



Here's To Your Health!

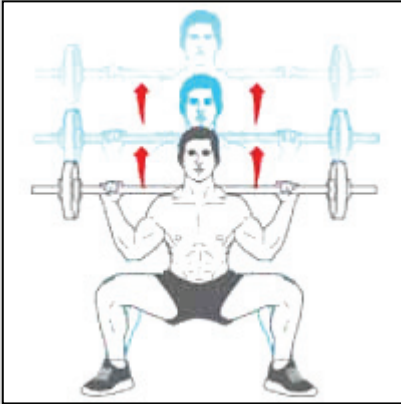
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Change up your current workout by adding these three exercises.



STOP AND GO SUMO SQUAT

Stand holding a barbell across your shoulders, feet wide apart with toes turned out. Bend at the knees to lower your body. Halfway down, pause 2 seconds before continuing until your thighs are parallel to the floor. Pause two beats, then press halfway up and pause again before returning to the starting position.



V-SIT DUMBBELL PRESS

Sit on the floor with your legs spread in a V and hold a pair of dumbbells at your shoulders. Squeeze your glutes and press your hamstrings and calves against the floor. Keeping your chest up and your forearms perpendicular to the floor, press the weights up until your arms are extended, pause, then slowly lower your arms.

*Happy Holidays
from the
Health Center*



OLYMPIC MILITARY PRESS

Stand holding a barbell just in front of your shoulders with your hands slightly more than shoulder-width apart. Your elbows should point straight ahead, and the bar should rest in the crooks of your fingers. Press the weight above you and slightly back so that, at the top of the motion, your arms are even with your ears or just behind them. Contract your arms for a second, then slowly lower the weight to the starting position.

8 Foods You Should Eat Every Day



1. Spinach - Muscle growth, Heart healthy, Bone builder, Enhances eyesight

It may be green and leafy, but spinach is the ultimate food. This noted biceps builder is a rich source of plant-based omega-3s and folate, which help reduce the risk of heart disease, stroke, and osteoporosis. And spinach is packed with lutein, a compound that fights age-related macular degeneration. Aim for 1 cup fresh spinach or 1/2 cup cooked per day.

SUBSTITUTES: Kale, bok choy, romaine lettuce

FIT IT IN: Make your salads with spinach; add spinach to scrambled eggs; drape it over pizza; mix it with marinara sauce and then microwave for an instant dip.

PINCH HITTER: Sesame Stir-Braised Kale Heat 4 cloves minced garlic, 1 Tbsp. minced fresh ginger, and 1 tsp. sesame oil in a skillet. Add 2 Tbsp. water and 1 bunch kale (stemmed and chopped). Cover and cook for 3 minutes. Drain. Add 1 tsp. soy sauce and 1 Tbsp. sesame seeds.

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2. Yogurt - Cancer fighter, Bone builder, Boosts immunity

Various cultures claim yogurt as their own creation, but the 2,000-year-old food's health benefits are not disputed:

Fermentation spawns hundreds of millions of probiotic organisms that serve as reinforcements to the battalions of beneficial bacteria in your body, which boost the immune system and provide protection against cancer. Not all yogurts are probiotic though, so make sure the label says "live and active cultures." Aim for 1 cup of the calcium and protein-rich goop a day.

SUBSTITUTES: Kefir, soy yogurt

FIT IT IN: Yogurt topped with blueberries, walnuts, flaxseed, and honey is the ultimate breakfast — or dessert. Plain low-fat yogurt is also a perfect base for creamy salad dressings and dips.

HOME RUN: Power Smoothie Blend 1 cup low-fat yogurt, 1 cup fresh or frozen blueberries, 1 cup carrot juice, and 1 cup fresh baby spinach for a nutrient-rich blast.



3. Tomatoes - Cancer fighter, Heart healthy, Boosts immunity

There are two things you need to know about tomatoes: Red are the best, because they're packed with more of the antioxidant lycopene, and processed tomatoes are just as potent as fresh ones, because it's easier for the body to absorb the lycopene.

Studies show that a diet rich in lycopene can decrease your risk of bladder, lung, prostate, skin, and stomach cancers, as well as reduce the risk of coronary artery disease. Aim for 22 mg of lycopene a day, which is about eight red cherry tomatoes or a glass of tomato juice.

SUBSTITUTES: Red watermelon, pink grapefruit, Japanese persimmon, papaya, guava

FIT IT IN: Pile on the ketchup and Ragu; guzzle low-sodium V8 and gazpacho; double the amount of tomato paste called for in a recipe.

PINCH HITTER: Red and Pink Fruit Bowl Chop 1 small watermelon, 2 grapefruits, 3 persimmons, 1 papaya, and 4 guavas. Garnish with mint.



4. Carrots - Cancer fighter, Boosts immunity, Enhances eyesight

Most red, yellow, or orange vegetables and fruits are spiked with carotenoids — fat-soluble compounds that are associated with a reduction in a wide range of cancers, as well as reduced risk and severity of inflammatory conditions such as asthma and rheumatoid arthritis — but none are as easy to prepare, or have as low a caloric density, as carrots. Aim for 1/2 cup a day.

