

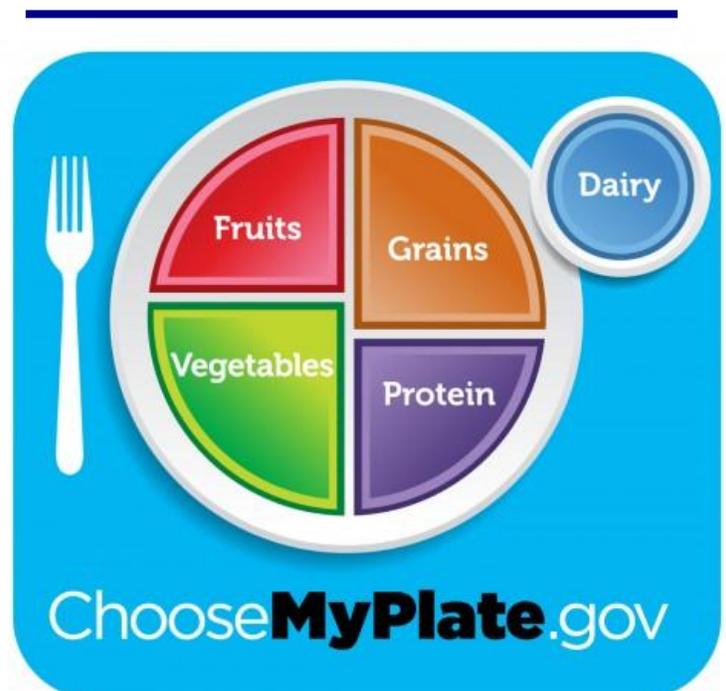


Summer 2013

## Don't Forget your Vitamins!

Vitamins play an important role in the growth and function of your body. There are 13 essential vitamins that your body needs to survive. For example, without enough vitamin D, you could develop Rickets. Usually, with a well balanced diet, people can get all of their necessary vitamins from their food. However, it is sometimes necessary to take dietary supplements. However, please talk to your doctor before beginning any new vitamin supplements. Get to know a little bit about your essential vitamins:

- **Vitamin D:** Vitamin D is a fat-soluble vitamin that is often absorbed through exposure to UV light from the sun. However, if you do not spend much time outdoors, there are a few other ways to make sure you are getting enough vitamin D. Valuable food sources of this vitamin include cod liver oil, seafood, such as salmon and tuna, and fortified juices and dairy products. Eggs, margarine and fortified cereals contain moderate amounts. One of vitamin D's most important functions is to help your body absorb calcium and promote normal bone growth.
- **B Vitamin:** The B vitamin folate, or folic acid, is linked with a reduced risk for colon cancer. Vitamin B1, also called thiamine, helps your body convert carbohydrates into energy during digestion. Vitamin B3, or niacin, allows for normal breakdown of carbohydrates, fats and alcohol. Vitamin B6, or pyridoxine, promotes protein digestion. To meet your B vitamin needs, eat a diet rich in whole grains, beans, seafood, dairy products and leafy green vegetables.
- **Vitamin C:** The antioxidant vitamin C enhances iron absorption and gum and tooth health. To obtain vitamin C, you should consume a variety of fruits and vegetables. Top vitamin C sources include citrus fruits, tomatoes, strawberries, bell peppers and sweet potatoes. There's no question that vitamin C plays a role in controlling infections. It's also a powerful antioxidant that can neutralize harmful free radicals, and it helps make collagen, a tissue needed for healthy bones, teeth, gums, and blood vessels.
- **Vitamin A:** Vitamin A does much more than help you see in the dark. It stimulates the production and activity of white blood cells, takes part in remodeling bone, helps maintain the health of endothelial cells (those lining the body's interior surfaces), and regulates cell growth and division. Many breakfast cereals, juices, dairy products and other foods are fortified with vitamin A while many fruits and vegetables contain Vitamin A naturally.
- **Vitamin E:** In addition to its activities as an antioxidant, vitamin E is involved in immune function. Numerous foods provide vitamin E. Nuts, seeds, and vegetable oils are among the best sources of alpha-tocopherol, and significant amounts are available in green leafy vegetables and fortified cereals.
- **Vitamin K:** Vitamin K helps make four of the 13 proteins needed for blood clotting. Lately, researchers have demonstrated that vitamin K is also involved in building bone. A recent study suggests suggests that women who get at least 110 micrograms of vitamin K a day are 30 percent less likely to break a hip than women who get less than that. People who do not regularly eat a lettuce salad or green, leafy vegetables are likely to be deficient in their intake of vitamin K; national data suggests that only about one in four Americans meets the goal for vitamin K intake from food.



