

Eat Healthy, Be Active!

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Focus on
Healthy Living



**CHECK
YOUR
HEALTH**



Injury Prevention in the Garden

Growing fruits and vegetables in the backyard is a time-honored tradition that's making a huge comeback, thanks to the economic crisis. But, after a long winter of inactivity, your body may not be ready for the work involved in planting and maintaining a garden.

Tina Cerling from [Western Garden Centers](#) says the first thing to remember is to take it slow. "I think the most common mistake they're going to make is they're going to go out in the blistering sun, without a hat, without sunscreen, and work all day because they're delighted to be out, and they're going to be burned to a crisp and they're going to be really, really sore the next day."

invest in ergonomic tools designed to relieve pressure and stress on your joints.

Some experts say you should take a short walk to warm up your muscles and then stretch to loosen up before heading out in the yard. And be sure to keep a bottle of water nearby. Working hard outdoors in any weather can cause dehydration and heat stroke.

Other small items that will make your gardening experience more enjoyable include a hat, gloves, and sunscreen. A kneeling pad or a bench with supports to help you get up and down are also a good investment. And, don't forget to

protect your feet!

"Don't garden in flip flops," says Cerling. "You know when you try to step on a shovel with flip flops you will hurt your arch."

Every year people are treated for yard and garden-related injuries - mostly from run-ins with their lawn mower. In 2007, 43 Utahns were injured in lawn mower accidents. Falls from improperly placed ladders are another common source of injuries in the backyard.

For more tips on successful gardening, visit www.checkyourhealth.org.


Superfoods can rescue your diet!

Women in America spend so much time worrying about what to eat or not eat, that they don't often get the nutrients our body needs for optimum health. Eating right does not mean limiting your diet to only a handful of foods. It just means that you should strive to increase the overall the healthiness of your entire diet.

However, some foods are considered "superfoods" and are packed with more than their share of nutrients and phytochemicals that may lower your risk for breast cancer, Alzheimer's and heart disease. The bonus is that they are all delicious and can be used in dozens of different dishes.

[Elizabeth Somer](#), registered dietitian and author of "Nutrition for Women," has created a list of the top superfoods for women.

1. Extra lean red meat
2. Salmon
3. Spinach
4. Berries
5. Wheat germ
6. Tomato paste
7. Nonfat yogurt
8. Sweet potatoes
9. Oranges
10. Old-fashioned oatmeal
11. Curry
12. Ginger
13. Black beans
14. Tea
15. Fresh herbs
16. Dark chocolate



Protect your back by getting down on the same level as your plants and weeds while dig-

ging and planting. And, when lifting and hauling, use your knees to lift instead.

A wheelbarrow, a garden cart - or even a child's wagon can help you safely move soil and landscaping materials from place to place. And

Eat Healthy: Cherry Oatmeal Muffins

Recipe Courtesy Chef Bryan Woolley



Ingredients

1 cup old-fashioned or quick cooking oats, uncooked
1 cup all-purpose flour
1/2 cup firmly packed brown sugar
1 1/2 teaspoons baking powder
1/4 teaspoon ground nutmeg
3/4 cup buttermilk
1 egg, slightly beaten
1/4 cup vegetable oil

1 teaspoon almond extract
1 cup frozen or fresh pitted, tart cherries
Coarsely granulated sugar (about 2 tablespoons)

Directions

1. Put oats, flour, brown sugar, baking powder and nutmeg in a large mixing bowl; mix well. Combine buttermilk, egg, oil, and almond extract in a small bowl.
2. Pour buttermilk mixture into oats mixture; stir just to moisten ingredients. Quickly stir in cherries (it is not necessary to thaw cherries before adding to batter.)
3. Spray muffin pan with non-stick spray. Fill muffin-cups 2/3 full. Sprinkle with granulated sugar.
4. Bake in a preheated 400 degree oven 15 to 20 minutes, or until golden brown.

Makes 12 muffins.

Nutrition Facts

Serving size: 1 standard size muffin
Calories per serving 170
Total Fat 6g
Saturated Fat .5g
Cholesterol 20mg
Sodium 90mg
Carbohydrate 26g
Dietary Fiber 1g
Protein 4g

Diabetic Exchanges

Protein 1
Carbohydrate 1
Fat 2

[Get more healthy recipes](#) from Check Your Health and Chef Bryan Woolley, *Fresh From the Kitchen* on [2News](#).

Be Active: Tricep Dips

Now that the weather is warming up, take the family to the park for some physical activity and stress relief. And don't just stand there while the kids are playing! Park benches and picnic areas can be the perfect "gym" for you, too.

Here's one exercise that can help you build strength in your upper arms.

Bench Dips

While sitting on a bench or other stable surface, place your hands on the bench, close to your body, wrapping your fingers over the edge.



With your knees straight or slightly bent, support your weight on your hands. The closer your feet are to the bench the easier this will feel.

Tighten your abdominal muscles

and hold them tight throughout the exercise.

Point your elbows behind you and lower your body toward the floor, not going deeper than the point at which

your upper arms are parallel to the floor.

Push yourself back up to the start position and repeat.

To get the most out of your workout, try to find a weight / resistance level that allows you to do 1-3 sets of 8-12 repetitions.

You can find more exercises like these on the Workouts on the Web page at www.checkyourhealth.org.

Resources:

www.checkyourhealth.org
Tina Cerling, Western Garden Centers, Salt Lake City, UT
Kristi Spence, Registered Dietician, TOSH, Murray, UT
Brett McIlff, Physical Activity Coordinator, UDOH
KUTV
Chef Bryan Woolley
Check Your Health Hotline:
1-888-222-2542

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