



DAY IN DAY OUT

WELCOA'S ONLINE BULLETIN FOR YOUR LIFESTYLE

Walk The Talk

Here is a simple way to determine your own intensity levels. Called the talk test method, it works like this:

A person who is active at a **light intensity** level should be able to sing while doing the activity.

One who is active at a **moderate intensity** level should be able to carry on a conversation comfortably while engaging in the activity.

If a person becomes winded or too out of breath to carry on a conversation, the activity can be considered **vigorous**.



STAYING FIT

As you begin to enjoy the summer months, keep the F.I.T. formula in mind to get the most out of your fitness activities.

Frequency, Intensity, and Time

FREQUENCY refers to how many times you are active in a given time period, such as one week. The US Surgeon Generals Office suggests that Americans be active at least 30 to 60 minutes on most if not all days of the week. But that doesn't mean you have to only be doing weight lifting or running. Lots of movements count as being active—that's where INTENSITY comes in.

The rule of thumb when it comes to intensity is—higher intensity activities require less TIME spent. Lower intensity activities require more time spent. Below are some examples of different intensity activities—you can pick and choose some for different days:

Light-Intensity Activities:

- Walking slowly
- Golf, powered cart
- Swimming, slow treading
- Gardening or pruning
- Bicycling, very light effort
- Dusting/vacuuming
- Conditioning exercise, light stretching or warm up

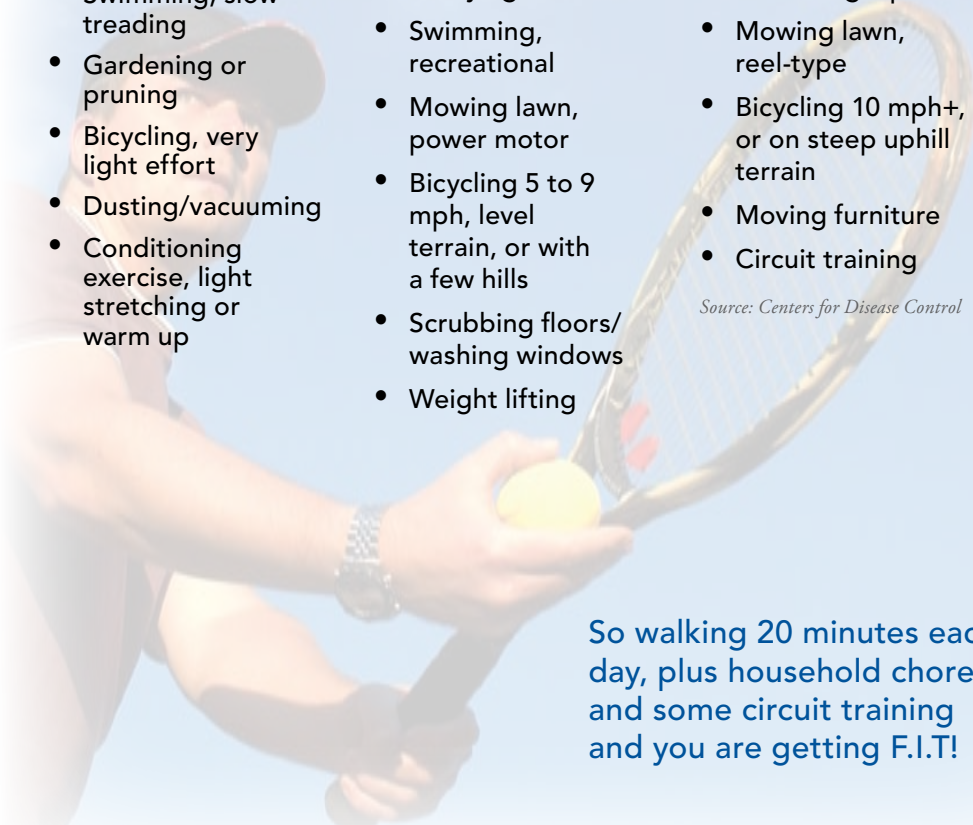
Moderate-Intensity Activities:

- Walking briskly
- Golf, pulling /carrying clubs
- Swimming, recreational
- Mowing lawn, power motor
- Bicycling 5 to 9 mph, level terrain, or with a few hills
- Scrubbing floors/ washing windows
- Weight lifting

Vigorous-Intensity Activities:

- Racewalking, jogging or running
- Swimming laps
- Mowing lawn, reel-type
- Bicycling 10 mph+, or on steep uphill terrain
- Moving furniture
- Circuit training

Source: Centers for Disease Control



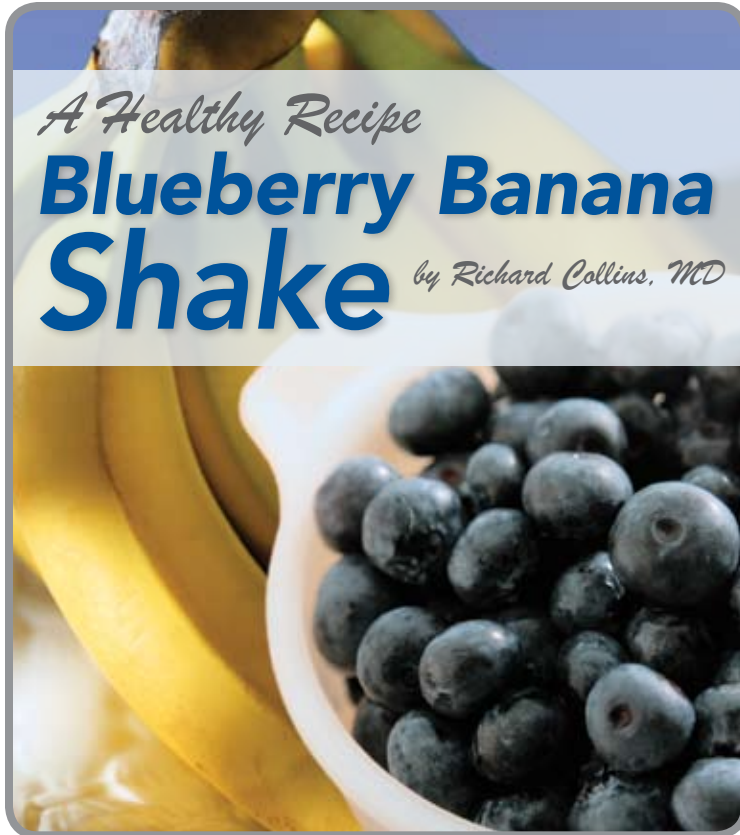
So walking 20 minutes each day, plus household chores and some circuit training and you are getting F.I.T!





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Measure

2 cups
1 cup

1 cup
1

Ingredients

non-fat vanilla yogurt
EDENSOY® Organic Soy
Beverage—Vanilla*
blueberries
banana

*One brand of soy beverage is Edensoy®. This is a specialty product and can most often be found in major health food chains such as Whole Foods. If you can't find it at a store near you be sure to speak with the store management to see if it can be special ordered.

Preparation

Place all ingredients in a blender, and blend at high speed until smooth.

Comment: Powdered soy protein supplements may be added to the shake, to increase the protein grams by 10 to 20 additional grams.

Nutritional Analysis

Calories 168, Fat 0, Cholesterol 1,
Protein 6, Carbohydrate 33, Sodium 98

Blueberries For Health

From research labs all across the country and the world, there is growing evidence that blueberries could be powerful little disease fighters. Here are just some of the health benefits of the blueberry.

Antioxidants—Researchers at the USDA Human Nutrition Center (HNRCA) have found that blueberries rank #1 in antioxidant activity when compared to 40 other fresh fruits and vegetables. Antioxidants help neutralize harmful by-products of metabolism called "free radicals" that can lead to cancer and other age-related diseases.

Anti-Aging—In another USDA Human Nutrition Center (HNRCA) lab, neuroscientists discovered that feeding blueberries to laboratory rats slowed age-related loss in their mental capacity, a finding that has important implications for humans. Again, the high antioxidant activity of blueberries probably played a role.

Disease Prevention—Blueberries may reduce the build up of so called "bad" cholesterol that contributes to cardiovascular disease and stroke, according to scientists at the University of California at Davis.

