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Welcome back to ***Making Lives Healthier***, the quarterly health and wellness e-bulletin of Texas Panhandle Centers. ***Making Lives Healthier*** will provide you with compelling, interesting and helpful information about ways to improve your health and the health of those around you.

COMING SOON: WALK ACROSS TEXAS!

Dust off those walking shoes, stretch out those hamstrings, and get ready! The TPC Wellness Team invites you to come and walk across Texas with us beginning March 1st!

Walk Across Texas! is an eight-week program to help people of all ages support one another to establish the habit of regular physical activity. Walk Across Texas! is recognized as a Best Practice Physical Activity Program by the Texas Department of State Health Services.

And this year, Through a partnership with **Special Olympics Texas** we can "Walk Across Texas" to support over 44,000 Special Olympics athletes!



Each team member will receive a wrist band, drawstring sport pack and "Walk Across Texas" t-shirt by achieving their goal!

FAQS

Do I have to walk or can I do other types of physical activity?

You can do just about any type of physical activity or exercise and compete in Walk Across Texas!

[Click here to use the convenient mileage equivalent calculator](#) and estimate how far you have walked.

How does Walk Across Texas! works for Texas Panhandle Centers?

TPC Team Captains will recruit seven people for their
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team. Once teams of eight are formed, a "Kick-Off" event will be held. People walk together or individually, outside or inside, exercise, lift weights - any aerobic activity that fits their lifestyle. Teams compete for eight weeks to see which one "walks" the 830 miles across the state first and/or which one walks the greatest amount of miles.



Team Captains report their team members' mileage each week, and it is posted on an on-line map.

How far does each person need to walk every week if a team is to make it the 830 miles across Texas?

For teams of 8, each person needs to average about 13 miles per week. Some people walk more and others less. Gradually work to increase your mileage to avoid injury.

Do we all have to walk/exercise at the same time?

Team members do not need to walk together unless they want to do so. Other aerobic activities may be converted to miles using [the mileage equivalent calculator](#).

Further details will follow...

So, if you are interested in being a TEAM CAPTAIN or a team member, please contact Jim at jim.womack@txpan.org!



A NEW LOVE

BY AMY HORD, LMSW

The beat of the music. The ring of the bell. The pounding against the bag. It's the sound of triumphant fear!

When I walk in to start my new love, a boxing fitness class, all these sounds bring on a feeling of anticipation, excitement and honestly a bit of fear. A quick prayer and mental recitation of Philippians 4:13, then I take a deep breath and start the workout. I get a feeling of satisfaction seeing people fifteen years younger that are struggling as much as me to keep up with the class. I get a feeling of motivation seeing people fifteen years older than me that are excelling at the workout – and far outperforming me. There are people that are workout gurus and people that are likely stepping into a gym for the first time in their life. The commonality is that each person, regardless of age, body type, or athletic ability is there to make a difference in their lives, be that for: stress relief, weight management, agility or overall physical wellness.



When I started this new workout just a month ago, I had only a slight idea of what would be involved. This circuit training involves three rounds each of: cardio, punching bags, abdominal work and hitting mitts in the boxing ring. The end result: lots of sweat, exhaustion, and soreness. Truly, the week after starting I had to use one arm to help my other arm pick up my coffee cup due to soreness. But, by week's end that was done. Now, there's still sweat and exhaustion, but that exhaustion is offset with a feeling of exhilaration from the satisfaction of completing this intense workout. Most new exercise ventures I've started have been similar; after all, fear of the unknown is the biggest challenge to overcome. The reward comes later. When I was younger, the reward was the appearance payoff: weight maintenance and toning. Now, it's more about the bigger payoff – the stress relief and feelings of satisfaction and confidence. There's still a bit of anticipation each time I go, but it's far outweighed by the excited anticipation. The fear is unpleasant but the conquering is amazing!

SUSANS' STORY

This is from my heart, to all those that think they can't do something and are scared to do it, for instance like wanting to feel better about yourself! I used to be almost 300 lbs years ago, with the lowest self-esteem – food was my comfort! Now I'm confident enough to get on stage with a Zumba instructor and lead! And I'm not a size 2, I probably never will be what society wants to see, but I'm happy being ME and that's what God made me to be! It takes those first steps to start an exercise program or whatever you want to do! YOU can do it, I'm a walking example that you can! Thank you Lord for guiding me!

-Susan Morris

EXERCISE

The choice to be an active person requires a lifetime commitment, and it is a choice that pays dividends across the lifespan. The good news is that relatively small amounts of physical activity are beneficial. Continuing to lead a sedentary lifestyle may literally be costing many Americans years of their life.



Whether your motivation is to lose weight or improve your fitness level, combined with a healthy diet, exercise is crucial to preventing major diseases, such as heart disease, diabetes and high blood pressure.

The recommendation of 30 minutes of physical activity most days of the week gives a great deal of flexibility in choosing an exercise plan that fits your lifestyle. If you currently do not exercise, the good news is that it is usually easier to add a good habit than to give up a bad habit. By starting your new and active lifestyle slowly, and by gradually increasing the intensity of your workouts, you can gain huge benefits for your health.

The decision to carry out a physical fitness program requires a lifelong commitment of time and effort. Exercise must become one of those things that you do without question, like bathing and brushing your teeth. Unless you are convinced of the benefits of fitness and the risks of unfitness, you will not succeed.

You can look at exercise as something you add to your daily routine and establish a good habit. Do not expect exercise to be automatic. Finding an activity you like to do it will be easier for you to stay motivated. Patience is essential. Do not try to do too much too soon and do not quit before you have a chance to experience the rewards of improved fitness. You cannot regain in a few days or weeks what you have lost in years of sedentary living, but you can get it back if you persevere. The prize is worth the price.

