



Here's To Your Health!

A Phoenix Fire Department Health Center Publication

www.phoenixfirehealth.com



A Colorful Diet

Each hue offers unique benefits.



The secret to youthful skin, healthy bones, sharp memory, and disease prevention can be found in your fridge. The more colorful your diet, the more antioxidants you get. These compounds reduce overall cellular damage and prevent the hardening of the arteries that can lead to heart disease, stroke, even memory loss. "Every hue—green, yellow, orange, red, purple, and even white—signifies a different class of nutrients, each of which offers a unique benefit," explains USDA research chemist Ronald Prior, PhD, who was among the first researchers to measure the antioxidants in food that protect us as we age. For instance.

1. Yellow/Orange

Sweet potatoes, carrots, pumpkin, mango, corn, and melon all contain a variety of carotenoids, which reduce the risk of developing cancer.

2. Green

Vegetables such as spinach and broccoli are high in lutein, which keeps your vision sharp and clear.

3. Blue/Purple

Blueberries and blackberries are chock-full of anthocyanins, which prevent tumors from forming and suppress their growth.

4. Red

Tomatoes and watermelon are loaded with lycopene, which may protect against cancer and heart disease.

5. White

Cauliflower offers the same cancer-fighting benefits as broccoli, its cruciferous cousin, and potatoes are a good source of vitamin C. There's also some evidence that the sulfur compounds in garlic and onions may ward off stomach and colon cancers. Other white foods, like poached chicken, seafood, reduced-fat cheeses, eggs, and tofu, provide all-important protein. For a true age-defying eating plan, mix and match these colors to ensure variety at every meal. Research indicates that antioxidants can work together like a team, each boosting the other's effects.

Source: Marqe Perry, Prevention.

Jogging 101

Now that the weather is cooling off, a number of people will pursue their fitness training outdoors. If you have been interested in jogging, but have never known the proper way to start, this article is for you.

How do I get started?

Start walking for a length of time that feels comfortable-- anywhere from 10 to 30 minutes. Once you can walk for 30 minutes easily, sprinkle 1- to 2-minute running sessions into your walking. As time goes on, make the running sessions longer, until you're running for 30 minutes straight.

Is it normal to feel pain during running?

Some discomfort is normal as you add distance and intensity to your training. But real pain isn't normal. If some part of your body feels so bad that you have to run with a limp or otherwise alter your stride, you have a problem. Stop running immediately, and take a few days off. If you're not sure about the pain, try walking for a minute or two to see if the discomfort disappears.

Do I have to wear running shoes, or are sneakers fine?

Running doesn't require much investment in gear and accessories, but you have to have a good pair of running shoes. Unlike sneakers, running shoes are designed to help your foot strike the ground properly, reducing the amount of shock that travels up your leg. They're also made to fit your foot snugly, which reduces the slipping and sliding that can lead to blisters. Visit a specialty running store to find the right shoe for you.

What's the difference between running on a treadmill and running outdoors?

A treadmill "pulls" the ground underneath your feet, and you don't face any wind resistance, both of which make running somewhat easier. Many treadmills are padded, making them a good option if you're carrying a few extra pounds or are injury-prone and want to decrease impact. To better simulate the effort of outdoor running, you can always set your treadmill at a 1-percent incline.

Where should I run?

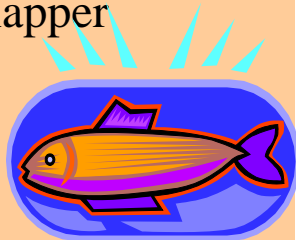
You can run anywhere that's safe and enjoyable. The best running routes are scenic, well lit, free of traffic, and well populated. Think of running as a way to explore new territory. Use your watch to gauge your distance, and set out on a new adventure on each run. Ask other runners about the best local routes.



