

Walking Your Way to a Healthier Life

It's the simplest, most accessible form of exercise and it may also be the best thing you can do each day to improve and maintain health and well-being throughout life. However, you have to leave time in your busy schedule to follow a walking program that will work for you. In planning your walking program, keep the following points in mind:

Walking Tip

- ✓ **Choose a safe place to walk.** Find a partner or group of people to walk with you. Your walking partner(s) should be able to walk with you on the same schedule and at the same speed.
- ✓ **Wear shoes with thick flexible soles** that will cushion your feet and absorb shock.
- ✓ **Wear clothes that will keep you dry and comfortable.** Look for synthetic fabrics that absorb sweat and remove it from your skin.
- ✓ **For extra warmth in winter, wear a knit cap.** To stay cool in summer, wear a baseball cap or visor.
- ✓ **Do light stretching before and after you walk.**
- ✓ **Think of your walk in three parts.** Walk slowly for 5 minutes. Increase your speed for the next 5 minutes. Finally, to cool down, walk slowly again for 5 minutes.
- ✓ **Try to walk at least three times per week.** Add 2 to 3 minutes per week to the fast walk. If you walk less than three times per week, increase the fast walk more slowly.
- ✓ **To avoid stiff or sore muscles or joints, start gradually.** Over several weeks, begin walking faster, going further, and walking for longer periods of time.

The more you walk, the better you will feel. You also will use more calories.



Is It Okay For Me To Walk?

Answer the following questions before you begin a walking program.

- YES NO Has your health care provider ever told you that you have heart trouble?
- YES NO When you are physically active, do you have pains in your chest or on your left side (neck, shoulder, or arm)?
- YES NO Do you often feel faint or have dizzy spells?
- YES NO Do you feel extremely breathless after you have been physically active?
- YES NO Has your health care provider told you that you have high blood pressure?
- YES NO Has your health care provider told you that you have bone or joint problems, like arthritis, that could get worse if you are physically active?
- YES NO Are you over 50 years old and not used to a lot of physical activity?
- YES NO Do you have a health problem or physical reason not mentioned here that might keep you from starting a walking program?
- YES NO If you answered yes to any of these questions, please check with your health care provider before starting a walking program or other form of physical activity.

Source: <http://win.niddk.nih.gov/publications/walking.htm>





DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

A Healthy Recipe

Cheese Enchiladas

by Richard Collins, MD



Measure

8
1 cup
1 bunch
½ tsp
¾ tsp
1 tsp
¼ tsp
2 tsp
1 cup

Ingredients

fat-free corn tortillas
fat-free ricotta cheese
green onions chopped fine
ground coriander
ground cumin
chili powder
cayenne pepper
lemon juice
fat-free mozzarella cheese

Preparation

Preheat the oven to 350 degrees. Wrap the tortillas in aluminum foil and warm in the oven for 10 minutes, or until warm and soft. Remove the tortillas, set aside, increase the oven temperature to 375 degrees. Combine the ricotta cheese, green onions, spices and lemon juice in a small bowl, mixing well. Spread 2 tablespoons of cheese mixture in the center of each tortilla and fold one side over the filling. Place the tortillas in a lightly sprayed baking dish. Cover the dish and bake for 20 minutes. Uncover, sprinkle the enchiladas with mozzarella cheese, bake 5 minutes more, or until cheese is melted. Serve immediately

Nutritional Analysis

Serving Size 4, Calories 274, Fat .05, Cholesterol 5, Protein 32, Carbohydrate 32, Sodium 630

Tips On The Big Cheese

How long is it safe to keep cheese?

Soft cheeses should be eaten soon after purchasing. As a general rule, the harder the cheese, the longer it will remain fresh. But remember, cheese will continue to ripen, no matter how carefully it is stored. Hard cheeses will generally keep for several months, whereas softer cheeses will keep from one to three weeks after opening, if stored in an air-tight container. In addition, large pieces of cheese tend to keep longer than shredded cheese.

If cheese gets moldy, should I throw it away?

Mold may develop on the surface of cheese. Although most molds are harmless, to be safe, cut away ½ inch of cheese on all sides of the visible mold. Use remaining cheese as quickly as possible.

What is the best way to shred cheese to keep it from breaking?

Cheese will shred more easily if well chilled; it can also be placed in the freezer for 30 minutes before shredding.