# Pork Chops with Golden Apple Sauce

By Rachael Ray in 30 Minute Meals



- 4 Golden Delicious apples, chopped
- 2 teaspoons lemon juice
- 2 ounces golden raisins, a handful
- 1-inch piece fresh ginger root
- 3 tablespoons light brown sugar
- 2 cups all natural apple juice or cider, plus a splash for pan sauce
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon freshly grated nutmeg
- 2 tablespoons vegetable oil or olive oil, 2 turns of the pan
- 4 (1-inch) thick center cut boneless pork loin chops, 6 to 8 ounces each
- Salt and pepper

Combine first 8 ingredients in a medium pot placed over medium high heat and cook until a chunky sauce forms, 10 to 12 minutes, stirring occasionally. If sauce begins to spatter as it bubbles, reduce heat back a little, but it should be allowed to reduce and form quickly. Once apples are soft and sauce forms, remove it from the heat.

Heat a large nonstick skillet over medium high heat. Add oil to the pan. Season chops on 1 side with salt and pepper. Using a pair of tongs, add chops to hot skillet seasoned side down. Season the opposite side of the chops with salt and pepper. Brown and caramelize the chops 2 minutes on each side, then reduce heat to medium and cook another 5 to 6 minutes, turning occasionally, until juices run clear. Remove chops from heat and let them rest a couple of minutes for juice to redistribute. Deglaze the pan with a splash of apple juice and 2 tablespoons of butter. Pour pan sauce over chops. Remove ginger from the sauce and top chops with generous portions of warm golden apple sauce.

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## High Fives!

- High Five to **Pasquale M** for losing 70 pounds.
- High Five to **Richard P** for improving dietary lifestyle.
- High Five to **Tina S** for increasing exercise and improving eating habits.
- High Five to **Onraee W** for going to the YMCA consistently.
- High Five to **Walter W** for increasing weekly exercise.
- High Five to **Dennis L** for losing 13 pounds.
- High Five to **Alex G.** for continuing to "stay in the game" and make progress despite injury.
- High Five to **Erika P.** for continuing to "stay in the game" and make progress despite injury.
- High Five to **Priscilla B.** for reaching out for information and achieving her weight loss goal.
- High Five to **Margie B.** for reaching outside her comfort zone and applying the healthy habits she has learned.
- High Five to **Kat B.** for rising above expectations creating an exercise schedule outside of her weekly sessions.
- High Five to **Josefa M.** for learning how to recognize her challenges and how to overcome them.
- High Five to **Amanda C.** for breaking through a year long plateau to a place of limitless opportunity.
- High Five to **Gary T.** for identifying recent obstacles and never giving up.
- High Five to **Filomina R.** for being consistent and dedicated to the InSHAPE program.
- High Five to **Peg C.** for proving that there are literally no hurdles too high to be conquered, thank you for inspiring so many.

