

Live Well Northeast



Physical Activity

Regular physical activity is one of the most important things you can do for your health. It doesn't matter your age, abilities, ethnicity, shape, or size. It matters that you are moving.

How much should you exercise? The Center for Disease Control and Prevention recommends 150 minutes of moderate-intensity aerobic activity a week (for example, 30 minutes a day, 5 days a week or 40 minutes a day 4 days a week). To maintain or lose weight, caloric intake must be decreased, and physical activity must be increased. This must be adjusted to the individual.

Is working in the yard or house cleaning moderate-intensity exercise? No, although you are tired at the end of the day, and all movement is better than none at all, reaching a target heart rate and maintaining it is where the benefit rises.

First Things First: Resting Heart Rate! Your resting heart rate is the number of times your heart beats per minute when you're at rest. For most of us, between 60 and 100 beats per minute (bpm) is normal. The rate can be affected by factors like stress, anxiety, hormones medication, and how physically active you are. An athlete or more active person may have a lower heart rate. It usually means your heart muscle is in better condition and doesn't have to work as hard to maintain

a steady beat. A higher resting heart rate is usually linked with lower physical fitness and higher blood pressure and body weight.

Let's break it down! Below is a generalized guide that shows a range for your target heart rate. The higher number is your goal, and the lower number is the minimum target beats per minute (bpm). In other words, if you are beginning an exercise program, use the lowest bpm and slowly increase as your fitness level improves.

Age	Target 50-85% BPM
20	100-170
30	95-162
35	93-157
40	90-153
45	88-149
50	85-145
55	83-140
60	80-136
65	78-132
70	75-128

If you want to be exact, subtract your age from 220. Calculate 50-75% of the number for moderate intensity or 70-85% for vigorous activity. If your heart rate is too high, your heart is straining, and you should slow down. If you aren't reaching your bpm goal, speed it up. Your goal should be to hold your heart rate in the average bpm for 20-30 minutes. Ideally, warm up for 5 minutes, hold your heart rate, then cool down for 5 minutes. Always lower your heart rate before abruptly stopping.

If you have a heart condition or take medication, ask your healthcare provider what your heart rate should be.

Iceberg vs. Romaine Lettuce

Everyone knows the darker the color of a vegetable, the healthier it is, right? Of course! Kale, spinach, arugula, and watercress really blow iceberg out of the water.

What is the difference in nutrition? Romaine contains 17 times more vitamin A, 5 times as much folate, nearly twice as much calcium, over 4 times as much vitamin K and twice as much magnesium. There are still ways to add the refreshing, crunchy, mild-flavored vegetable in your diet.

- Toss in raw spinach and other dark green, leafy vegetables.
- Use lettuce leaves as low carb wraps.
- Add shredded lettuce to smoothies and soup.



Fruity Romaine Spinach Salad

Yields: 6 servings

Recipe Source: Right Bite Cooking School,
University of Georgia Extension

Nutrition Information: 102 calories, 6 g fat, 0 g saturated fat, 7 mg cholesterol, 137 mg sodium, 13 g total carbohydrate, 2 g dietary fiber, 2 g protein

Directions: In a large bowl, combine romaine, spinach, strawberries, and onion. In a jar with a tight lid, mix the dressing ingredients. Shake well and pour over salad. Toss to coat evenly.

Salad Ingredients:

1 head Romaine lettuce, washed and chopped
1 6-ounce bag washed and ready to eat spinach
1 pint fresh strawberries, washed and sliced
½ large red onion, washed and sliced thin

Dressing Ingredients:

½ cup light mayonnaise
2 tablespoons balsamic vinegar
¼ cup low-fat milk
2 tablespoons poppy seeds, optional
⅓ cup sugar or sweetener of your choice



Lawn and Garden Tips

It is that time again. Time to clean out the summer garden and make way for your winter garden. Pull all spent vegetable plants and dispose of them away from your garden, especially if any of your vegetables were symptomatic for disease. Pull all weeds and again dispose away from your garden so that mature seeds cannot germinate in the garden. Never put weeds in your compost bin.

You may want to think about adding organic matter to your garden. Organic matter improves the soil structure for better drainage and water holding capacity and reduces compaction. It also serves as a pool for nutrients. Some examples of organic matter would be compost, grass clippings, dried animal manures, leaf litter and gin trash if you are lucky enough to live close to a cotton gin. Organic matter may be purchased from nurseries and garden supply stores.

There are two ways to apply organic matter. One is to use like mulch and apply to top of soil. Over time, the organic matter will be incorporated into the soil itself. The second method is to till the organic matter into the soil.

Obviously, you will see the benefits of using organic much faster than by using the first method.

If you are not planning a winter garden, think about rowing up for next spring. Once you have rows in place, try using a cover crop through the winter. Cover crops hold soil in place, reducing erosion, suppress cool season weeds, create a better seed bed for spring planting and add organic matter. Examples of cover crops are annual rye grass, wheat, vetch, and Austrian pea. Mustard greens can also be used.

For more gardening information, check out Northeast Region Horticulture on Facebook.

