FLIP Newsletter

November 10

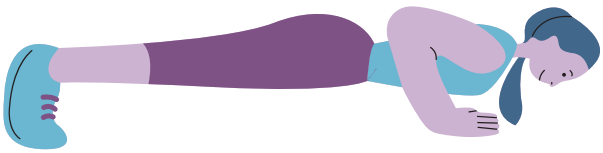
Flexing hard- Strength Training 101

Want to flex big muscles? Consider strength training! Strength training uses some form of weight to increase the mass of a specific muscle group. As we age, our lean muscles and bones tend to lose mass and density. This can lead to diseases such as osteoporosis, arthritis, and obesity. Strength training keeps our muscles, joints, and bones stay strong and flexible! Building muscle raises your basal metabolic rate; the amount of calories you burn at rest. This makes strength training especially great for adults who cannot spend hours and hours doing workouts every week! The Department of Health and Human Services recommends two 30-minute sessions of strength training every week.

There are 2 main types of strength training; calisthenics and weight training. Your personal schedule, goal, and resources might change which technique is right for you!

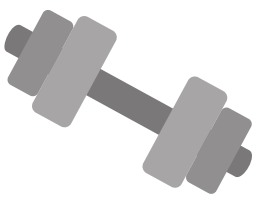
Calisthenics

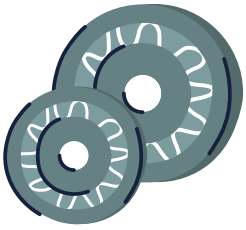
Calisthenics involve using your own body weight to train a certain muscle group. These exercises include pushups, pull ups, and squats. Most calisthenic exercises are compound exercises; they work multiple groups of muscles at once. It's a great option for those who can not access a gym and prioritize strength and flexibility! Progression of strength would include harder positions or more range of motion.



Weight Training

Weight training involves using heavy weights to train a certain muscle group. This includes exercises that require the use of barbells or dumbbells, like a leg press and deadlifts. Most dumbbell/barbell workouts target specific muscles. It's a great option for those who have access to a gym and prioritize strength and visual results! Progression of strength would include using heavier weights or more range of motion.

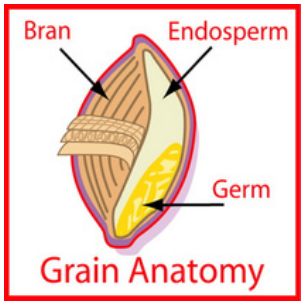




Whole Grains: The Complete Package!

What are Whole Grains?

- Any food made from wheat, rice, oats, cornmeal, barley, or other cereal grains is a grain product
- Whole grains contain the entire grain kernel: the bran, the germ, and the endosperm
- Each section has its own healthy nutrients:
  - the **bran** is the fiber-rich outer layer that has B vitamins, iron, copper, zinc, magnesium and antioxidants
  - the **germ** is the seed core and has healthy fats, B and E vitamins, and more antioxidants
  - the **endosperm** is the inner layer that provides carbohydrates, protein, and a small amount of B vitamins



Are You Getting Enough?

- Dietary Guidelines for Americans recommends 6 oz of grain foods daily, more than half of which should be whole grains!
- Serving size for 1 whole grain:
  - 1 slice whole grain bread
  - 1 cup of whole grain cereal
  - 1/2 cup cooked brown rice, pasta

What are Refined Grains?

- Refined grains have been milled (ground into flour or meal) in a way that strips away the bran and the germ
- Refining grains gives them a finer texture and improves shelf life, but it removes many important nutrients such as B vitamins, iron, and dietary fiber
- Some refined grain choices can be enriched to add some B vitamins after processing but fiber is still lost
- READ YOUR LABELS to see if refined grain products have been enriched.
- **Choose more whole grains over refined grains when possible!**

Benefits of Eating More Whole Grains

- Whole grains are good sources of dietary fiber
- Helps improve blood cholesterol levels
- Helps you feel more full so you eat less calories
- Nutrient-dense: full of vitamins B1, B2, B3, B9 (folate), iron, magnesium, and selenium
- These are all important for body functions such as a healthy immune system, carrying oxygen in the blood, and maintaining healthy blood sugar levels

Recipes to try this month!

Southwest Tortilla Baked Eggs

This flexible, easy, delicious, breakfast item is highly customizable! Pick your favorite leftovers, try a whole grain tortilla and enjoy!

Mini Pumpkin Pies

Embrace the Fall with this no-fuss handheld seasonal sweet treat!

Click here or visit https://meklund7.wixsite.com/flip for the full recipes!