How To Live a Longer Life: Get Up, Stand Up!

Did you know that simply getting up out of your chair on a regular basis throughout the day can be very beneficial? Today research is revealing that it’s not a good thing to sit for long periods of time, even if we’ve put in a good sweat every morning in the gym. That was the conclusion of a study of 240,819 American adults, ages 50 to 71, published in the American Journal of Clinical Nutrition. Following these subjects for eight years, scientists found that those who sat seven or more hours a day watching TV were much more likely to get sick or die than those who watched just an hour of TV a day. But here’s the kicker: Even among people who exercised regularly (they worked out about an hour each day), high amounts of TV viewing – seven-plus hours daily – was associated with increased risk of death compared with regular exercisers who watched an hour or less of TV a day. Concluded lead author C.E. Mathews and NCI colleagues: “Participation in high levels of moderate-vigorous physical activity did not fully mitigate health risks associated with prolonged time watching television.”

Dangers of too much sitting
Research is now finding that the more we sit, the higher risk factors like blood sugar rise, and the less efficiently our bodies burn fat throughout the day.

Small changes, big returns
According to new research, small changes can have a huge impact. And you don’t have to break into a sweat. Simply getting out of your chair every half hour or so and strolling around for a couple of minutes can reap big benefits. Science has found that blood sugar, insulin sensitivity, cholesterol, triglycerides and levels of lipoprotein lipase, an enzyme that aids in the breakdown of fat in the bloodstream, improve with these small changes.

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Office workers
“The implication for office workers and other people who sit for long periods is that if they can break up their sedentary seating time more frequently throughout the day, they’re going to have a better health profile,” states Dr. Dunstan. One simple – and motivating – way to add a few more steps to your life is by wearing a pedometer. As Dr. McCarthy showed us 20 years ago, it’s fun to watch those steps tally up. Generally, 2,000 steps equal one mile. And the more we get out of our chairs, the more calories we burn. In a new study, researchers at the University of Tennessee found that when people stood up and marched in place during the commercials of a one-hour TV show (there were 21 minutes of commercials), they took roughly 2,100 steps. What’s more, the subjects burned on average 150 calories. Yep, 150 calories…gone. In one year, that could add up to about 15 pounds…gone.

Tips For Breaking Up Sitting Time

At the office:
• There are no rules against standing during meetings. Try it.
• Instead of sending an email, walk to a colleague’s office.
• When reading something on your computer, stand. Reserve sitting time for typing.
• Take a walk during your lunch break.
• Conduct one-on-one meetings while walking outdoors.
• Stand up and move around while talking on the telephone.
• Consider a height-adjustable desk that permits working in both a sitting and standing posture.
• Use stairs instead of elevators.
• At the very least, get up and move every hour.

At home:
• Limit your total amount of screen viewing/sitting time to two hours a day.
• Use TV commercial breaks for household chores. If you taped your shows on your DVR, hit “PAUSE” when the commercials begin.
• After dinner, walk around the neighborhood.
• If you have a treadmill or other aerobic equipment at home, set the pace at low intensity and try reading while you move.

How To Live a Longer Life

Clean Eating on a Budget
Arthritis
Healthy Wheat Crackers
Mental Health
Eating well has never been so expensive. Over the past two years, the cost of vegetables, meat, fruit, and other nutritious, low-calorie foods has increased by an average of 19 percent. Conversely, junk food prices decreased slightly, by 2 percent. Here are some tips of smart, healthy swaps that you can buy for less than their equally healthy, more expensive equivalents.

The best breakfasts for all-day productivity are high in protein and low in refined carbohydrates, so even if there were no price difference, eggs would be a much better choice over a bowl of sweet cereal. Say you can scrounge five bowls from one box—that's 90 cents a meal (sans milk). A dozen eggs makes six meals—each for an average of 31 cents.

In terms of grains, for about the price of a bottle of water you can boil up a massive pot of soup-and-salad-ready lentils. A pound-size bag has 11 grams of fiber and 10 grams of protein in each of its 13 servings. It's also one of the world's richest sources of folate and B vitamins. You'll also save an average of 41 cents per pound if you choose lentils over brown rice.

We now turn our attention to protein. The protein of choice needs to fit a few criteria, including a high protein-to-fat ratio, high volume of essential nutrients, and low saturated fat. Light chicken meat wins easily vs. other cuts of meat, with chicken breast being the best you could buy. You can opt for frozen chicken breast, which contains almost identical nutrients at half the price as the fresh breast. But for an almost equally healthy chicken alternative, a dark chicken leg will save you 89 cents a pound and it is higher in nutritional value than all primal cuts of beef.

Seasonal Fruits & Vegetables

Buying your fruits and vegetables “in season” can ensure freshness and save on cost. This also helps to keep your taste buds happy and our local farmers and growers in business. Buying seasonally allows your weekly menu some variety and lowers your risk of those hidden preservatives in some canned or frozen choices. Here is a list of seasonal fruits and vegetables for Summer:

- Apricots
- Arugula
- Asparagus
- Beets
- Bell Peppers
- Blackberries
- Broccoli
- Cantaloupe
- Cherries
- Corn
- Cucumbers
- Eggplant
- Figs
- Garlic
- Grapefruit
- Grapes
- Kale
- Mango
- Okra
- Peaches
- Raspberries
- Shallots
- Snap Green Beans
- Snow Peas
- Strawberries
- Summer Squash
- Tomatoes

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What Does Texarkana Offer?

Southwest Community Center
3222. W. 7th Street
Texarkana, TX 75501

Southwest Community Center offers FREE Belly Dancing, Jazz, Zumba and Yoga classes. Check out their calendar to see when the classes are available, [http://www.ci.texarkana.tx.us/calendar.aspx](http://www.ci.texarkana.tx.us/calendar.aspx).

