

# Get With It



Sponsored by the Women's Wellness and Maternity Center and the **Get With It** Collaborative

Volume 4, Issue 2

## GO RED DAY—FEBRUARY 4

### GIANNINI'S BANANA BREAD

#### INGREDIENTS:

1/4 cup yogurt  
2-3 bananas  
1/2 cup butter  
  
3/4 cup sugar  
1 1/2 cups flour  
1 egg  
2 tsp cinnamon  
1/2 tsp nutmeg  
1 tsp baking soda



#### DIRECTIONS:

- \* Preheat oven to 350 degrees.
- \* Grease a glass bread pan with butter or olive oil.
- \* Mix yogurt, bananas, butter and egg in large bowl. Mix sugar, flour, cinnamon, nutmeg and baking soda in medium bowl. Slowly mix dry sugar/flour mix into bowl containing yogurt/banana mixture. Stir completely until batter is evenly mixed. Then pour into glass bread pan.
- \* Place in oven for 50—60 minutes checking with toothpick until completely cooked on inside.
- \* **Note:** 1/2 cup chopped nuts OR 1/4 cup chopped nuts and 1/4 cup raisins may be added to mixture.

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- \* **Special points of interest:**
- \* Monday, February 14 —Happy Valentine's Day!!!
- \* Tuesday, February 22 at 3:30—5:00 p.m. Monthly Diabetic Workshop facilitated by Suzanne Kieltyka, RD, LDN, CDE held at the Get With It Studio, 116 College St, Madisonville. Please call 423-420-3991 to reserve your spot or email: [amyl@getwithwomen.org](mailto:amyl@getwithwomen.org).



### Get With It Studio

116 College Street  
Madisonville TN 37354

Phone: 423-420-3991

Toll Free: 877-420-3991

Website: [www.getwithitwomen.org](http://www.getwithitwomen.org)

If you have a comment or would like to share recipes for one of our upcoming newsletters; call Debra Lindaman, Health Educator at 423-442-6624 or email Debra at [debral@getwithitwomen.org](mailto:debral@getwithitwomen.org).

## WHAT YOU EAT AFTER EXERCISE MATTERS

The nature of the health benefits of aerobic exercise can be greatly affected by the food we eat afterwards, according to a study published in the *Journal of Applied Physiology*.

Differences in what you eat after exercise produce different effects on the body's metabolism. It is very important to look at both the effects of exercise and what you are eating after exercise.

The study found that exercise enhanced insulin sensitivity, particularly when meals eaten after the exercise session contained relatively low carbohydrate content. Enhanced insulin sensitivity means that it is easier for the body to take up sugar from the blood stream into tissues like muscles, where it can be stored or used as fuel. Impaired insulin sensitivity (i.e., "insulin resistance") is a hallmark of Type II diabetes, as well as being a major risk factor for other chronic diseases, such as heart disease.

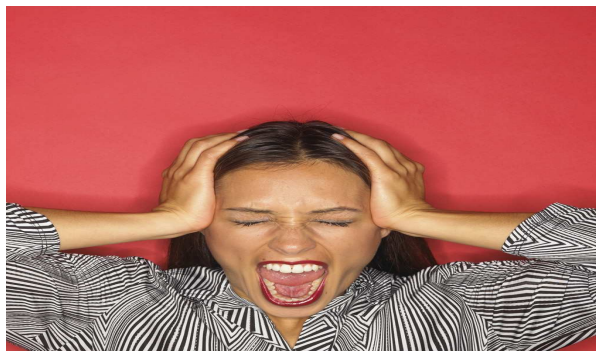
When the research subjects in this study ate relatively low-calorie meals after exercise, this did not improve insulin sensitivity any more than when they ate enough calories to match what they expended during exercise. This suggests that you don't have to starve yourself after exercise to still reap some of the important health benefits.

Although weight loss is important for improving metabolic health in overweight and obese people, these results suggest that people can still reap some important health benefits from exercise without under-eating or losing weight.

\*Source: Science Daily article (Jan. 29, 2010)

## HOW TO COPE WITH CABIN FEVER

If you've been feeling irritable, unmotivated, and lethargic lately, blame it on cabin fever (or winter malaise). Winter symptoms—inactivity, crankiness, feeling down in the dumps—people.



irritable, unmotivated—you may be able to cope with the winter blues or depression and its symptoms—sleep loss, and simply it is real to millions of

### Coping with Winter Blues:

- \* Don't overdose on the news. At least one day a week, have a news-free day.
- \* Use a relaxation technique to unwind. A simple breathing exercise can blow away stress. Try this: Inhale deeply through the nose for about four seconds, then exhale through your mouth for about eight seconds. Repeat three to four times.
- \* Limit your intake of alcohol.
- \* Maintain contact with your friends.
- \* Exercise regularly. Get outside. Take a walk...even on cold or cloudy days.
- \* Make your environment sunnier and brighter. Open blinds and/or curtains.