## Graduates!

- James D.** successfully completed his one year commitment in the InShape program!
- Robert C.** successfully completed his one year commitment in the InShape program!
- Keyla M.** successfully completed her one year commitment in the InShape program!
- Brendan K.** successfully completed his one year commitment in the InShape program!
- Francis B.** successfully completed his one year commitment in the InShape program!
- Theresa B.** successfully completed her one year commitment in the InShape program!
- Chapl R.** successfully completed her one year commitment in the InShape program!
- Shelley O.** successfully completed her one year commitment in the InShape program!
- Nelson C.** successfully completed his one year commitment in the InShape program!

## 10 Fun Fall Activities in RI

1. **East Bay Bike Path** – Run or bike along this beautiful ocean-side path from Providence to Bristol.
2. **Shakespeare in the Park** – Enjoy this free outdoor production in Wilcox Park in Westerly.
3. **Rustic Tri-View Drive-In** – Watch an outdoor movie at this old-school drive-in theater at route 146 North Smithfield
4. **Hope St. Farmer's Market** – Every Wednesday afternoon and Saturday morning, local vendors gather in the park on Hope St. to sell fresh produce and treats such as pizza and cupcakes and play free live music! If you use EBT, you can get \$7 of produce for \$5!
5. **Easton's Beach** – Enjoy this beautiful Newport beach and check out the carousel, water slide, and skate park.
6. **Block Island** – Visit for the day or take a ferry around this beautiful Island.
7. **Save The Bay** – Visit the Save the Bay Exploration Center in Newport to learn about our Rhode Island beaches
8. **Four town Farm** – Cut your own flowers and pick your own fruit (seasonal) at this beautiful farm in Seekonk, MA
9. **Ghost Tours** – Check out Providence Ghost tours for the spooky side of our history or visit Olde Town Ghost Walk in Newport.
10. **Roger Williams Park Zoo** – Visit this great local zoo. Providence residents enjoy free admission on the first Saturday of every month

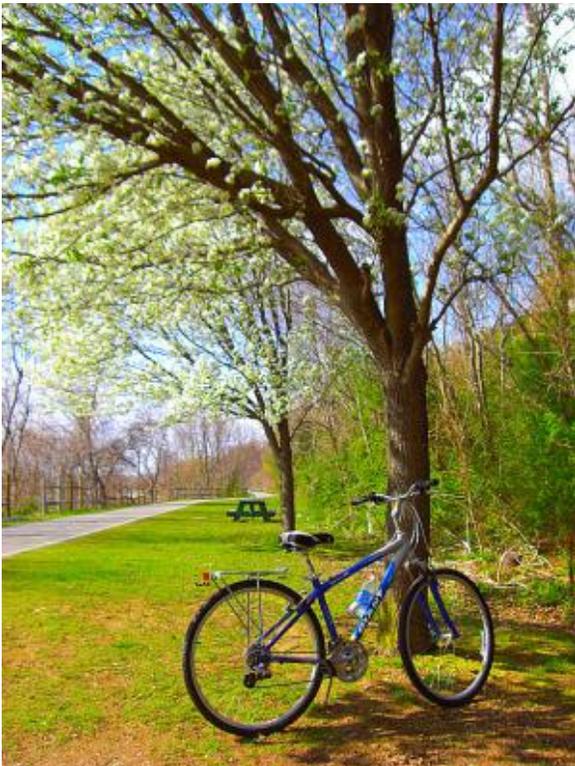


Photo of the East Bay Bike Path. Photo credit from examiner.com



InSHAPE Activity: Hike to the top of Blue Hills!

## Interview with a Client: Alan T.

### ***How long have you been in the program?***

About 3 years now

### ***Who do you usually work with?***

I usually work with Lauren every week. But before Lauren joined the program, I used to work with Dan every week,

### ***What do you usually do for exercise?***

Some weeks Lauren takes me walking on the track at the Rhode Island School of the Deaf. Other weeks she takes me to the YMCA where we use all of the equipment. I really like the treadmill and the leg lift.

