



Health-E-Newsletter

June 2011 Edition

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June is National Dairy Month!

Edited from: mypyramid.gov

Dairy includes:

- Milk
- Cheeses
- Yogurt
- Pudding (made with milk)

Choose fat-free or low-fat milk, cheese, and dairy products. Whole milk dairy products are high in fat –especially harmful saturated fat– and calories. Fat-free and low-fat options give you all of the same beneficial nutrients without the harmful fat and extra calories.

Why is it important to eat dairy products? Dairy products provide nutrients that are vital for health and maintenance of your body!

Calcium: Dairy is the richest source of calcium which is needed for strong bones and teeth. A calcium-rich diet can lower your risk of some diseases, such as osteoporosis, hypertension, certain cancers, and can help you manage your weight. Calcium is very important for maintaining bone mass. (Osteoporosis affects 10 million people in the US!)

Potassium: Potassium coupled with the calcium and magnesium found in dairy help maintain a healthy blood pressure.

Vitamin D: Vitamin D aids in the absorption of calcium, thereby helping build and maintain strong and healthy bones.

Beyond calcium and vitamin D, dairy products also provide protein, B vitamins and other minerals your body needs. Fermented dairy products such as yogurt and buttermilk, also contain probiotic bacteria, sometimes called "good

bacteria." Probiotic bacteria maintain a healthy digestive tract, and may protect against cancer and high cholesterol.

If you aren't reaching 3 servings a day, how can you add more non-fat or low-fat dairy to your day? Here are a few suggestions:

- Include milk as your beverage at meals.
- Add fat-free or low-fat milk instead of water to oatmeal or hot cereals.
- Use fat-free or low-fat milk when making condensed cream soups.
- Have fat-free or low-fat yogurt as a snack.
- Make fruit & yogurt smoothies in the blender.
- Top cut up fruit with flavored yogurt for dessert.
- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

Exercise Your Way to Strong Bones

Edited From: WebMD.com

While calcium and vitamin D intake from dairy products greatly affect bone health, physical activity also plays a vital role in keeping bones strong. Exercise has been shown to increase bone strength, as measured by bone mineral density tests in people of all age groups. Numerous studies have demonstrated that adults who exercise have greater bone mass than those who are less active. Weight bearing and muscle strengthening exercises are the best workouts to increase bone mass because they force your muscles and bones to work against gravity or resistance. Diet and exercise together can prevent or slow the development of osteoporosis. Keep your bones healthy by trying a few of the following workouts.

8 workouts for Strong Bones:

- Tai Chi (offered at NuFIT!)
- Walking
- Weight Lifting
- Hiking
- Raquet Sports
- Yoga/Pilates (offered at NuFIT!)
- Golf
- Dancing (Zumba & Hip Hop Hustle offered at NuFIT!)

Indo-Row

Edited from indo-row.com

The hottest workout in Southern California has gone nationwide! Indo-Row has been dubbed “The Perfect Calorie Burn.” It is a one-of-a-kind indoor rowing workout that will truly change the way you think about group exercise. Indo-Row is perfect for people of all fitness levels. It is a transforming total body workout that challenges the body and focuses the mind. Try a class at NuFIT! Sign up on our website.

Indo-Row is offered at the following times:

Sun: 4:45-5:15 pm

5:30-6:00 pm

Mon: 5:30-6:00 pm

6:15-6:45 pm

Tues: 5:30-6:00 pm

6:15-6:45 pm

Fri: 9:30-10:00 am

Sat: 9:45-10:15 am

10:30-11:00 am

(all Indo-Row classes are at 48th & State location)

*Today is filled with endless opportunities to make a positive change.
Here's to your health, one healthy decision at a time!*

NuFIT for YOU

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