Active Bodies…Healthy Brains

The evidence is rapidly accumulating. Exercise that elevates the heart rate is one of the most helpful things you can do to improve the health of your brain as you age. Study after study is reporting that 150 minutes of brisk walking a week for 4-6 months improves memory, concentration, decision-making, and learning. One of the ways this happens is through the release of BDNF, which helps form new nerve cells in the brain, repair cell damage, and improve the ability of our brain cells to communicate with each other. Researchers recently found that the benefits resulting from 6 months of brisk walking actually persisted 12 months AFTER the exercise had stopped. Just one more reason to participate in Messiah’s new wellness program titled “Messiah Goes to The World Cup”. Details can be found in a recent Intercom or on the wellness program web page.

POWER Blueberry Muffins

-Non-stick cooking spray
-2 cups whole-wheat flour
-1 cup plain oat (regular or quick)
-2/3 cups sugar
-1 teaspoon baking powder
-1 teaspoon baking soda
-1/2 teaspoon salt
-1.5 cups (12 oz) non-fat Greek yogurt
-2 tablespoons honey
-2 large eggs (lightly beaten)
-4 tablespoons unsalted butter, melted slightly cooled
-1 teaspoon vanilla extract
-2 cups fresh blueberries

Preheat oven to 350 degrees. Coat muffin tin with cooking spray, set aside. In a large bowl, combine flour, sugar, oats, baking powder, and baking soda. In a smaller bowl, combine yogurt, honey, eggs, butter, and vanilla. Pour yogurt mixture into dry mixture and stir. Slowly add blueberries. *Mixture will be very thick, you can add milk if desired *Substitute coconut oil for butter if desired. Spoon mixture into tins, bake about 20-25 minutes.

Recipe found at http://seeaimeecook.blogspot.com/2013/07/power-muffins-blueberries-oatmeal-greek.html

Walk off Weight!

Did you know…?
-Walking an hour a day decreases your risk of heart disease, cancer, diabetes, and stroke
-Regular exercise slows the aging process
-Studies support that walking helps you live longer
-Walking burns stored fat and helps build muscle, which helps speed up metabolism
-Walking increases blood flow to the brain, which enhances thinking

Tips
-Wear a pedometer! Work up to 10,000 steps per day
-Add Speed intervals, hills, or stairs to enhance workout and burn more calories
-Aim to walk 30-60 minutes about 5-6 days a week
-Keep track of minutes and/or miles walked
-For a 10-week Walking fitness program check out http://walking.about.com/cs/walkoflife/a/walkoflife.htm

Employee Wellness News

Sign up today for the Messiah Goes to the World Cup program and record your exercise mileage or minutes each week. If you sign up for the walking program and want a free pedometer, contact Doug Miller. Details at the website below.

Wednesday Wellness Workshops – the first Wednesday of each month from 12-12:45 in Parmer Cinema.

October 2, 2013 – “Cycling to better health”. Plan now to attend!

Visit http://www.messiah.edu/offices/engle_center/wellness/index.html for more information about this year’s wellness program.

www.about.walking.com; JAMA, 2010;304(20), 2253-2262.