



FOCUS ON FITNESS

February 2018

Monthly Events:

Nutrition Made Clear Thurs, Feb. 1 & 15
1:15 pm
Game Room

This winter and spring, we wrap up the final session of this pertinent video series as we look at Functional Foods, Herbal Therapy, Organics, Creating Your Personal Nutrition Plan, Exercise & Nutrition, & The Future of Nutrition—Science & Trends.

Feb 1 – “Facts on Functional Food”
Feb 15 – “A Look at Herbal Therapy”

Pool Volley Ball Mon, Feb. 5 & 19
1:30 pm

Come together with your peers for some old fashioned pool fun. If mobility or balance is a problem, there is no need to worry because this is a pool party! We will be playing for fun and using a beach volleyball.

Wii Bowling Mon, Feb. 12
1:30 pm
Scholl Conference Center

Good ole Wii Bowling fun! Bowling will start at 1:30pm and end at 3:00pm. Sign up in the Fitness Center in advance.

**Be My Valentine
Cookie Drop Off** Tue, Feb. 13
Drop off by 2 pm
Fitness Center

Show your Love for our Public Servants! The Fitness Center is coordinating a “Be My Valentine” Cookie Drop-off to show our appreciation for our local Police and Fire Departments. We’re asking residents & employees who enjoy baking to consider bringing 2-3 dozen homemade cookies to the Fitness Center by 2 PM on Tuesday, February 13. We’ll make the drop-off later in the day. Feel free to include a card or note with your cookies to show your affection for those who run to our aid when there is an emergency. Please package the cookies in disposable wrapping so we do not have to worry about containers that need to be returned – boxes might be best to keep the cookies in good condition. We’d like to know who we can count on & how many

cookies to expect so please give us a call to add your name to the list. Share your love!



Nutrition Nuggets Submitted by Helenkay Smith:

The Health Benefits of Tea

Across the country, restaurants, cultural venues and retail shops serve premium teas, while most supermarkets, convenience stores and vending machines are stocking bottled tea.



According to the Tea Association of the U.S.A. Inc., the number of Americans who will drink tea today is over 158 million, about half the U.S. population. And, the trend of increased consumer purchases of tea is expected to continue over the next five years.

Ever since 2737 B.C., when Chinese legend says leaves from an overhanging *Camellia sinensis* plant fell into Emperor Shennong's cup of boiling water, tea has been recognized by cultures around the world for its capacity to soothe, restore and refresh. Far from being a fictitious promise, tea has been lauded for an array of potential health benefits — from reducing cancer and heart disease risk to improving dental health and boosting weight loss.

Tea and Heart Health

The strongest evidence is on the side of heart health, attributed to the antioxidant effects in tea. Studies that looked at the relationship of black tea intake and heart health reported decreased incidence of heart attack, whereas drinking green tea was associated with lower total cholesterol, LDL and triglycerides, and higher HDL (the "good" cholesterol) levels.

Can Tea Prevent Cancer?

Support for tea's cancer prevention benefits is less compelling. It has been suggested that polyphenol compounds — particularly *catechins* — in tea may play a role in preventing cancer. However, studies related to black tea and different types of cancers have been extremely limited or conflicting.

Tea for Teeth

In 2010, Japanese researchers reported at least one cup of green tea per day was associated with significantly decreased odds for tooth loss. Other studies have suggested tea may lower the pH of the tooth surface, suppressing the growth of periodontal bacteria. A more likely reason for tea's anti-cariogenic effect is its fluoride content. Tea usually is brewed with fluoridated water and the tea plant naturally accumulates fluoride from the soil.

Tea and Weight Loss

Evidence supporting tea as a weight-loss aid is based mainly on studies that used tea extracts (*epigallocatechin gallate* and other polyphenols and caffeine). These results may not be directly applicable to brewed tea consumed in normal amounts.

Tea and Caffeine

The caffeine content of tea varies widely depending on the kind of tea used and the way in which it is brewed. Typical levels for tea are less than half that of coffee, ranging from 20 to 90 milligrams per 8 fluid ounces (compared to 50 to 120 milligrams in coffee).

Slow-Cooker Beef Stew

Recipe From: EatingWell...Load the crock pot and go with this stew recipe that's prepped in the morning and simmers all day so you'll come home to a Sunday-worthy dinner (and your cottage or apartment smelling downright heavenly). Tender beef, melt-in-your-mouth potatoes and carrots in a rich broth—this could be the best and easiest beef stew you've ever made. The recipe makes plenty of leftovers for the cold days ahead! If it seems like too much, cut the recipe in half.

Ingredients

- 3 pounds boneless beef chuck, trimmed and cut into 1 ½ -inch pieces
- 1 teaspoon salt, divided
- 1 teaspoon ground pepper, divided
- ½ cup all-purpose flour
- 4 tablespoons extra-virgin olive oil, divided
- 1 large onion, halved and sliced
- 1 ½ pounds Yukon Gold potatoes, cut into 1 ½ -inch pieces
- 1 pound carrots, cut into 2-inch lengths
- ¾ cup red wine
- 1 ½ cups low-sodium beef broth
- 1 (6 ounce) can tomato paste
- 1 small bay leaf
- Chopped fresh parsley for garnish
- Equipment: 6-quart slow cooker



Directions

- 1.) Place beef in a large bowl and season with ½ teaspoon each salt and pepper. Add flour and toss to coat. Shake off excess flour back into the bowl and reserve.
- 2.) Heat 2 tablespoons oil in a large skillet over medium-high heat. Add about a third of the beef to the pan. Cook until brown on all sides, about 4 minutes. Transfer to a 6-quart slow cooker. Add 1 tablespoon oil to the pan and cook the remaining beef in 2 more batches, adjusting the heat as needed. Transfer to the slow cooker.
- 3.) Add the remaining 1 tablespoon oil and onion to the pan. Cook on medium heat, stirring, until soft, about 8 minutes. Add the onion to the slow cooker along with potatoes and carrots. Add wine to the pan and scrape up and browned bits. Pour into the slow cooker.
- 4.) Whisk broth, tomato paste, thyme, bay leaf and the remaining ½ teaspoon each salt and pepper into the flour left in the bowl. Pour over the stew ingredients and stir well.
- 5.) Cover the slow cooker and cook on High for 4 hours or on Low for 7 ½ hours. Serve the stew sprinkled with parsley, if desired.