



EMHS move and improve! SM

Volume 7, Issue 9
April 25 - May 1 2010



The Weekly

FOCUS

Focus on your goal accomplishments.....take time to review your goals and see how far you have come!

Inside this issue:

From the Coordinator	1
Article of the Week	2
Fit Tip of the Week	3
Quote of the Week	3
Recipe of the Week	4
Happenings	5
Sponsors & Affiliates	8

From the Coordinator

Welcome to week nine. You have progressed through two thirds of the program and are well on your way toward making physical activity a regular part of your routine. Perhaps a strong reason why you have been successful thus far has to do with your goals that you set for yourself.

This week the focus is on your goal accomplishments. What you have already achieved! How you achieved your goals.

Why you achieved your goals. And what you plan to do to continue achieving your goals.

Goal setting gives us a reason or motivation to work toward an “end” result. Although there is never an “end” in terms of being physically active, it is important to reach milestones that enable us to feel successful in our endeavor.

Imagine if you had no goals. What direction

would you be heading in terms of your health and wellness? Would you even have an idea? Most likely not! That is why it is vital to constantly review your goals to keep you on track for further achievements!

Congratulations for going the distance thus far and keep focus on your overall goals!

Sincerely,

Nicole Hammar

Nicole Hammar
Move and Improve
Coordinator

Special Points of Interest:

Asparagus with Lemon
Chocolate Article
Community Walks

TOGETHER We're Stronger

www.moveandimprove.org



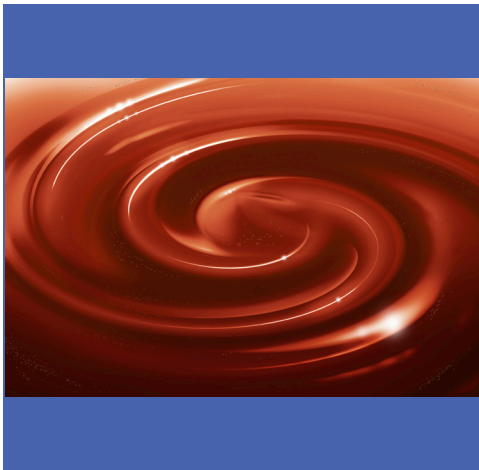
Chocolate: Does a daily dose lower your risk of heart disease and stroke?

By: Jonathan Wood, M.D.

Jonathan Wood, MD is a Pediatric Critical Care Specialist and medical director of Eastern Maine Medical Center's Pediatric Intensive Care Unit

March 30, 2010

<http://emmc.org/healthy-living-archive.aspx?id=64957>



Why do the Kuna, indigenous peoples from islands off the Panamanian coast, have virtually no hypertension (high blood pressure) and no increase in blood pressure with age? And why do these findings disappear with migration to urban centers like Panama City?

This phenomenon has been described in similar isolated populations and usually, when investigated, is connected to a lower salt intake in the native environment.

But the native Kuna have higher salt intake than their urban counterparts. So why the extraordinary differences in cardiovascular disease?

The answer: cocoa! The Kuna drink an estimated (likely underestimated) five cups of a native cocoa drink each day. It is their primary drink and it contains large amounts of flavanols, a naturally occurring antioxidant and blood vessel relaxer. When this “Kuna

phenomenon” was first described less than ten years ago, a flurry of studies of chocolate and cocoa followed. Could this be the new “red wine,” something yummy that actually was good for your heart health? Unfortunately, to get the same amount of flavanol contained in the five plus cups of Kuna cocoa drink, one would have to eat and estimated 4.5 lbs of dark chocolate or 15 lbs of milk chocolate! These amounts are obviously not practical nor advisable to suggest. So studies have been done looking at smaller amounts and trying to account for the other less healthy things (fat, sugar, etc)



“...chocolate is in the news; and it's good news!”

in commercial chocolate. But it has been difficult. And the amounts still have seemed too large to promote without more solid data.

But now, once again, chocolate is in the news - - and it's good news! A German study due to be published in the European Heart Journal looked at detailed diet (including chocolate), blood pressure, several known cardiovascular risk factors, and some other demographics in a group of nearly 20,000 men and woman, age 35-65. This group was then followed over 8 years. Three hundred of them suffered heart attacks or strokes during that time. When controlled for all the other factors, it seems that the lower chocolate diet in these 300 people may be responsible: i.e. the more chocolate eaten, the lower risk of stroke or heart attack. Of note, the effect was more pronounced for strokes than heart attacks.

The particularly interesting aspect of this study was the amount of chocolate that seemed to be needed to confer “protection”. The difference

between the “low” chocolate group (more strokes) and the “high” chocolate group (fewer strokes) was 6 grams/day. And how much is 6 grams? Not much...

