

# October 2022



## **Nutrition Corner**

### **Bump Up Fiber**

Fiber helps maintain digestive health and helps us feel fuller longer. Fiber also helps control blood sugar and lowers cholesterol levels. Fresh fruits and vegetables, whole grains, legumes, nuts, and seeds are good sources of fiber.

*To bump up fiber, try this:*

- Slice up raw vegetables to use as quick snacks. Storing celery and carrots in water in the refrigerator will keep them crisp longer.
- Start your day off with a whole grain cereal like oatmeal or food made with bulgur or teff. For even more fiber, top your cereal with berries, pumpkin seeds, or almonds.
- Add half a cup of beans or lentils to your salad to add fiber, texture, and flavor.
- Enjoy whole fruit—maybe a pear, apple, melon slice or passion fruit—with a meal or as dessert.

## **Rockin Recipe**

### **Many-Veggie Vegetable Soup**

- 2 tablespoons extra-virgin olive oil
  - 1 medium yellow onion, diced
  - Sea salt and fresh black pepper
  - 1 medium carrot, diced
  - 1 small sweet potato, diced
  - ¼ cup dry white wine, i.e., pinot grigio
  - 1 14.5-ounce can diced fire roasted tomatoes
  - 4 garlic cloves, chopped
  - 2 teaspoons dried oregano, or 2 tablespoons chopped fresh thyme or rosemary
  - ¼ teaspoon red pepper flakes, more to taste
  - 4 cups vegetable broth
  - 2 bay leaves
  - 1 cup halved cherry tomatoes
  - 1 cup chopped green beans
  - 1 zucchini, diced
  - 1 15-ounce can chickpeas, drained and rinsed
  - 2 tablespoons white wine vinegar
  - 1½ cups chopped kale
1. Heat the oil in a large pot over medium heat. Add the onion, ½ teaspoon salt, and several grinds of pepper, and cook, stirring occasionally, for 8 minutes. Add the carrot and sweet potato, stir and cook 2 more minutes.
  2. Add the wine and cook for about 30 seconds to reduce by half, then add the canned tomatoes, garlic, oregano, and red pepper flakes. Stir in the broth and bay leaves. Bring to a boil, then reduce the heat to a simmer and cook, covered, for 20 minutes.
  3. Stir in the cherry tomatoes, green beans, zucchini, chickpeas, and cover and cook 10 to 15 more minutes, until the green beans are tender.
  4. Stir in the vinegar, kale, an additional ½ teaspoon salt (or to taste), and more pepper.

## Adjusting Targets On Fitness Trackers

If you invest in a fitness tracker, don't just sit back and assume that following the preset targets will lead you to glory. Adjust the steps, active minutes and calorie targets regularly to build on your progress, or make them more realistic if you never get close and have started to ignore them. If you don't engage with your fitness tech, you'll quickly discard it.

Fitness trackers can help you live a healthier lifestyle. These little devices are designed to motivate you to walk that extra mile to the train, rather than taking a cab. They are there to remind you not to eat that extra piece of bacon, no matter how delicious it may smell. To help you stay on track many fitness trackers allow you to set daily activity goals, but how should you go about setting these goals?

### *How many steps should I take?*

There is a belief that you must walk 10,000 steps a day, but this recommendation actually originated in Japan in the 1960s as part of a marketing slogan for a new pedometer. To this day there is still a debate whether 10,000 steps is the correct metric. One thing is clear, however, and that's that walking is important for living a healthy lifestyle. The Centers for Disease Control and Prevention recommends adults get at least 2 hours and 30 minutes of moderate-intensity aerobic activity, such as brisk walking, every week.

Your steps goals should be personalized based on your fitness level. There are some trackers available that will tailor goals to you. For most trackers, though, you must set goals yourself. If you aren't active, you should start small and build yourself up to 10,000 steps or more. Try 5,000 steps to start and once that has been met, increase your goal to 6,000, then 7,000 and so on.

### *How many calories should I burn?*

It's difficult to recommend a general goal for calories. Everyone burns a different number of calories each day based their sex, age, weight and activity level. I recommend using the goal that is automatically set for you after you provide your fitness tracker's app with your personal information. If you are looking to lose weight and are willing to track the amount of calories you consume, you should aim to burn more calories per day than you consume.

### *How much sleep should I get?*

Everyone is different when it comes to the amount of sleep they need at night and there is no "magic number" for how many hours you should try and sleep. The National Heart, Lung, and Blood Institute, however, recommends that teens attempt to get between 9 and 10 hours of sleep at night, while adults (including the elderly) should aim for between 7 and 8 hours.

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**CLUB HOURS**

Monday - Friday 5am-  
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Saturday - Sunday 7am-  
7pm

**Blossman YMCA**

**1810 Government St.  
Ocean Springs, MS  
39564  
228-875-5050**

**Hours of Operation:  
Center Hours**

Monday-Thursday: 5:00 am – 9:00 pm  
Friday: 5:00 am – 8:00 pm  
Saturday: 7:00 am – 7:00 pm  
Sunday: 11:00 am – 5:00 pm



**Seaside Fitness-Group  
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