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DATE: September 02, 04 L19

Clarksburg WV

WEEKLY MEETING:

FIRST BAPTIST CHURCH NUTTER FORT

219 Maryland Avenue

AGENDA – THURSDAY Sept 02, 2004

- 1. 5:00 Exercise**
- 2. 6:00 Stress Management**
- 3. 7:00 Group**
- 5. 7:30 Dinner RUNWAY GRILL**

EDITORIAL Benefits of deep breathing by Michael O’Shea.

Deep breathing simply refers to delivering oxygen fully into your lungs so that your body receives the amount necessary to nourish cells. When you breathe properly, not only does more oxygen reach the lungs but also more waste products such as carbon dioxide are expelled. Pilates and yoga, in particular, promote the advantages of intense breathing techniques. Both exercise disciplines underscore the importance of engaging the diaphragm. Too many exercisers breathe shallowly and use only the top half of their lungs. The diaphragm is a large muscle between the thoracic and abdominal cavities, underneath the heart and lungs. As you inhale, the diaphragm contracts and draws downward, forming a vacuum that pulls air into the lungs. It relaxes when you exhale.

Poor oxygen delivery can be chiefly responsible for restricting the intensity and duration of a workout. As your muscles run out of oxygen, the cells begin to produce lactic acid. The buildup of lactic acid in the muscles causes a burning sensation and quickly leads to fatigue. If you work out on a regular basis, the heart and lungs become more efficient at distributing oxygen to your muscles. Which is why monitoring your heart rate is critical: A spike in your heart rate

indicates that your body is struggling to provide oxygen to your muscles. “Doing proper breathing exercises can help you exercise longer and/or more intensely”.

SDC: Our Annual WV SDC meeting will be scheduled for Saturday, October 16, 2004. Registration forms have been sent out. Please make plans to join us for a great day of presentations, group discussion, door prizes and a great dinner.

Adherence results last week: GREAT JOB

MODALITY	RESULTS
Exercise	92.2
Diet	91.8
Stress Management	77.3
Group Support	100
Out Side Group Support	90.6
Not Attending Group	6
Number of inputs	16

RECIPES: Southwestern Bean and Corn Salad

From the Kitchen of Mary Mutschelknaus

1 can (about 15 ounce) pinto beans, rinsed and drained. 1 cup fresh (about 2 ears) or thawed frozen whole kernel corn
1 red bell pepper, finely chopped
4 green onions, finely chopped
4 tablespoons cider vinegar
2 tablespoons honey, ½ teaspoon salt
½ teaspoon ground mustard
½ teaspoon ground cumin
½ teaspoon cayenne pepper
Combine beans, corn, bell pepper, and onions in large bowl. Blend vinegar and honey in small bowl until smooth. Stir in salt, mustard, cumin, and cayenne pepper. Drizzle over bean mixture; toss to coat. Cover and refrigerate 2 hours. Serve on lettuce if desired. Makes 4 servings.