



## Garden Shape-up

**Getting your garden fit for spring?** With all the mowing, raking, tilling, weeding, digging and hauling, the physical demands of yard work can produce multiple fitness benefits. The typical tasks can burn at least 200 calories per hour, work all of your muscle groups and require the same energy as other popular exercise routines.

**Even a little gardening can be strenuous,** especially if you're hopping from the couch to the garden. Be cautious to avoid injury.

**Start small.** Plan a maximum 1-hour session per day. Choose different tasks that use multiple muscle groups — and alternate heavy activities with light ones to avoid fatigue.

**Before you jump in, warm up.** Walk around the garden for a few minutes, and then stretch your back, legs and shoulders — same as you would for any strenuous activity.

**Take your time.** Rather than weed the entire garden at 1 time, start with 15 minutes; then take a break and move on to a different task.

**Prevent neck and back strain:** Limit bending over to 10 minutes per chore, and don't lift with your back (use your legs as well as your core and stomach muscles).

**Ease the aches and strains.** If pain sets in, rest up, apply ice to the affected area and take an anti-inflammatory medication if needed and with your health care provider's okay.

**You'll enjoy the creative — and physical — side of your efforts.**



## Staying hydrated isn't just for hot weather. Test your knowledge:

1. You need to drink at least 8 cups of water each day.  
 True  False
2. You can get dehydrated in 30 minutes exercising in hot, humid weather.  
 True  False
3. Coffee and caffeinated drinks are more dehydrating than alcoholic drinks.  
 True  False
4. People with untreated diabetes are more likely to become dehydrated.  
 True  False

Answers on back. >>

## Strong SHOULDERS *By Charles Platkin, PhD*

**Strong, flexible shoulders are the best defense against injury. Strengthen them with these exercises 3 to 5 days a week.**

**Note:** Get your health care provider's okay before trying these exercises.

### FRONT ARM RAISE

**Start:** Stand with your feet shoulder-width apart. Hold light dumbbells (or start with none) straight down at your sides, with palms facing backward.

**Movement:** Keeping arms straight, raise both arms in front of you to shoulder height. Hold that position for 1 second. Lower your arms. Do the exercise 7 to 10 times total.



### SHOULDER STRETCH

**Start:** Stand straight with your back and head against a wall with feet shoulder-width apart. Put your arms and hands with palms facing outward in the stick-em-up position and resting against the wall. Your elbows are bent and your fingertips point toward the ceiling.

**Movement:** Keeping elbows bent, slowly roll your arms forward so your fingertips point toward the floor with palms facing and touching the wall. Hold for 15 seconds. Do the stretch 5 times total.



# Nutrition Facts:

## What You Need to Know Now

In May 2016, the U.S. Food and Drug Administration showcased a new Nutrition Facts label for packaged foods. It has been updated to reflect the latest nutrition research and make it easier for consumers to make informed food choices.

You may not see the changes immediately. Food manufacturers, depending on their size, have varying deadlines to update their product labels.

### The label will have these changes:

- 1 **Calories, servings per container, and serving sizes** will be in larger print.
- 2 The amount of **added sugars** in the product will be showcased.
- 3 The number of **calories** and the **serving size** declaration will be in bold type.
- 4 The amounts (not just the percent Daily Value) for **vitamin D, calcium, iron** and **potassium** will be required.
- 5 Daily values for nutrients such as **sodium, dietary fiber** and **vitamin D** are being updated.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
% Daily Value*	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

U.S. Food and Drug Administration

**And what's missing from the new label?** The amounts of **vitamins A and C** are no longer shown, and the amount of **calories from fat** has been removed because research shows that the type of fat is more important than the amount.

**Reality check on serving sizes:** In the 2 decades since the Nutrition Facts label was introduced, the amount that Americans eat and drink has changed. The new label will show updated serving sizes for certain foods, based on what consumers eat. The serving size will increase or decrease, based on consumption data.

**For example, under the current regulations,** a soft drink serving size is labeled 8 ounces, although a typical can contains 12 ounces, and most people drink an entire can in 1 sitting. So the updated label will reflect this: 1 can = 12 ounces = 1 serving = 200 calories.

**And remember,** the serving size shows what people generally consume, but not **how much they should consume** for good health. For a complete picture, visit [choosemyplate.gov](http://choosemyplate.gov) to create an eating plan that meets your needs.

“Always bear in mind that your own resolution to succeed is more important than any other one thing.”  
~ Abraham Lincoln

## QuikQuiz™: Dehydration

### ANSWERS

1. **False** — The Institute of Medicine suggests men get about 125 ounces (15 cups) of water daily; women need 91 ounces (11 cups).
2. **True** — Limit exercise in hot, humid weather. **Best advice:** Do shorter, easier workouts. Take longer breaks out of the heat. Rehydrate with water every 20 minutes. This applies to any outdoor physical labor in high heat.
3. **False** — Alcohol is the most dehydrating. Water is the best hydrator because it's free of the calories, caffeine and other ingredients of manufactured beverages.
4. **True** — Other risks include: kidney disease, medications that increase urination, high fever and severe diarrhea with vomiting.

## Flexitarianism 101

By Cara Rosenbloom, RD

The term **flexitarian** describes people who mostly eat a plant-based diet but occasionally enjoy meat, too.

Flexitarians are *flexible vegetarians*.

### Why choose a flexitarian diet?

Some people like the ease of dining out and traveling without worrying about what to eat. If there are no beans and tofu on the menu, they can have chicken. Others like the health benefits that come along with vegetarian diets but don't want to give up meat, poultry or seafood entirely.

**The flexitarian diet has no specific rules,** which is part of the appeal. The basic premise is to eat more plant-based meals, filled with vegetables, whole grains, legumes, nuts and seeds, while reducing reliance on meat, fish, poultry and dairy products.

**The potential health benefits of vegetarian eating** include lower risk of heart disease, type 2 diabetes and high blood pressure. Flexitarians may enjoy those benefits, too; a recent study showed that increasing plant-based meals and reducing animal foods are associated with a 20% risk reduction for type 2 diabetes.

**Because this eating plan is so flexible,** you can stick to it for the long term. And good news — if you already follow healthy eating plans such as the Mediterranean Diet or Dietary Approaches to Stop Hypertension, you are a flexitarian.