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Blackened Snapper

1 teaspoon paprika
1/2 teaspoon dried oregano, crushed
1/4 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon salt
1/4 teaspoon ground black pepper
1/8 teaspoon ground red pepper
4 red snapper fillets (5 ounces each)
2 teaspoons olive oil



In a small bowl, combine the paprika, oregano, garlic powder, onion powder, salt, black pepper, and red pepper.

Coat a large cast-iron skillet with cooking spray and heat over high heat. Brush both sides of the snapper with the oil and rub with the spice mixture. Place in the skillet and cook, turning once, for 6 minutes, or until the fish flakes easily.

Calories: 175 calories, Carbs: 1 g, Sodium: 266 mg, Fat: 6 g, Protein: 30 g, Cholesterol: 53 g. Makes 4 servings.

Towel Inverted Row

Lie under a Smith machine or squat rack with your legs straight and a bar set a few inches higher than arm's length. Loop two small towels over the bar, spaced shoulder-width apart. Grab each towel. Keeping your body straight, pull yourself toward the bar. Pause, then slowly lower yourself. Using towels challenges your grip. It also builds your forearms, back and bi's.



Source: Menshealth.com

Running Con't.

I always feel out of breath when I run. Is something wrong?

Yes, you're probably trying to run too fast. Relax. Slow down. One of the biggest mistakes beginners make is to run too fast. Concentrate on breathing from deep down in your belly, and if you have to, take walking breaks. In addition, it is recommended that you develop your **aerobic base** for a period of time before intensifying your workouts with anaerobic work.

Your aerobic base is important because it benefits your endurance capability, not to mention that it is better at burning fat as an energy source. It also makes your anaerobic system more efficient. Your aerobic training zone is 70%-80% of your maximum heart rate. Use this equation to calculate your maximum heart rate: $220 - \text{age} = \text{Max Heart Rate}$. Remember to take 70% - 80% of this maximum to find your aerobic training zone. Heart rate monitors are a great piece of equipment for staying in your zone.

I often suffer from a side stitch when I run. Will these ever go away?

Side stitches are common among beginners because your abdomen is not used to the jostling that running causes. Most runners find that stitches go away as fitness increases. Also, don't eat any solid foods during the hour before you run. When you get a stitch, breathe deeply, concentrating on pushing all of the air out of your abdomen. This will stretch out your diaphragm muscle (just below your lungs), which is usually where a cramp occurs.

Should I breathe through my nose or my mouth?

Both. It's normal and natural to breathe through your nose and mouth at the same time. Keep your mouth slightly open, and relax your jaw muscles.

Source: Alisa Bauman for MensHealth.com

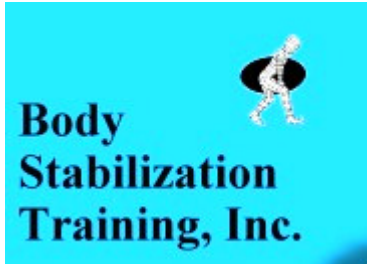
Successful Snoozing

We spend about one-third of our lives asleep, but sometimes sleep can be elusive. Almost everyone has had transient insomnia -- the inability to fall asleep once in a while, or waking up feeling tired. Chronic insomnia lasts longer. The common condition may be brought on by medical or psychiatric causes, such as colds, pain or depression. But 10 percent of all insomnia occurs in the absence of any medical or psychiatric disorder, and is called primary insomnia. Duke University offers these good sleep habits:

- Keep a schedule for when you get up, eat, take medicines, go to bed, etc.
- Establish a relaxing pre-sleep ritual, such as taking a warm bath, reading for 10 minutes, or having a light snack. This lets your body know that bedtime is near.
- Go to bed only when sleepy and get out of bed if you're not sleeping. By spending long periods awake in bed, your body learns that it's OK to be awake in bed.
- Exercise regularly. It's best to exercise in the late afternoon, about six hours before bedtime.
- Avoid caffeine, alcohol and smoking around bedtime.
- Don't nap. If you must, it's best to take naps in mid-afternoon.

Source: Anne Thompson for HealthDay





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