- 1½ Hershey’s Kisses = 6 grams
- 2 little “rectangles” from a standard Hershey bar = 6 grams (i.e. 1 bar should last 6 days!)
- 11 Nestle semi-sweet morsels = 6 grams

And should you choose milk chocolate or dark chocolate? Clearly, dark chocolate has more flavanols than milk chocolate, so if you like it, dark chocolate is a better choice.

So should we all rush out and start a daily dose of chocolate? Probably not - - this study was a retrospective observational design and needs to be repeated in a prospective way. But is a little bit of chocolate okay or perhaps even healthy? Likely, yes. And it seems a very little bit (6 grams) may go a long way...if you can control yourself and not eat the whole bar!

Remember, our chocolate bars (unlike the Kunas’ drink) have much more in them than just cocoa.

A good rule of thumb: everything in moderation!



Fit Tip of the Week

Be prepared everywhere you go! Pack an extra pair of sneakers or a piece of physical activity equipment in your car so you can always have the option to be active no matter where you go!

Quote of the Week

“Nothing great was ever achieved without enthusiasm..”

~ Ralph Waldo Emerson

Asparagus with Lemon

Recipe Summary:

Preparation Time: 15 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

2 lbs asparagus, tough ends trimmed

2 tsp olive oil

2 Tbsp lemon juice

Directions:

- Place asparagus in a steamer basket over boiling water.
- Cover saucepan and steam 5 minutes or until bright green and tender.
- Rinse asparagus under cold water and drain thoroughly.
- Combine oil and lemon juice in a bowl.
- Pour over asparagus.
- Season with pepper to taste.
- Serve at room temperature if desired.



Nutrition Facts	
Asparagus with Lemon	
Serving Size 1/4 recipe	
Amount Per Serving	
Calories 70	Calories from Fat 20
%Daily Value (DV)*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 9g	3%
Dietary Fiber 5g	20%
Sugars 4g	
Protein 5g	
Vitamin A	35%
Vitamin C	25%
Calcium	6%
Iron	25%
*Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: **0**
 Vegetables: **2**
 Meat: **0**
 Milk: **0**
 Fat: **0**
 Carbs: **0**
 Other: **0**

**Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Recipe Courtesy of Fruits & Veggies Matter:
<http://www.fruitsandveggiesmatter.gov/>

Move and Improve - Lunch Time Walks

Where: Meet in front of the Doug Brown Building (AHS Union Street) in Bangor
When: April 30- 12:30 pm – 1 pm; Lead by Rhonda Brissette, ACI
Contact: Kelley AbdelQader 207-973-6709



AHS Move and Improve Site Coordinators:

ALI Billing: Jane Helsley/ ALI Webber West: Anne Hannan/ ATS: Evelyn Morin/AHM and EAP: Kelley AbdelQader / ALI Drawing Station Union St: Julie Ann Steele/Capital Ambulance: Pam Day / AMS: Al Morrill / ACI: Rhonda Brissette/ APS: Brian Raymond

Alpha Phi's 8th Annual Move Your Phi't 5k Walk/Run

When: Sunday, April 25, 2010
Where: The University of Maine campus in Orono. The race will begin and end at Buchanan Alumni House.
Time: Registration starts at 10 a.m. and the race will begin at 11 a.m.
Contact: Jennifer Vincent, (207) 776-3129

Move Your Phi't is an annual 5k walk/run organized by the sisters of the Delta Nu chapter of Alpha Phi. The race takes place on the University of Maine campus and everyone in the community is encouraged to attend. There will be prizes for the first place male and female runners, a variety of raffle prizes and free subway sandwiches for the participants.

All proceeds go to the Alpha Phi Foundation to benefit cardiac care and research. Your donation will help to fight heart disease, the leading cause of death in the United States. Do your part, protect your heart.

For directions or for more information, call (207) 776-3129

March of Dimes March for Babies

When: **May 1, 2010** in Ellsworth
May 2, 2010 in Augusta, Bangor, Bath/Brunswick, Greater Portland, Lewiston/Auburn, Mountain Valley, Rockland, Saco/Biddeford, Sanford, Skowhegan, Waterville and Dover-Foxcroft (the walk in Dover-Foxcroft starts at 12:00 pm behind Mayo Hospital Resource Center on Dwelley Ave.
May 15, 2010 in Presque Isle

For more information on the other walks in Maine contact the March of Dimes at 1-800-668-5678 or check marchforbabies.org for local information and to sign-up.

