

# Healthy Firsts by Health First

A Newsletter Dedicated to Your Health & Wellness

## Sweet Potatoes are so 2010



**Kale far surpasses spinach and broccoli when it comes to nutritional content. It is an anti-inflammatory, anti-oxidant and cancer preventative veggie. So buy some Kale and dig in today!**

Watch out sweet potatoes! This year the runways have been all about kale. While sweet potatoes, known for their extremely high beta-carotene (AKA Vitamin A) and Vitamin C content are still the healthiest potato variety, you may be hearing more and more about kale on the news and cooking channels these days. All this new attention is not unwarranted. A descendant of wild cabbage, kale is by far the healthiest cruciferous (AKA leafy green) vegetable known to man. Its nutritional content far surpasses that of even broccoli and spinach! To put things into perspective, consider this: 1 cup of kale contains: 1,327% of your recommended % daily value (%DV) of vitamin k; 192% of your %DV of vitamin A and 88.8% of vitamin C - all that for just 36 calories per cup! Kale also provides a good amount of manganese, dietary fiber and a wide variety of other minerals. Just 100 calories worth of Kale can provide you with 7 whole grams of fiber.

Research focused on Kale has found that Kale stands out due to its three main health benefits: 1. Kale has anti-oxidant properties; 2. Kale is anti-inflammatory; 3. Kale is a cancer preventative food. Kale is also known to have great cardiovascular and detoxification benefits. When shopping for Kale look for firm, deeply-colored leaves and a moist, hardy stem. Look for smaller sized leaves, as these will be less bitter. Kale can be stored in the refrigerator in an air tight plastic storage bag for up to 5 days. Do not wash kale before storing since water exposure can encourage early spoilage. For an easy, tasty kale recipe, see this issue's recipe section!

## Squat Your Way to Health...

According to the American Academy of Family Physicians, "Falls are the leading cause of injury-related visits to emergency departments in the United States and the primary etiology of accidental deaths in persons over the age of 65." Research also shows that if you can't walk a quarter mile in 5 minutes, the chances of death are 3 times higher than if you can. To prevent falls and make walking and daily living easier, strengthen the muscles that surround your hips. These include: the quadriceps muscles which exist at the front of your thigh; the hamstrings, in the back of your thighs and as well as your gluteal, or, butt muscles. A simple exercise for these muscles is doing squats. Squats are easy to do and there are several variations of the exercise so that they can be performed safely by practically anyone!

While squats are primarily good for your thighs, they also engage your core and other parts of your body. The basic exercise starts with lowering your body using your hips as though you are about to sit on a chair, and then rising up again. You can start by doing the exercise without any resistance, and then slowly add weights to the movement. For the elderly or for those who are too weak for the exercise, repeatedly sitting and standing in a chair without using the arm rests is a safe variation of the exercise.



**Squats are easy to perform and great for you! Start standing, lower your hip as though you are about to sit down, and then stand straight up again. Perform 15-20 of these per day.**



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## This Month's Green Thought...

Opt-out of pre-screened credit card offers, phone books and junk mail. It takes over 100 million trees to produce all the junk mail that is stuffed into our mailboxes every year - 44 percent of that mail is never opened. Phone books are produced each year in enough quantities to circle the earth 4.28 times! You can turn down credit card offers at [OptOutPrescreen.com](http://OptOutPrescreen.com) and let advertisers know you don't want catalogs or direct mail sent to your address by filling out forms at [CatalogChoice.org](http://CatalogChoice.org) and [DMAchoice.org](http://DMAchoice.org). While phone books are harder to avoid, Yellow Pages offers an opt-out service.

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## Top 5 Reasons To Love Tennis

Tennis has long been known as the "sport of a lifetime." And rightly so, it can be played at any age by anyone who has a tennis racquet! It is a great sport for friends, couples and family members of all ages to enjoy together. Research shows that people who participate in tennis 3 hours per week can cut their risk for death from any cause in half! Tennis courts are abundant in Schaumburg and surrounding areas. Chances are that there is a tennis court close to your home! Here are the Top 5 reasons for why you should grab a racquet, find a tennis court and enjoy a game of tennis tonight:

- 1. Tennis provides people with both aerobic and anaerobic forms of fitness.** Aerobic fitness is important to cardiovascular health and lung function. Anaerobic fitness helps muscles use oxygen and energy sources more efficiently.
- 2. Tennis helps improve general body coordination, gross motor control skills, fine motor skills and hand-eye coordination.** These are all important in helping us maintain balance and the ability to use our muscles efficiently as we age. These factors help promote healthy aging.
- 3. Tennis helps improve bone density** in older individuals and strengthens the bones of younger players to prevent osteoporosis in the future.
- 4. Tennis helps us learn about sportsmanship.** This is particularly important for our younger tennis players. Tennis teaches us how to win graciously and lose with honor.
- 5. Tennis helps us bond with each other.** It is a great activity for families, couples and friends to enjoy together as a hobby. It can bring us closer together and can be fun for everyone!

Soak up the sun this summer at a tennis court near you! To find a tennis court near you visit the Schaumburg Park District at [www.parkfun.com](http://www.parkfun.com).

## Feature Recipe:

### Baked Kale Chips

#### Ingredients

- 1 Bunch Kale
- 1 Tablespoon Extra Virgin Olive Oil
- 1 Teaspoon Salt

#### Directions

1. Preheat oven to 350<sup>0</sup>F. Line a cookie sheet with parchment paper.
2. Using kitchen scissors, cut leafy part of Kale away from the stem of the kale. Cut Kale leaves into bite size pieces. Wash a thoroughly dry kale leaves. Drizzle with olive oil and sprinkle with salt.
3. Bake until edges are browned but not burnt. Enjoy.



**Did you know that jumping rope at a moderate speed for just ten minutes can help you burn up to 100 calories?**

**This Month's Health Tip: Take a jump rope to work and skip through your lunch break!**

**Health First Wellness is dedicated to each patients well being. We use Chiropractic Care, Acupuncture, Massage Therapy, Personal Training and Nutrition Counseling to provide our patients with optimum pain relief, disease prevention and an overall feeling of whole body wellness. If you are experiencing pain, call us today to set up an appointment. We promise to do everything we can to put your Health First.**

This Newsletter is brought to you from the desk of Dr. Vishva M Desai, D.C. Dr. Desai is a Board Certified Chiropractic Physician and Acupuncturist. She also holds a degree in Health Promotion & Exercise Prescription from the University of Oklahoma.



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