SUBSTITUTES: Sweet potato, pumpkin, butternut squash, yellow bell pepper, mango

FIT IT IN: Raw baby carrots, sliced raw yellow pepper, butternut squash soup, baked sweet potato, pumpkin pie, mango sorbet, carrot cake

PINCH HITTER: Baked Sweet Potato Fries Scrub and dry 2 sweet potatoes. Cut each into 8 slices, and then toss with olive oil and paprika. Spread on a baking sheet and bake for 15 minutes at 350°F. Turn and bake for 10 minutes more.



5. Blueberries - Brain stimulant, Cancer fighter, Heart healthy, Boosts immunity

Host to more antioxidants than any other popular fruit, blueberries help prevent cancer, diabetes, and age-related memory changes (hence the nickname "brain berry"). Studies show that blueberries, which are rich in fiber and vitamins A and C, boost cardiovascular health. Aim for 1 cup fresh blueberries a day, or 1/2 cup frozen or dried.

SUBSTITUTES: Açai berries, purple grapes, prunes, raisins, strawberries

FIT IT IN: Blueberries maintain most of their power in dried, frozen, or jam form.

PINCH HITTER: Açai, an Amazonian berry, has even more antioxidants than the blueberry. Mix 2 Tbsp. of açai powder into OJ or add 2 Tbsp. of açai pulp to cereal, yogurt, or a smoothie.

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6. Black Beans - Muscle growth, Brain stimulant, Heart healthy

All beans are good for your heart, but none can boost your brain power like black beans. That's because they're full of anthocyanins, antioxidant compounds that have been shown to improve brain function. A daily ½cup serving provides 8 grams of protein and 7.5 grams of fiber, and is low in calories and free of saturated fat.

SUBSTITUTES: Peas, lentils, and pinto, kidney, fava, and lima beans.

FIT IT IN: Wrap black beans in a breakfast burrito; use both black beans and kidney beans in your chili; puree 1 cup black beans with ¼cup olive oil and roasted garlic for a healthy dip; add favas, limas, or peas to pasta dishes. 1 mango. Mix in a can of black beans and garnish with 1/2 cup chopped cilantro and the juice of 2 limes.

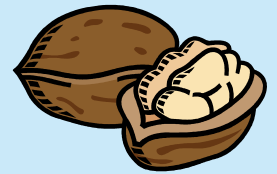
7. Walnuts - Muscle growth, Brain stimulant, Cancer fighter, Heart healthy, Boosts immunity

HOME RUN: Black Bean and Tomato Salsa Dice 4 tomatoes, 1 onion, 3 cloves garlic, 2 jalapeños, 1 yellow bell pepper, and Richer in heart-healthy omega-3s than salmon, loaded with more anti-inflammatory polyphenols than red wine, and packing half as much muscle-building protein as chicken, the walnut sounds like a Frankenfood, but it grows on trees. Other nuts combine only one or two of these features, not all three. A serving of walnuts — about 1 ounce, or seven nuts — is good anytime, but especially as a post workout recovery snack.

SUBSTITUTES: Almonds, peanuts, pistachios, macadamia nuts, hazelnuts

FIT IT IN: Sprinkle on top of salads; dice and add to pancake batter; spoon peanut butter into curries; grind and mix with olive oil to make a marinade for grilled fish or chicken.

HOME RUN: Mix 1 cup walnuts with ½ cup dried blueberries and ¼ cup dark chocolate chunks.



8. Oats - Muscle growth, Brain stimulant, Heart healthy

The éminence grise of health food, oats garnered the FDA's first seal of approval. They are packed with soluble fiber, which lowers the risk of heart disease. Yes, oats are loaded with carbs, but the release of those sugars is slowed by the fiber, and because oats also have 10 grams of protein per ½-cup serving, they deliver steady muscle-building energy.

SUBSTITUTES: Quinoa, flaxseed, wild rice

FIT IT IN: Eat granolas and cereals that have a fiber content of at least 5 grams per serving. Sprinkle 2 Tbsp. ground flaxseed on cereals, salads, and yogurt.

PINCH HITTER: Quinoa Salad. Quinoa has twice the protein of most cereals, and fewer carbs. Boil 1 cup quinoa in a mixture of 1 cup pear juice and 1 cup water. Let cool. In a large bowl, toss 2 diced apples, 1 cup fresh blueberries, ½ cup chopped walnuts, and 1 cup plain fat-free yogurt.

Source: Hewitt, Ben. "8 Foods You Should Eat Every Day." MSN.com. 4 Jan 2007 <<http://health.msn.com/fitness/>>.

Ask the Trainer: by I.M. Cut

Dear Mr. Cut: I've noticed a trend in the way people are working out these days. There seems to be more people doing circuit routines involving everything from pull-ups to flipping tractor tires. Is this for real or just another trend? Signed: Old School Lifter



Dear Old School: Good question. It's for real. But like everything else, those types of workouts should be planned and not haphazardly put together with "cool" looking exercises that are intended to impress others. A good way to start is to keep your goals in mind and implement exercises and apparatus that somewhat mimic or contribute to those goals. For example, if you're a basketball player, jumping onto a tractor tire will help you achieve a better vertical jump. If you're a football lineman, flipping that same tractor tire will help you develop power, strength and endurance. There are of course many exercises that cross over into many different sports, jobs and goals. The key is to start off slow and practice good form. Also, if you plan on being able to function after your workout, don't over-exert yourself to the point of absolute failure; leave some in the tank, especially if you're a police officer or firefighter!