Director’s Corner

I am excited to say I will be traveling to Boston during the month of April to watch Greg participate in the Boston Marathon. This is definitely an item on his bucket list, and watching so many of you working on your next physical feat and checking off items on your bucket list got me thinking about mine. Bucket lists serve as a great reminder and motivator for getting things done we normally wouldn’t, and they can be as simple or complex as we make them. But they are also a great way to continue to challenge yourself physically and mentally. An item from my bucket list that I hope to cross off this summer is a visit to the top of Longs Peak. I’ve only done one other 14er, but once was enough to make me want to go back for more. I like this item on my list because it is one I can enjoy with others, and it allows me to participate in activities I don’t normally have as a part of my workout routine. So my encouragement to you is to start thinking, keep thinking, or start crossing off some of those items on your bucket list. It is always easy to say later, but it is important to remember that you’re important too!

~Kimberly

Physical Inactivity Among Older Adults

The results from a United Kingdom epidemiology study published in 2014 indicated that there was a positive correlation between physical activity and life expectancy in older adults. The study looked at non-overweight, overweight, obese individuals, and the effects that physical activity has on life expectancy. Life expectancy increased in all three populations when the individuals met the current guidelines for daily physical activity - 150 minutes/week of moderate-intensity aerobic activity and 2 weekly bouts of whole body strengthening exercises. The most marked increase in life expectancy was for the non-overweight population. This might be attributed to the positive effects of an individual living an active lifestyle. Overweight and obese individuals physical activity experience increased in life expectancy as well, although not to the same degree as the fit population. This is yet a further indication that being active, eating a healthy diet, and participating in an exercise program throughout an individual’s life may add quality, as well as longevity to a lifetime.

Recipe of the Month

Broiled Scallops!

Ingredients:
- 1 1/2 pound Bay Scallops
- 1 tablespoon garlic salt
- 2 tablespoons melted butter
- 2 tablespoons lemon juice

Directions:
- Turn on broiler.
- Rinse scallops and place in a shallow baking pan. Sprinkle with garlic salt, melted butter, and lemon juice.
- Broil 6-8 minutes or until scallops begin to turn golden brown.
- Remove from oven and sprinkle with added butter to taste

1 Oz serving:
- Calories-54
- Total Carbohydrate-0.1 g
- Total Fat-1.4 g
- Total Protein-4.4 g
- Sodium-28.3 g

*lower sodium recipes available
Recipe by Gail New-allrecipes.com

Simple vs. Complex Carbohydrates

Some have said that simple carbohydrates are bad and should try to be avoided, while complex carbohydrates are good. But are they? According to Diabetes.com moderation is recommended for the consumption of all carbohydrate based food. Both simple and complex carbohydrates quickly elevate blood glucose levels which can lead to adipose weight gain, as well as diabetes, or exacerbate a preexisting condition. The primary difference between simple sugars, such as syrup, or fruit juice and complex sugars, like the digested form of a potato, is complex sugars take a little bit longer and thus require more effort for the body to break down. Whole grains are starchy complex carbs that still contain the grain kernel. This means that they are even harder to digest, and provide some added fiber which is good for digestion and eliminating waste. In addition, whole grains such as steel cut oats tend to contain additional proteins and other nutrients that other grains do not. Whole grains are broken down in the body the same way that simple carbs, but they make the body work harder in order to do so. A moderate intake is still recommended, but at the very least, whole grains offer far better nutritional elements. (Source-www.diabetes.co.uk)