



Get With It

This is a monthly newsletter sponsored by the Women's Wellness and Maternity Center and the **Get With It Collaborative**

From the Bottom Up, All U Have to do is MOVE!

Volume 2, Issue 8
August 2009

For over a year **Get With It** has offered the women of Loudon and Monroe counties **FREE** fitness classes. At the start of our program, our exercise program began with several 20 minute walks called "Beginner's March" and "Walk Around Town". A year and a half later we continue to expand upon our classes to offer new and exciting ways to help get you fit! Currently, we offer over 15 different types of classes such as Zumba, Zumba Gold, Aerobics, Fit & Tone, Weight Training, Body Sculpting, Yoga and Pilates. We also offer **FREE** babysitting while you work out!

Before beginning any workout routine there are several tips you should follow....

1. Consult your healthcare provider before beginning any exercise class, particularly if you have suffered from a recent injury, heart condition or have had surgery. It is important to follow advice about the length and intensity of workouts you are able to perform.
2. Make exercise a priority. Schedule time out each week and put it on your calendar as a reminder. Make fitness a habit in your daily routine.
3. Consult your healthcare provider if you are pregnant, there may be some exercises that may not be safe for the health of your baby.
4. Know and recognize your personal limits! When beginning a new exercise routine go slow and stop if you feel any pain. We can help direct you to a class that can better meet your needs or limitations. Our trainers can show you different ways of doing exercises so that you don't make your condition worse.
5. Wear good shoes. If your shoes are worn out, ripped, or have holes, then it is time to get a new pair. A good pair of shoes can go a long way. Your shoes don't have to be expensive. Look for shoes with a good support, the soles should be rubber but not too thick. If your soles are too thick (fat) they may cause you to fall. Choose walking, running, or cross-training sneakers. It is not recommended to wear flip flops or sandals when working out.

According to the *American Academy of Orthopedic Surgeons*:

- ⇒ Athletic shoes vary in design, material, and lacing that are meant to protect your feet.
- ⇒ Purchase shoes that are made for the sport or activity that you active in.
- ⇒ Purchase shoes that are comfortable to reduce blisters and other skin conditions.

6. Wear comfortable clothes. When looking for workout clothes look for clothes that can absorb moisture. This will help you to cool while exercising. Wear loose clothing that allows your body to "breathe" well during exercise. The best clothing to wear while exercising are cotton clothes.

If you are unable to participate in any of the classes offered by **Get With It**, then try going for a 15-20 minute walk. Pick a time that work best for your schedule and just do it! Taking this first step is very important towards becoming more active. Eventually, you can "walk" your way up a 30-60 minute jog or brisk walk everyday. Activities such as walking, running, or dancing help burn calories. Getting started can be as simple as Moving Your Feet (From the Bottom Up), so what are you waiting for **GET WITH IT!**

-by Erika Haire, MPH, CHES

*source: CDC: Going Stronger and the American Academy of Orthopedic Surgeons

Inside this issue:

<u>Title</u>	<u>Page</u>
August article: preparing for America on the Move	1
August Recipe of the month	2
August: Cataract Awareness Month	2

Special points of interest:

- Upcoming event: **FREE** workshop titled *The Benefits of Sleep* with Dr. Julia Russell from 10 til 11:00am on Monday, August 24th at the Cora Veal Senior Center in Madisonville.
- Join *America On the Move* and take steps towards living a healthier lifestyle. Visit their website to register yourself or get friends to join in as team.

"A journey of a thousand miles begins with a single step"

~Confucius



Get With It

116 College Street (GWI Studio)
Madisonville TN 37354
Phone: 423-420-3991
Toll Free: 1-877-420-3991
Website: getwithitwomen.org

If you have a comment about the newsletter or would like to share a recipe, email your suggestions and comments to our Newsletter Coordinator, Erika Haire at erikah@getwithitwomen.org.

August Recipe: Chewy Stew with White Beans

Ingredients:

1 teaspoon extra-virgin olive oil	1 can low-salt diced tomatoes
1 onion cut into 3/4 inch pieces	1 teaspoon dried oregano
3 carrots, sliced 1/4 inch thick	1/2 teaspoon Italian seasoning
1/4 teaspoon black ground pepper	1 tablespoon grated parmesan cheese
2 green bell peppers, cut into 3/4 inch pieces	
2 yellow squash cut the same as the zucchini	
1 can reduced sodium (low salt) navy beans, rinsed and drained	
4 ounces whole mushrooms, washed and quartered	
2 zucchini, cut into longwise into fourths and then cut into 3/4 inch pieces	
3 ounces shredded reduced fat mozzarella cheese (3/4 cups)	
1/8 teaspoon dried pepper flakes (optional)	

Directions:

1. In a large soup pot over a medium heat, add oil and tilt the pan to coat the bottom with oil. Add mushrooms, bell peppers, onions, zucchini, yellow squash and carrots. Cook for 8 minutes or until the onions are translucent, stirring often.
2. Add tomatoes, oregano, Italian seasoning, black pepper, and pepper flakes (if using). Reduce heat, cover tightly and simmer for 15 minutes.
3. Remove pot from heat, add the beans, and let stand covered for 5 minutes. Serve immediately or let cool and freeze. Makes 4 servings. Serve with parmesan cheese sprinkled on top

* recipe adapted from NCPAD and University of Illinois at Chicago

August is Cataract Awareness Month! Cataracts are a very common type of eye condition. Approximately 20.5 million Americans age 40 and older have cataracts. Cataract is a clouding of the eye's lens that prevents light from passing through. The clouding of the eye will affect vision or one's ability to see clearly.

- Cataract surgery is the most frequently performed surgery in the United States with more than 1.6 million surgical procedures are performed each year.
- By the age of 80, more than half of all people in the United States either have cataracts or have had cataract surgery. Cataract surgery is usually covered by medical insurance, including Medicare.
- Cataracts usually develop slowly with little difficulty seeing, then as the cataracts become more thick vision begins to fail.
- Cataracts can develop as a part of aging; however, there are other conditions that can cause cataracts, such as: eye injuries, diabetes, certain medications, smoking, and unprotected sun exposure to Ultraviolet Rays (UV-A and UV-B).
- It is important to protect your eyes and get a regularly scheduled eye examination every 2-3 years.
- Vitamins A, C, E are an important part of our diets which help to keep our eyes healthy.
 - ⇒ Vitamin C food sources include: citrus fruits and juices, such as lemon and orange juice, Brussels sprouts, strawberries, and raspberries.
 - ⇒ Vitamin A (beta-carotene) food sources include: carrots, sweet potatoes, kale, mango, squash, spinach, cantaloupe, and red bell peppers.
 - ⇒ Vitamin E food sources include: almonds, sunflower seeds, safflower oil, corn oil, peanut butter, mango, and eggs.

Several studies have shown that a diet rich in Lutein and Zeaxanthin can also help maintain good vision. Food sources of these vitamins include: spinach, squash, carrots, Brussels sprouts, turnip and collard greens, green peas, romaine lettuce, and broccoli.

*source: American Academy of Ophthalmology and NCPAD at the University of Illinois at Chicago

