

# LIVE WELL



# WORK WELL

March 2015

Presented by Propel Insurance

## March is National Nutrition Month

**N**ational Nutrition Month is designed to promote nutrition education and information. Created by the Academy of Nutrition and Dietetics, the campaign focuses attention on the importance of making informed food choices and developing sound eating habits. For 2015, the theme is "Bite into a Healthy Lifestyle," which encourages everyone to adopt eating and physical activity plans that are focused on consuming fewer calories, making informed food choices and getting daily exercise.

You can participate in National Nutrition Month by preparing nutritious meals for dinner and keeping healthful snacks on hand. You can also work on making every month a nutrition month by creating a nutrition plan at [choosemyplate.gov](http://choosemyplate.gov).

## How Much Exercise Do You Need?

When it comes to physical activity, any exercise is better than none, and a lot is better than a little. Physical activity is anything that gets your body moving, but messages promoting exercise often lack a strict definition of the amount of exercise needed to attain health benefits. In the 2008 Physical Activity Guidelines for Americans, the Department of Health and Human Services (HHS) concluded that adults need two types of physical activity each week to improve overall health: aerobics and strength training. HHS recommends:

- Two and a half hours of moderate-intensity aerobic activity each week and two or more days a week of muscle-strengthening activities that work all major muscle groups;
- One hour and 15 minutes of vigorous-intensity aerobic activity each week and two or more days a week of muscle-strengthening activities that work all major muscle groups; or
- Two or more days a week of an equivalent mix of moderate- and vigorous-intensity aerobic activity and muscle-strengthening activities that work all major muscle groups.

Moderate-intensity aerobic activities include brisk walking, water aerobics, bicycling slower than 10 mph, ballroom dancing or gardening. Vigorous-intensity aerobic exercise includes jogging, running, swimming and bicycling faster than 10 mph. Major muscle groups include legs, hips, back, abdomen, chest, shoulders and arms.

Exercises can be completed in as little as 10-minute intervals, while still providing health benefits.

However, keep in mind that these numbers are just the minimum recommendations. Older adults are advised to perform additional physical activity. Moreover, all adults will gain greater health benefits for performing any physical activity above the minimum recommendations.

# Acid Reflux

Many people have experienced heartburn at some point in their lives, but what happens when it becomes a frequent or even daily occurrence?

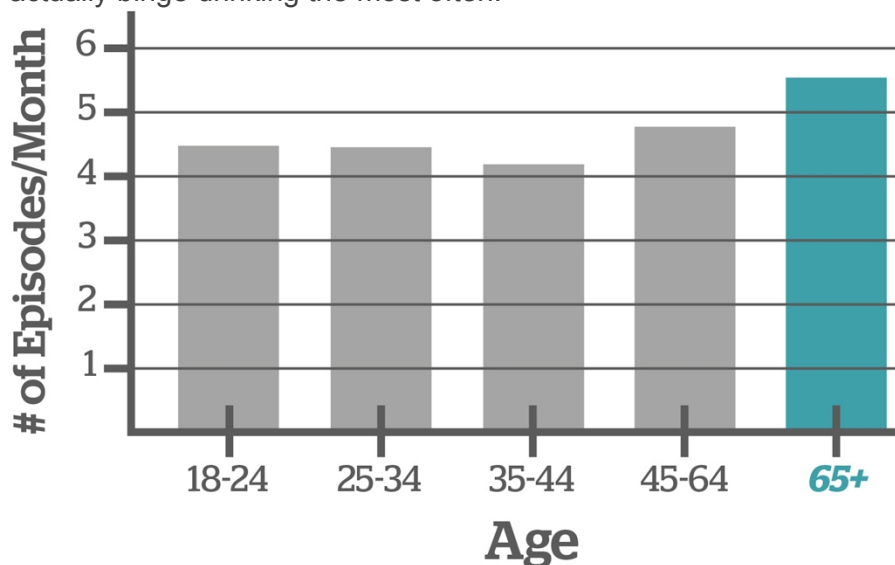
Problems associated with chronic acid reflux, or gastroesophageal reflux disease (GERD), can lead to the erosion of tooth enamel—requiring costly dental restoration—and may even increase the risk of developing cancer of the esophagus.

Most people can prevent severe tissue damage and manage GERD through diet and lifestyle changes. First, they should try to identify and eliminate foods that cause acid reflux. Though individual triggers may vary, common foods that cause acid reflux include alcohol, caffeine, citrus, chocolate, spicy or fried foods, garlic, onions, peppermint and tomatoes. After eliminating their triggers, individuals should try to limit portion sizes as well.

When you eat is just as important as what you eat. It is recommended that acid reflux sufferers wait at least three hours after dinner before going to bed. For many, this means eating dinner earlier.

## Re-evaluating Binge Drinking

The Centers for Disease Control and Prevention (CDC) released the findings from its latest study about binge drinking, which it defined as four or more drinks for women and five or more drinks for men on a single occasion. Commonly seen as risky behavior that is limited to young adults, the survey showed that the oldest respondents were actually binge drinking the most often.



# Beef Stroganoff

Originally a Russian dish, beef stroganoff has become a hearty staple meal in many American kitchens. This healthy version substitutes yogurt for the higher-calorie sour cream.

- 1 lb. lean beef
- 2 tsp. vegetable oil
- $\frac{3}{4}$  Tbsp. onion, finely chopped
- 1 lb. mushrooms, sliced
- $\frac{1}{4}$  tsp. salt
- $\frac{1}{4}$  tsp. nutmeg
- $\frac{1}{2}$  tsp. dried basil
- $\frac{1}{4}$  cup white wine
- 1 cup plain, low-fat yogurt
- 6 cups macaroni, cooked in unsalted water
- Black pepper to taste

Cut the beef into 1-inch cubes. Heat 1 teaspoon of oil in a nonstick skillet. Saute onion for two minutes. Add beef and saute an additional five minutes, turning often to brown evenly. Remove from pan and keep covered. Add remaining oil to pan and saute mushrooms. Return beef and onion to pan and add the seasonings. Gently stir in wine and yogurt. Heat, but do not boil. Serve over the cooked macaroni.

Yield: 5 servings. Each serving provides 440 calories, 7 g of fat, 2 g of saturated fat, 250 mg of sodium, 32 g of protein and 4 g of fiber.

Source: USDA

