



Dr. O in the Know

Advice from Associate Medical Director,
Dr. Anne Marie Oberheu

Rejuvenation

Although many would think that spring or the new year is a time for rejuvenation, I find that the fall is a great time to make it happen.

Whether getting students off to a new academic year or rooting for your favorite sports team, the fall is a time during which it's vital to be strong in mind, body and spirit!

The relaxation of the summer is over, the heat index is diminishing, the colors of the leaves are changing, and strength of balancing life again becomes important in navigating all the things we have to do NOW and through the new year!

Treat yourself to a balanced exercise program and other activities that promote wellness, so you can feel good – physically, mentally, emotionally and spiritually.

Get a massage; Learn to meditate; Take an art class; or just sit outside and watch the season change!

Happy Fall!



Get Healthy • Live Healthy

Be Healthy

Fall for Good Health

For many of us, the slow pace of summer quickly speeds up through fall as we get busy with school, sports and preparing for the holidays. Take time now to set yourself up for good health, and you won't need that New Year's Resolution on January 1!

Here are a few tips to get you started:

- Get a flu shot. Flu season is upon us, and October through December is an ideal time to get vaccinated. Since flu can cause complications that require hospitalization, it's well worth the stick to keep from getting sick!
- Enjoy feasts (without overdoing it). Have a healthy snack before you arrive at the party. While there, choose a few favorites to eat and have small portions of those. Don't eat something just because it's there. Then, get out on the dance floor or strike up a conversation to get your mind off the food.
- Tailgate better. Bring kabobs made from veggies, fruits and lean meats, soaked in your favorite marinade and ready to grill. Or make a chili or stew with beans and vegetables that is light on the meat, for classic football fare.
- Drink smarter. Alcoholic drinks can be high in calories, so drink in moderation to avoid weight gain.
- Stay Active. Just 30 minutes of daily, moderate exercise, like walking, is shown to prevent mental decline, keep your weight in check and improve blood pressure, cholesterol and blood sugar.



Source: www.webmd.com/fitness-exercise/features/8-fall-tips-healthy-living

Be Healthy Recipe

Oatmeal Pecan Waffles (or pancakes)

Yields 4 servings **Serving Size** 3 small (2-inch) or 1 large (6-inch) waffle (depending on waffle iron size)

1. Preheat waffle iron.
2. Combine flour, oats, baking powder, sugar and pecans in a large bowl.
3. Combine egg yolks, milk and vegetable oil in a separate bowl and mix well.
4. Add liquid mixture to the dry ingredients, and stir together. Do not overmix; mixture should be a bit lumpy.
5. Whip egg whites to medium peaks. Gently fold egg whites into batter (for pancakes, see note).
6. Pour batter into preheated waffle iron, and cook until the waffle iron light signals it's done or steam stops coming out of the iron.
7. Add fresh fruit and a light dusting of powdered sugar to each waffle, and serve.

Note: For pancakes, do not separate eggs. Mix whole eggs with milk and oil, and eliminate steps 4 and 5.

Source: [http://healthyeating.nhlbi.nih.gov/\(X11S\(q4pknt451sjrro45mjmsdgg\)\)/default.aspx](http://healthyeating.nhlbi.nih.gov/(X11S(q4pknt451sjrro45mjmsdgg))/default.aspx)

Nutritional information per serving:

Calories	340	Carbohydrates	50 g
Total fat	11 g	Potassium	369 mg
Saturated fat	2 g	Vitamin A	8%
Cholesterol	107 mg	Vitamin C	60%
Sodium	331 mg	Calcium	30%
Total fiber	9 g	Iron	6%
Protein	14 g		

Percent Daily Values are based on a 2,000 calorie diet.

Ingredients for waffles:

- 1 c whole-wheat flour
- ½ c quick-cooking oats
- 2 tsp baking powder
- 1 tsp sugar
- ¼ c unsalted pecans, chopped
- 2 large eggs, separated (for pancakes, see note)
- 1½ c fat-free (skim) milk
- 1 tbsp vegetable oil

Ingredients for fruit topping:

- 2 c fresh or frozen strawberries, rinsed, stems removed, and cut in half
- 1 c fresh or frozen blackberries, rinsed
- 1 c fresh or frozen blueberries, rinsed
- 1 tsp powdered sugar

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Be Active this Autumn!

If you are already active, the challenge during fall can often be keeping up your exercise habits. Having a lot less daylight and more on your to-do list can throw a wrench in your routine. If you're not an active person, don't wait until New Year's Eve to resolve to get more fit. Fall is better than December 31 for setting goals and making plans for many reasons:

- If you create new habits now, during the busiest time of the year, they will be much easier to stick with during the winter months.
- Learn something new. Try a class at a gym or try an exercise video you're interested in.
- Take advantage of comfortable weather and beautiful scenery and go outside! Pick apples, carve pumpkins, walk or bike beneath colorful fall foliage, or try out a park trail you've never hiked before.
- Raking leaves or doing other fall yard work outdoors is great cardiovascular exercise for your heart.
- Near a lake? Try kayaking or canoeing – both are excellent upper body workouts.
- While watching the fall premiers of your favorite TV shows, walk in place, lift light weights, or use your body weight for moves such as tricep dips, crunches and lunges.
- If you exercise outside in the dark, be safe. Wear a reflective vest, carry a flashlight, attach a light or reflectors to your bike helmet, and be aware of drivers.

Source: www.webmd.com/fitness-exercise/features/10-tips-fall-fitness

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