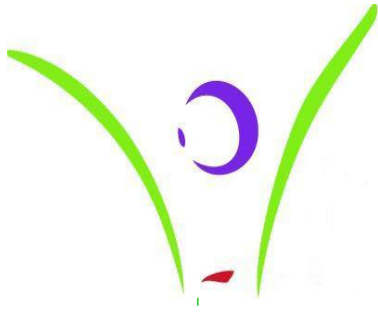


February, 2013



# Healthy Habits

Special Olympics Nebraska

Last Healthy Habits Newsletter we saw lots and lots of **RED**, this month, we will see all sorts of **GREEN!!** Do you know why? One of my favorite holidays, **St. Patrick's Day** is this month! Another exciting event coming in March is the **first day of Spring!** Remember March 20 is the first day of Spring, and hopefully that means no more snow, and much more sunshine! With warmer weather right around the corner, you should be able to get outside and get some exercise in doing your favorite activities, but always remember that staying hydrated is very important! In this newsletter, you will find many tips on how to stay hydrated and a couple options for beverage choices when you want something a little different than water!

I can't wait to see your monthly trackers from February! You have all been working so hard since the beginning of this program, and we are starting to see some great improvements! Always remember, what you do now in regards to your nutrition and exercise will affect you for a lifetime! Let's help each other to make the steps we are taking positive ones!

--Katie Novicki, Health and Wellness Manager, Special Olympics Nebraska--

## Upcoming Events in March

~**March 2, 2013:** Join College of St. Mary and Special Olympics Nebraska for the second annual **Spread the Word to End the Word Concert**. There will be a bounce house, silent auction, Special Olympics sports, and the Pat O Show playing live! This event is taking place at College of St. Mary from 12:00 p.m.-4:00 p.m. and there is a \$5 admission for anyone over the age of 12. Get your friends and family out of the house and go have some fun on Saturday afternoon!

~**March 28, 2013: April Fools Day Fun Run:** This is a FREE, 4-mile fun run starting at Peak Performance at 78<sup>th</sup> and Cass at 6:30 p.m. Whether you like to walk, jog, or run, head out to this great event! Door prizes will also be handed out!

## Recipe of the Month

I am sure you probably could have guessed, but this month's recipe is full of **green** ingredients! This is a very easy recipe, but provides many vitamins and nutrients that are crucial to keeping you healthy!

All you have to do is combine 1-2 cups of **lettuce, spinach, green peppers,** cherry tomatoes, **broccoli,** cauliflower, yellow squash, **cucumber,** carrot and **zucchini** in a bowl and add a small amount your favorite nonfat or low-fat dressing! Use this as a snack in the middle of the day or as an appetizer to your healthy meals!

## ~From your Hy-Vee Dietician~



Becky Guittar is the dietician at the 84<sup>th</sup> and Holdrege Hy-Vee, in Lincoln, NE

### Keep Hydrated – All Year Long

Here in the Midwest we know hydration is crucial during the hot, humid summer months. It is no problem to gulp down a glass of ice-cold water during those high-temperature months, but what about the winter months? During cold weather, it is just as important to keep hydrated. Consider your winter activities. Does snow skiing or shoveling snow come to mind? Intense activities like these require proper hydration.

Water is essential for our body to function. Being well-hydrated lubricates joints, helps move nutrients in the body and maintains body temperature to name a few. Checking urine color is one way to tell if you are hydrated. If urine is colorless or a pale yellow, you are probably well-hydrated.

#### Consider these tips to keep hydrated all year long:

- Carry a reusable plastic bottle with you - maybe use a PABA-free container.
- Look for zero-calorie flavored beverages such as *vitaminwater Zero* or *Sobe life water 0 calorie*.
- Beverages such as *smartwater* in larger bottles may help increase water consumption.
- During the cold months, try warm drinks such as a *lower-calorie cocoa mix* or *hot tea*.
- Add strawberries, lemon or cucumbers to your water for natural flavor.
- Add a *Hy-Vee Simply Light Fitness To Go* vitamin-enhanced drink mix packet to a bottle of water for a burst of flavor. *Crystal Light Pure* is made with Truvia, a newer sugar substitute. *Hy-Vee Performance* and *Mio Fit* liquid drops can also be used. They contain electrolytes and vitamins. Beware: some liquid drops contain caffeine.
- Certain foods, such as broth-based soups, milk and melons also contribute to fluid intake

#### Berry-Infused Spritzer

Serves 1

All you need

\*1 (20 oz) bottle go-go mixed berry vitaminwater Zero™

1 cup Coke Zero™ or Spite Zero™

### Water!

- Keeps body temperate normal
- Lubricates and cushions joints
- Protects spinal cord & other sensitive tissues
- Gets rid of wastes

**Drink half your weight in ounces each day.**




All you do

1. Pour vitaminwater into an ice cube tray. Freeze at least 4 hours.
2. Place 2-3 ice cubes in glass. Serve topped with Sprite Zero or Coke Zero.

Nutrition Facts per serving: 0 g calories, 0g fat, 0 g trans fat, 0 mg cholesterol, 30 mg sodium, 1 g carbohydrate, 0 g fiber, 0 g sugar, 0 g protein. 0% vitamin A, 25% vitamin C, 0% calcium, 0% iron

\*Make the ice cubes using your favorite vitaminwater Zero™ flavor.

**What kind of fluid do I need?**

<p><b>Heavy and long duration activity (more than 60 minutes)</b></p> <ul style="list-style-type: none"> <li>• Long runs and cycling</li> <li>• Impact sports</li> <li>• All-day tournaments</li> <li>• Two-a-day practices</li> <li>• For prolonged activity, it is better to replace the heavy fluid and electrolyte losses</li> </ul>	<p><b>Moderate Activity (less than 60 minutes)</b></p> <ul style="list-style-type: none"> <li>• Short runs</li> <li>• Power-walking</li> <li>• Aerobics, water aerobics</li> <li>• Tennis</li> <li>• Short cycling</li> <li>• Sports drinks contain the right balance of electrolytes to replenish lost minerals from perspiration</li> </ul>	<p><b>Sedentary or light activity</b></p> <ul style="list-style-type: none"> <li>• Water is best</li> <li>• This will maintain your fluid balances, help cool your body and hydrate all your different tissues, like muscle, pulmonary and skin</li> </ul> 
 <p><b>Gatorade G PowerAde ONE Coconut Water</b></p>	 <p><b>Gatorade G2 Gatorade G PowerAde</b></p>	<p><b>Propel Zero PowerAde Zero Hy-Vee Water Coolers or Water Refreshers La Croix flavored waters Water</b></p>

The information is not intended as medical advice. Please consult a medical professional for individual advice. Source: hy-vee.com