### ***What is your favorite meal/snack?***

My two favorite meals are stir fried chicken with vegetables or brisket with carrots and potatoes. My favorite snacks are corn cakes or peanut butter and jelly or fruit: usually an apple, banana, or peach. I like peaches.

### ***What is your favorite part of the program?***

My favorite part of the program is getting to use the track at the Rhode Island School of the Deaf or the YMCA. I really like working with Lauren because she likes to talk about food and sports with me. I also really like the celebrations – the awards for hard work and snacks are a lot of fun.

### ***What have you gained from this program? How has it helped you?***

In this program I have lost weight and my heart rate is better. I lost 10 pounds. I really like the stress test every 3 months – it lets me understand my health. It shows how my blood pressure and heart rate change over time and how they are different before and afterward my walk test.

### ***Is there anything else you wished the program offered? Is there anything that should be changed?***

The program is really good. I really appreciate everything it has done for me. The only thing I would change is that I would like to meet with Lauren more often during the week.



### The Beauty of Physical Activity

For some the term “Physical Activity” can be an intimidating one and typically comes with a vision of walking on a treadmill or doing sit ups on some crazy piece of equipment. The InSHAPE program strives to eliminate this stigma with it’s members by giving them the opportunity to experience different, fun and exciting ways of incorporating physical activity into their lives. Pictured here trainer Mike Rogers and member JM take in the scenery and enjoy the breeze from Easton’s Beach in Newport, RI summer 2013.



### The Senior Smack Down

BF, in her seventies, challenges anyone who says “oh I’m just too old for that”, as she trains doing uppercut punches with personal trainer Artie Artwell of Davey Lopes training facility. As part of a new initiative, the InSHAPE program is trying to recruit more seniors. Seniors benefit greatly from increasing their physical activity and changing their eating habits. Health Mentors have created more senior focused activities, personal training programs and group exercise classes. Join BF today and knock out any misconceptions you may have about fitness after fifty.



### And in this Corner...

Meet the “InSHAPE Boxing Boys”. (Left to right) WG, LC, AG, DM and SR pose for a pic while attending the InSHAPE activity February 2013 at the Davey Lopes Training Center. Members traveled to the location in Providence, RI where they were met by a trainer Artie Artwell specializing in boxing technique and skills. Members were able to experience a full boxing training session at the facility equipped with two full size boxing rings and fitness equipment. Health Mentors and InSHAPE members enjoyed all of the group drills and one on one time with the trainer.

## Back to School Tips

1. Mark your calendar with all the important dates of school related functions including homework and exams
2. Re-establish your bedtime and mealtime routines – make sure you have a good sleep cycle so you can stay awake and focused in class.
3. Designate a homework spot. Make sure your have a quiet place to concentrate on your work with minimal distractions.
4. Search for coupons online to save on back-to-school supplies
5. Check out the local salvation army, good will, and consignment clothing stores for affordable back-to-school supplies, backpacks, and clothes.
6. Eat a good breakfast before class – this will help fuel your brain and help you concentrate on your work
7. To lower your anxiety on test day, make sure to start studying at least four days in advance. Figure out how you learn the best – whether it is through flash cards or re-reading the text book or studying your notes.
8. Balance your life! – Make sure to keep doing the things you love.

## New InSHAPE Classes!

### Core n' More:

Core n’ More is a 60 minute, high intensity efficient circuit training work out that challenges your whole body. It utilizes equipment and calisthenics such as push-ups, crunches, and other body weight exercises. Participants will also learn a variety of core strengthening techniques to increase balance and flexibility. It takes place at 3:00 PM on Wednesdays in the Community Room

### Senior Chair Aerobics:

Senior Chair Aerobics is a group class for seniors only which incorporates mild weight lifting and core exercises while in a seated position. It combines cardiovascular training along with strengthening, balancing and stretching exercises. It is designed to increase fitness levels and make everyday tasks easier to complete. This class takes place at 9:00 AM on Friday mornings in the Community Room