The Southwest Center also offers seasonal programs and events such as tennis and volleyball, basketball tournaments, health fairs, and much more. The park area of the Southwest Center provides four lighted tennis courts, play ground equipment, and a multi-purpose open space area. Facility hours are Monday - Saturday 8 a.m. - 9 p.m. For additional information including rental fees, please call the Southwest Center at 903-798-3978.
Arthritis

Arthritis is an illness that causes pain and swelling in the joints, often in the hips, knees, hands or wrists. Both young and older people can have it. There are several types of arthritis:

1. **Osteoarthritis (OA)** is called degenerative joint disease. It is the most common form of arthritis affecting more than 33% of people age 65 or older. OA occurs when cartilage and bone in a joint break down and when there's bony overgrowth. This causes pain and joint stiffness.

2. **Rheumatoid Arthritis (RA)** is an inflammatory illness which shows itself in many joints of the body. It changes the lining of the joints but can also change other organs. RA leads to the breakdown of cartilage and bone, and sometimes joint changes. Pain, swelling and redness are common.

3. **Childhood Arthritis** is a form of arthritis specific to children under the age of 12.

4. **Lupus** is a type of arthritis which happens when the immune system reacts to cells within the body causing widespread swelling and tissue damage.

There is no cure for most types of arthritis, but early care is important. Treatment, including medication, can ease symptoms, lessen pain and help improve movement. Education, physical therapy, weight control and drugs can also help. It may seem surprising, but being physically active can also help your arthritis — often more than other means of treatment. Swimming is easy on the joints. Walking outdoors, light stretching and yoga are all good choices to help you manage arthritis pain and stiffness. But before starting a workout plan, be sure to check with your doctor to make sure that you're healthy enough first.

Healthy Wheat-Cracker "Nachos"

**Ingredients:**
- 1 cup fresh corn kernels
- 6 ounces reduced-fat wheat crackers
- 1/2 cup (2 ounces) shredded cheddar
- 1/3 cup (1 1/2 ounces) shredded Monterey Jack cheese
- 1/4 cup lower-sodium mild green salsa
- 3 tablespoons (1 1/2 ounces) 1/3-less-fat cream cheese, softened
- 1 (15-ounce) can organic black beans, rinsed and drained
- 1/2 teaspoon kosher salt, divided
- 2 cups thinly sliced romaine lettuce
- 1 cup chopped plum tomato
- 1 cup chopped peeled avocado

**Yield:** Each serving is about 11 crackers, a healthy alternative to fried chips.

**Price:** $2.21 per serving.

1. Preheat broiler to high.

2. Arrange corn in a single layer on a heavy-duty baking sheet; broil 6 minutes or until lightly browned, stirring once.

3. Arrange crackers in a single layer on a baking sheet; top evenly with cheddar and Monterey Jack cheeses. Broil 3 minutes or until cheese is bubbly and crackers are lightly toasted. Divide crackers evenly among 4 plates. Combine salsa, cream cheese, and beans in a food processor. Add 1/4 teaspoon salt to salsa mixture; pulse until mixture is chunky and well blended.

4. Arrange 1/2 cup lettuce over each serving, and top each with about 6 tablespoons bean mixture, 1/4 cup corn, 1/4 cup tomato, and 1/4 cup avocado. Sprinkle evenly with remaining 1/4 teaspoon salt.
Texas A&M-Texarkana cares about its employees' health and well-being. We are here to provide you knowledge and information to help you live a healthy life.

If there is a topic you would like more information on or would like to see in the next newsletter, please contact the Human Resources office.

**Mental Health**

So often, mental health is tied in with experiences such as depression, anxiety, and stress. Undoubtedly, these conditions best fit here, but what about the flip side of that same coin? Instead of focusing on how to improve the negative, what about enhancing the positive? Innate in all of us are some really wonderful things; let’s look at how to optimize our potential to lead to increased happiness and overall wellbeing.

**Self-care 101:** I know, I can hear it already. “I don’t have time.” Sure, not all of us have the luxury of time or excess money lying around with which to indulge in massages, vacations, or recreational pastimes. But self-care isn’t always about the big stuff. In fact, small doses of self-care in frequent doses can do wonders. Set your alarm five minutes earlier in the morning or turn off the TV five minutes earlier at bed time. Take those five minutes to reflect inward. What’s your stress level? Are there any tense spots on your body? Identify any areas of stress, physical or emotional, and take five simple minutes to do deep breathing, meditation, or whatever you find relaxing. You may find that your day will start out or end up on a much calmer note.

**Give:** The act of donating your time does wonders for the mind. It reminds us that we do have something to give, that we have strengths that can make a difference and lead to change and gratitude. Volunteering can also lead to increased feelings of satisfaction and perspective-taking, much needed elements for happiness. Volunteering can mean picking an organization that is important to you, but it can also be as simple as helping a neighbor or expressing gratitude to someone who has helped you out. Ever brought treats to a local firehouse? Or to your child’s teacher for no reason?

**An attitude of gratitude:** Each and every day, we all wake up with stressors and worries. But, we also all wake up with many more things to be thankful for. Take some time at the end of each day to reflect on the things that you were grateful, and what you did to lead to those things happening. For example, “I’m grateful for my health. In order to be healthy, I have walked more this month, and decreased sweets.” Doing this will lead to us seeing ways in which we do care for ourselves. Find small ways to enrich your mind, body, and soul and note how little steps can lead to big outcomes.

Take those five minutes to reflect inward.