

FEBRUARY NEWS

NOAA Fitness Center

1315 East-West Hwy
SSMC 3, Level M2

Hours of Operation

Mon-Thursday 6:30am-7:30pm

Fridays 6:30am-7:00pm

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All About Stress Management

Each one of us faces stressful situations throughout our daily lives. Stress can be caused by a wide range of situations; a traumatic accident, death in the family, an emergency situation, unemployment, relationship problems along with many more.

How Your Body Reacts to Stress

When a stressful situation begins to arise your body begins the fight or flight response. Your body naturally responds as if it is in danger. Your heart begins to beat faster as your breathing rate increases. Your increase in the hormone adrenaline gives you an extra burst of energy.

Symptoms of Stress

- Job Dissatisfaction
- Low Morale
- Anxiety
- Depression
- Short – Temper
- Difficulty Concentrating

Effects of Stress on Your Health

- Headache
- Sleeping Disorders
- Upset Stomach
- Constipation
- Diarrhea
- Irritability
- Lack of Energy
- Lack of Concentration
- Over/Under Eating
- Heart Problems
- Higher Risk of Asthma/Arthritis Flare Ups
- Tension
- Stomach Cramping
- Stomach Bloating
- Skin Problems
- Depression
- Weight Gain/Loss
- Irritable Bowel Syndrome
- High Blood Pressure
- Diabetes
- Neck/Back Pan
- Less Sexual Desire
- Difficulty Getting Pregnant
- Anger
- Sadness
- Anxiety

Short and long term stress have direct effect on our bodies. With an increased production of the hormones cortisol and adrenaline we are more likely to catch a cold. The increase in hormones lowers our bodie's immune response. Stress management techniques can help decrease the production of these hormones. This is important because stress can worsen existing health problems.

How to Protect Yourself

- ✓We all have our own way of relaxing. Some common forms include deep breathing, yoga, meditation, massage therapy, reading, or listening to soothing music.
- ✓When a stressful situation arises from taking deep breathes:
 - Lie down or sit in a chair.
 - Rest your hands on your stomach.
- Slowly count to four and inhale through your nose. You'll feel your stomach rise. Hold this for a second.
- Slowly count to four while you exhale through the mouth.
- Repeat as many times as you feel you need to.
- ✓It is important to take care of yourself. Make time for yourself no matter how busy you are. Try to a set aside 15 minutes each day for something you enjoy; a bubble bath, walk through the park or a phone call to a friend.

100

Steps per minute for a walk to be considered "moderate exercise"

93

Percentage of individuals with Type 2 Diabetes who eat more than the recommended amount of calories from fat (20-35%) everyday

82

Percentage more likely people are to drink heavily if their coworkers do.

How Many Minutes Does It Take to Burn Off an Alcoholic Beverage?

Drink	Cal.	Mins. to Burn
1 Shot	65	7.5
1 Glass Red Wine (4 oz)	80	9.5
1 Martini (3.5 oz)	140	16.5
12 oz Beer	150	17.5

The Benefits of Getting a Good's Night Rest

The benefit of 7-9 hours of deep sleep is fewer sniffles, a trimmer waistline and a lower risk of heart disease and diabetes.

Those who get less than seven hours of sleep a night are three times more likely to catch a cold. Adequate amounts of sleep boost our immunity and too little can impair immunity.

A lack of sleep can throw off our hormones that regulate appetite. Those who get 7-9 hours of sleep have been found to have a lower BMI (Body Mass Index) than those who only get a few hours of sleep.

Lack of sleep has been linked to higher stress hormone levels that can raise blood pressure and affect glucose metabolism.

Tips for a DEEPER SLEEP:

1. Gradually advance your bedtime by 15 minutes a night until you find a time that gives you 7-9 hours a night.
2. Dim the lights an hour before bed and establish a bedtime routine.
3. Avoid the TV and computer.
4. Try meditation or light stretching to relax.



Ingredients

- Parchment paper
- Nonfat cooking spray
- 3/4 cup white sugar
- 3/4 cup dark brown sugar
- 1/2 cup plus 2 tablespoons unsweetened dark cocoa powder
- 2 whole eggs
- 4 egg whites
- 1 1/4 cups prunes, puréed in a blender or food processor with 1/2 cup warm water
- 1 1/4 teaspoons pure vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda
- 1/2 cup white flour
- 1/2 cup whole-wheat flour

Sign up for the April Fools 5k/10k
Bike/Walk/Run
Flyer at noaafitness.net
\$15 Fee

The Lowdown on High Blood Pressure

A healthy blood pressure is 120/80. Once it begins to rise above that it is classified as pre-hypertensive. Individuals with pre-hypertensive blood pressure are three times more likely to have a heart attack.

How to Lower Your Blood Pressure:

- Establish a regular exercise routine.
- Stop smoking for good.
- Limit alcohol consumption.
- Limit salt to 1,500 mg a day.
- Get 4.7 g of potassium a day to help the kidneys excrete sodium. Try more tomatoes, oranges, and bananas.
- Get 1, 200 mg of calcium a day. Try low or non-fat yogurt, milk, salmon, and broccoli.
- Eat more whole grains.
- Consume no more than 6 teaspoons (100 calories) of sugar a day.

The most important thing to do is have your blood pressure taken regularly. Stop by the Fitness Center if you are interested.

Hearty Low- fat Valentine Brownies

Serves: Makes 15 brownies

Prep Time: 10 minutes

Cook Time: 35-40 minutes

Nutrition Score per serving:

(1 brownie): 148 calories,
8% fat (1.41 g; 0.6 g saturated),
82% carbs (33 g), 10% protein (4 g),
15 mg calcium, 1 mg iron, 2 g fiber,
127 mg sodium.

Directions

Preheat oven to 325 F. Line a 9-by-13-inch baking pan with parchment paper and coat with cooking spray. Set aside. Combine sugars, cocoa powder, eggs and egg whites in an electric-mixer bowl and beat until light and creamy; about 5 minutes. Slowly add puréed prunes and beat on low until completely mixed in; about 1 minute. Add vanilla and salt and mix 30 seconds more. Sift baking soda and flours together and stir lightly into the batter by hand until just absorbed. (Do not overmix.) Pour into prepared pan and bake 35-40 minutes, until brownies are still soft (but not liquid) in the center. Cool thoroughly and cut into 3-by-3-inch squares.