, put the snowshoes or skis to use, or just build a snow fort with the kids. The kids will love the extra time and attention you spend on them and it will be good for you. Think of the future instead of satisfying your immediate temptations.

To enjoy a special food item during the holidays, save a few calories or burn a few extra. Work it into your meal plan. Don't let it be extra. Then retrain yourself to think about your holiday "favorites" as time with friends and family.

**BE "AWARE"** this holiday season. See if you can change your thoughts and behaviors to work towards a healthier you!



## **Beef Burgundy Stew**

*Makes 8 servings. Serving size is 2 cups.*

- 1 Tablespoon olive oil
- ¼ cup all purpose flour
- ¼ teaspoon ground black pepper
- 1 ½ - pounds lean round steak, trimmed of any visible fat, cut into small bite-size pieces
- 3 beef-flavored bouillon cubes
- 4 cups hot water
- 10 - ounce bag fresh pearl onions, peel and keep whole
- 3 teaspoons minced garlic
- 16 – ounces fresh mushrooms, quartered
- 3 cups burgundy wine
- ¼ cup tomato paste
- 1 teaspoon cocoa
- 2 bay leaves
- 1 - pound bag of fresh baby carrots, halved
- 1 cup frozen green peas, thawed
- ¼ - cup chopped fresh Italian parsley

1. Heat the olive oil in a large saucepan over medium heat. Add the beef pieces. Sprinkle with the pepper and flour. Cook, stirring frequently until the meat is browned.
2. Dissolve the bouillon cubes in 4 cups hot water. Add it, along with the wine, tomato paste, cocoa, pearl onions, mushrooms, garlic and bay leaves. Bring to a boil, then reduce heat to low.
3. Add the carrots. Simmer for 1 to 1 ½ hours. During the last 10 minutes, add the peas. Just prior to serving, remove and discard the bay leaves.
4. Sprinkle with the fresh parsley.

2 cups = 310 calories, 7 g total fat, 2 g saturated fat, 430 mg sodium, 22 g total carbohydrate, 4 g dietary fiber, 8 g sugars, 23 g protein.

*Recipe is from the Prevention Magazine website.*