Old Town Relay For Life in support of the American Cancer Society

Where: Old Town High School Track.
When: May 21 and 22, 2010
Time: 18 hour relay from 6 pm to noon the next day

For more information or to create your own team, go to www.relayforlife.org/penobscotme or call the Community Executive for Development, Mike Hart 989-0332 or mike.hart@cancer.org

**Move and Improve does not support or endorse any of the websites or events listed in this newsletter. They are simply offered as a resource.*

Move More Walking Club

When: Tuesday and Thursday evenings,
Date: May 4 - 27th from 5 – 6pm. First class/walk: meet at North Street playground picnic tables.

Walking is one of the easiest yet most beneficial forms of aerobic exercise. Join Inland and local Move More partners to make some new friends, learn more about the many benefits of walking, and discover local walking routes and trails. A schedule for walk locations in the Waterville/Winslow area will be provided at the first class. Cost is just \$15. To register, call Mid-Maine Regional Adult Education at 873-5754.

Make A Wish - Maine Chapter Walk for Wishes

Maine Locations

Auburn May 26 | Festival Plaza
Bangor May 22 | Paul Bunyan Park
Cumberland May 27 | Fire Department
Dennysville May 20 | Congregational Church
Houlton May 27 | John Millar Civic Center
Pittsfield May 20 | Sebasticook Valley Hospital

Westbrook May 27 | Riverbank Park
Rockland May 13 | Congregational Church
Saco May 27 | TA, Hill Stadium

For more information:

Call (866) 704-WALK or visit www.maine.wish.org

Relay for Life of Aroostook County

Where: Caribou High School Track
When: June 4-5, 2010
Time: Opening Ceremony 6pm

Celebrate, Remember, Fight Back!!! **For more information** log on to www.relayforlife.org/aroostookme for more information, or email Mike Hart at mike.hart@cancer.org.

The Bangor Walk to Defeat ALS

Where: Hayford Park in Bangor
When: August 28, 2010
Time: 9:00 am

For more information contact Lisa Kingsbury at 852-5971 or visit http://walknne.alsa.org/site/TR?sid=4322&type=fr_informational&pg=informational&fr_id=6555 or on facebook at <http://www.facebook.com/home.php?#!/event.php?eid=354385303651>

4th Annual 5k Race for Myeloma

Where: Bass Park Gazebo Bangor
When: September 25, 2010
Time: 9am Registration; 10am Race Start

Registration fee \$20; contact Becky for information on a team discount on-line registration may be done at www.active.com/5k-race/bangor-me/race-for-myeloma-2010. More information and forms are available by e-mail at raceformyelomabangor@gmail.com. Race for Myeloma is on facebook! Search “race myeloma” to find our page! Let’s get moving together to fund the research for a cure!

"Cub Tracks" Youth Triathlon

Olympic gold medalist Ian Crocker will be our Guest Host at the "Cub Tracks" Youth Triathlon (swim, bike, run) event.

Where: University of Maine - Orono campus

When: Sunday, September 26, 2010

Time: 1:00 pm race start time

Age Range: Ages 7-13

FMI and to register please call: Eastern Maine Medical Center's Wellness Department at 207-973-4600

Community Walk

When: Wednesday, May 12, 2010

Where: SVH Community Health Office (near the back entrance of Reny's in Pittsfield)

Time: 5:00 - 6:00 pm

Contact: Laurie Alexander at 207-478-3890 ext. 2731 or lalexander@emh.org

Come by to:

- Pick up physical activity and nutrition information
- Enjoy free healthy snacks
- Enter to win prizes (increase chances of winning by RSVPing and participating; must be present to win)

RSVP by contacting Laurie Alexander at 207-478-3890 ext. 2731 or lalexander@emh.org or returning the form below.

Name: _____

Address: _____

City: _____ State _____ Zip Code _____ Phone: _____

Email: _____

Company ☐ _____

I would be interested in receiving information about wellness & upcoming events

WAIVER

Please read this section carefully and sign below.

In consideration of being permitted to participate in the Move & Improve community walk; I hereby assume any and all risks that might be associated with the event for me, my heirs, and my personal representatives. I further waive, release, discharge, and covenant not to sue Seabasticook Valley Hospital, its officers, employees, sponsors, organizers, or other representatives or their successors and assigns, for any and all injuries or damages of any kind whatsoever suffered as a result of taking part in the event and any related activities. I also agree to the use of photography, filming and recording of the event for any purpose.

Signature: _____ Date: _____

If under 18:

Parent Signature: _____ Date: _____

The Community Walk is Sponsored By:



Sponsors



EMHS Members



Rising Above the Health Horizon



Eastern Maine HomeCare

