

UPCOMING EVENTS

Yoga Classes – Beginning May 15, we are offering two 6-week Basic Yoga classes, Mondays from 4-5pm, and Saturday mornings from 9-10am. The pre-paid cost of the full 6-week class will be \$108. Drop-ins will be welcome at \$20/class. Please contact us at 847-251-6834 to register for either or both of these classes (let us know also if you plan to drop-in).

Health Expos - PFTL will be participating in the following Expos. Please stop by to say hello.

Health and Wellness Expo – May 15 from 9am-12pm. Held at the Meskill Senior Center, 1041A Ridge Rd, Wilmette. This will be an interactive event to include various health screenings, seminars, exhibitors and healthy food.

Wellness Resource Expo – May 15 from 10am-2pm. This will be held at the North Shore Senior Center, 161 Northfield Rd., Northfield. There will be exhibitors for everything from fitness to travel to recreation.

TO LOSE WEIGHT INCREASE YOUR CARDIO/AEROBIC EXERCISE

Recent studies indicate that different durations and intensities of physical activity are necessary for maintaining weight, losing weight and then maintaining weight level after losing weight.

TO MAINTAIN CURRENT WEIGHT (no prior weight loss and no change in diet) – 150-250 minutes/week at moderate intensity is necessary. This is approximately 5-7 days/week for 30 minutes each session.

TO LOSE WEIGHT (WITH NO CHANGE IN DIET) – **more** than 250 minutes/week 75% at moderate and 25% at vigorous intensity levels is recommended. This would be **at least** 5 days/week for 55 minutes (41 minutes at moderate and 14 minutes at vigorous intensity) each session.

TO LOSE WEIGHT WITH DIET CHANGE – 150 – 250 minutes/week, 75% at moderate and 25% at vigorous intensity; the more time the better. This could be 5 -7 days/week for 30 minutes (22 minutes at moderate and 8 minutes at vigorous intensity) per session. Note the difference that diet makes in the cardio requirement.

TO KEEP WEIGHT OFF AFTER LOSING WEIGHT – more than 250 minutes/week at moderate intensity. This could be 5-7 days/week for 55 minutes. This is similar to what is necessary to lose weight with no diet change, but the intensity may not need to be as vigorous.

EXERCISE FOCUS CHANGES WITH AGE

In the May issue of Men's Health, an interesting article presented some suggestions on the best way for most men to exercise as they age. The research is based on how the physiological shifts of a man's body alter the way in which he should exercise. The following is a summary of some of the findings; the fundamental concept is to include resistance training, cardiovascular training and flexibility training in all workouts (which would be true for women as well).

According to the article, men (ages 30-50) should exercise 3X/week, do 3 sets of 10 repetitions for resistance training to include two multi-joint upper body, two multi-joint lower body exercises and 1-2 core stability exercises for a total of 25 minutes (men 50+ can reduce this to 20 minutes). Next is cardio intervals for 25 minutes (for ages 30-40) or 20 minutes (for ages 40+). This should be followed by flexibility training for 10 minutes (ages 30-40), 15 minutes (ages 40-50) and 20 minutes (for age 50+).

WHAT IS A LIPID PANEL?

A lipid panel is a blood test that measures lipids-fats and fatty substances used as a source of energy by your body. Lipids include cholesterol, triglycerides, high-density lipoprotein (HDL), and low-density lipoprotein (LDL). This panel measures:

- Total cholesterol level.
- Triglyceride level.
- HDL cholesterol level. This is the "good" cholesterol.
- LDL cholesterol level. This is the "bad" cholesterol.
- Very-low-density lipoprotein (VLDL) cholesterol level.
- The ratio of total cholesterol to HDL.
- The ratio of LDL to HDL.

Lipids are found in your blood and are stored in tissues. They are an important part of cells, and they help keep your body working normally. Lipid disorders, such as high cholesterol, may lead to life-threatening illnesses, such as coronary artery disease (CAD), heart attack, or stroke.

Your doctor may order a lipid panel as part of a regular health examination. Your doctor may use the results of this test to prevent, check on, or diagnose a medical condition.

You usually need to avoid eating for 10 to 12 hours before you have this blood test.

If your doctor finds a lipid disorder, treatment may be started to help lower your blood lipid levels. Your treatment could include medicines, diet changes, weight loss, and exercise.

RECIPE FOR SPRING –Our friend Anita Brown, Culinary Coach (www.anitaculinarycoach.com), suggests this asparagus soup recipe that is perfect for those unpredictable, cool spring days. This versatile soup, rich with coconut milk and spiced with curry is also refreshing – cold – when the days warm up.

Garden-Fresh Asparagus Soup (Makes 6 appetizer servings, 1 cup each)

Asparagus is a good source of vitamin A, folate, iron, vitamin B and vitamin C.

2 Tbs. butter	3 cups vegetable broth or reduced-sodium chicken broth
2 Tbs. olive oil	1 cup "lite" coconut milk
1 medium onion, finely chopped	2 cups of ½ inch pieces trimmed asparagus (about 1 bunch)
½ tsp salt, divided	Freshly ground pepper to taste
½ tsp. curry powder	¼ cup reduced-fat sour cream
¼ tsp. ground ginger	1/3 cup finely chopped scallion greens or fresh chives, chopped
Zest and juice of 1 lemon, divided	
2 cups diced peeled red potatoes	

Melt butter and oil in large saucepan over medium heat.

Add onion and ¼ tsp. salt. Cook, stirring often, until golden – about 5 minutes

Stir in curry powder, ginger, lemon zest and potatoes and simmer, stirring occasionally for 5 minutes

Stir in broth, coconut milk and asparagus.

Bring to simmer over medium heat, partially covered and cook till potatoes are tender, about 15 minutes.

Puree soup until smooth with an immersion blender or regular blender (in batches).

Season with remaining ¼ tsp. salt and pepper.

Whisk sour cream, lemon juice and scallion greens or chives in a small bowl and garnish with a swirl of it into the bowl.

Anita's TIP: Always buy asparagus that has beautiful apple green, firm stalks with tight, purple-tinged tips. This harbinger of spring grows fresh from February through June. Use it right away or refrigerate and wrap tightly in a plastic bag or standing upright in an inch of water, covering the container with a plastic bag.

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