

Our Monthly Nutrition and
Wellness Newsletter
brought to you by
the NEK Council on Aging

The Scoop



Hello,

As we find ourselves navigating the chilly days of February here in Vermont, I wanted to extend a warm welcome to each one of you and I'm thrilled to share some thoughts and tips with you this month.

As we know, February isn't just about enduring the cold – it's also the month of love and affection, with Valentine's Day right around the corner. While we celebrate love, it's equally vital to take a moment for our hearts. Did you know that February is American Heart Disease Awareness Month? It's a timely reminder for all of us to prioritize our heart health.

In the spirit of well-being, I encourage you to explore new horizons in your kitchen this month. How about trying a delightful recipe for cookies that skip the sugar and eggs but still manage to be absolutely scrumptious? I've found that experimenting with healthier alternatives can be a fun and rewarding culinary adventure.

Now, let's talk about staying active during these cold days. Exercise is a powerful tool for maintaining a healthy heart. For those who prefer a gentler approach, why not consider trying chair yoga? It's a fantastic way to promote flexibility and well-being, even if the winter weather keeps you indoors.

My sincere wish is for each and every one of you to be in the best of health and spirits. Until next month, take care, stay warm, and keep those hearts happy!

Warm regards,
Herb Will, Nutrition Director



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Heart Health Tips

Alicia Armstrong RDN, LD, CDCES

Heart Disease is a significant concern in the United States, claiming the top spot as the leading cause of death. Taking proactive steps to care for your heart becomes increasingly important, especially as we age. Let's explore some straightforward yet impactful measures tailored for seniors.

Engaging in regular physical activity is a key aspect of heart health. Consider joining a class offered by the Council on Aging, such as tai chi, bone builders, or chair yoga. These activities are designed to be gentle on the body while promoting overall health and well-being.

When it comes to your diet, making mindful choices can significantly impact heart health. Focus on incorporating whole foods, plant-based options, and plant-based proteins into your meals. This includes items like beans, peas, legumes, lentils, fruits, vegetables, nuts, and seeds.

Opting for whole grains over refined grains is another positive dietary choice. Try to include oatmeal, steel-cut oats, brown rice, quinoa, whole-grain bread, and whole wheat pasta in your meals. These choices are not only nutritious but also rich in fiber, which helps remove harmful cholesterol from your body.

In terms of moderation and avoidance, it's wise to reduce the consumption of "junk" foods, processed items, salty foods, and fried treats. Be mindful of saturated fats found in high-fat meats, cheese, full-fat dairy products, and butter. Keep an eye on salt intake, particularly in foods like pizza, canned soup, deli meat, cured meat, pepperoni, bacon, sausage, and hot dogs.

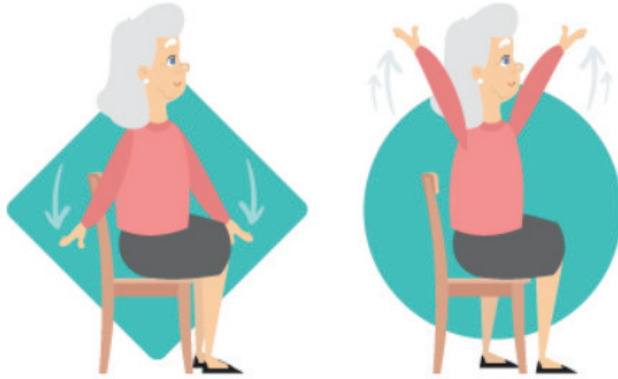
Additionally, cutting back on sugary indulgences like cakes, cookies, and pastries contributes to better heart health. Lastly, be cautious of trans-fats, commonly found in foods containing partially hydrogenated oil, and make efforts to avoid them.

By integrating these lifestyle choices into your routine, you can take significant strides toward maintaining a healthy heart and overall well-being as you age.

Consider talking with a Registered Dietitian by calling 802-748-5182 or taking a class through www.myhealthyvt.org

Chair Yoga

OVERHEAD STRETCH



MUSCLES STRETCHED

- Deltoids
- Obliques
- Latissimus Dorsi

HEALTH BENEFITS

- Improves posture
- Alleviates breathing difficulties
- Strengthens abdominal muscles



Banana Oatmeal Cookies

Ingredients

- 2 very ripe bananas
- 1 cup oats (quick-cooking or old fashioned rolled)
- ½ teaspoon cinnamon
- ½ teaspoon vanilla
- ½ cup raisins

no sugar or eggs!



Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a baking sheet.
3. In a medium bowl, mash bananas with a fork until mostly smooth.
4. Add oats, cinnamon, vanilla and raisins. Mix well.
5. Drop the dough with a teaspoon onto the baking sheet. Flatten dough with the back of a spoon or bottom of a drinking glass.

Bake 10 to 15 minutes. Remove from oven and let cool before serving

Nutrition Facts

7 servings per container	
Serving size	2 cookies (58g)
Amount per Serving	
Calories	120
% Daily Value*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 15mg	2%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 1mcg	0%
Vitamin C 3mg	3%

*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.

Overhead Stretch

Begin in a seated position, facing forward with your arms down by your sides. Take a long, deep breath in and slowly stretch your arms upward to the ceiling. Hold this position for a moment and bring your arms back downward with a long exhale. Throughout this exercise, make sure your core is engaged and your back is as straight as possible.

Chair Yoga Gaining Popularity

Chair yoga has become a favored wellness choice for homebound seniors, gaining popularity for its convenience and adaptability. The practice eliminates the need for extensive space or specialized equipment, making it ideal for those restricted to their homes. With virtual classes and online platforms, seniors can easily access chair yoga sessions from the comfort of their living rooms, contributing to its widespread appeal. The gentle and low-impact nature of chair yoga makes it suitable for individuals with varying abilities and physical limitations. Seniors appreciate the stress-relieving and relaxing aspects of chair yoga, finding solace in its therapeutic benefits. Additionally, the communal aspect of group classes, whether in person or virtual, fosters a sense of connection and combats feelings of isolation. In essence, chair yoga stands out as an accessible and effective way for homebound seniors to prioritize their physical and mental well-being.

Wear Red throughout February to support the women in your life with heart disease, and especially on February 2nd!



American Heart Association

100 YEARS

Bold Hearts