Article from worlddoc.com: log into IMS Wellness Works for more articles!



WHY EXERCISE?

"Percent of adults not engaging in vigorous leisure-time physical activity : 62 %"

Summary Health Statistics for U.S. Adults: National Health Interview Survey, 2004.

- [Why Exercise?](#)
A sedentary lifestyle leads to more health hazards than you might realize. Click above to read about the true benefits of exercising.
- [What kind of Exercise?](#)
Different exercises benefit you in different ways. Should you do cardiovascular, strength training, flexibility exercises?
- [How to get started](#)
It's easier than you think. Click here for ideas, inspiration, and cautions.

**Bell Street Clinic**

3440 Bell Street, Ste. 122, Amarillo, TX 79109

806-379-9225 (Phone) 806-331-4497 (Fax)

Grand Street Clinic

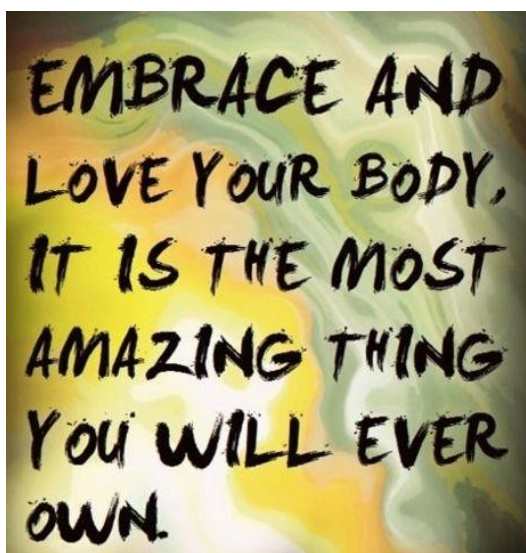
3300 I-40 East, Ste. 400, Amarillo, TX 79103

806-379-8552 (Phone) 806-379-7661 (Fax)

Texas Panhandle Centers Employees**Did you know?**

- For those Employees on the Texas Panhandle Centers Health Plan through Insurance Management Services, Care Today Urgent Health visits will cost you \$10 (versus your Standard \$30 or \$40 Co-Pay).
- Care Today Urgent Health is open **8 am- 8 pm Monday through Saturday at 34th & Bell** and **8 am- 5 pm Monday through Friday at I-40 & Grand**.
- Care Today Urgent Health accepts Appointments (no more waiting in lines for hours to be seen).
- Care Today Urgent Health provides Routine Care (most of the same services at Family Practice Doc's).
- Care Today Urgent Health provides Urgent Care (why go to the ER for minor injuries and wait?).
- Care Today Urgent Health Capitated Visit Plan covers: In-House Lab Work, X-Ray's, Minor Surgical Procedures, and Injections.

Care Today Urgent Health can treat the following conditions (and many more):



- | | |
|-------------------------|--------------------------------|
| • Acid Reflux | • Ingrown Toenails |
| • Back Pain | • Lacerations (Stitches) |
| • Boils/Abscesses | • Muscle Strains |
| • Bronchitis | • Nausea/Vomiting |
| • Burns | • Obesity |
| • Carpal Tunnel | • Osteoporosis |
| • Colds | • Pink Eye |
| • Diabetes | • Rashes |
| • Diarrhea | • Sinus Infections |
| • Dizziness | • Sore Throat |
| • Ear Infections | • Spider Bites |
| • Fevers | • Sprains |
| • Flu | • Strep Throat |
| • Fractures (Splinting) | • Urinary Tract Infections |
| • Fungal Infections | • Upper Respiratory Infections |
| • Headaches | • High Blood Pressure |
| • High Cholesterol | • Wounds |

HEALTHY RECIPE

SLOW-COOKER PORK TACOS

INGREDIENTS

3 whole ancho chiles
3 whole pasilla chiles
4 cloves garlic, unpeeled
2 to 3 chipotles in adobo sauce
1/2 medium white onion, roughly chopped
3 tablespoons extra-virgin olive oil
2 tablespoons honey
1 tablespoon cider vinegar
Kosher salt
2 teaspoons dried oregano, preferably Mexican
3 3/4 cups low-sodium chicken broth
4 pounds boneless pork shoulder (untrimmed), cut into chunks
Freshly ground pepper
2 bay leaves
1 cinnamon stick
Corn tortillas, warmed, for serving
Assorted taco toppings, for garnish

DIRECTIONS

Put the ancho and pasilla chiles and the garlic in a bowl; add 2 to 3 tablespoons water. Microwave on high until soft and pliable, 2 to 3 minutes. Stem and seed the chiles; peel the garlic. Transfer the chiles and garlic to a blender.

Add the chipotles, onion, 2 tablespoons olive oil, honey, vinegar, 1 tablespoon salt and the oregano to the blender; puree until smooth. Heat the remaining 1 tablespoon oil in a large skillet over high heat; add the chile sauce and fry, stirring, until thick and fragrant, about 8 minutes. Pour in the broth and reduce until slightly thickened.

Season the pork all over with salt and pepper and transfer to a large slow cooker. Add the bay leaves and cinnamon stick, then pour in the sauce. Cover and cook on high until the meat is tender, about 5 hours. (Or cook the meat in a large Dutch oven, covered, for 1 hour 45 minutes at 350 degrees; uncover and cook 30 more minutes.)

Discard the bay leaves and cinnamon stick. Shred the pork with 2 forks; season with salt and pepper. Serve the shredded pork in the tortillas, along with toppings.

Nutrition Information per serving

Calories: 399

Total Fat: 15g

Saturated Fat: 4g

Cholesterol: 147mg

Sodium: 212mg

Total Carbs: 14g

Dietary Fiber: 3g

Protein: 51g



FITNESS MYTHS

If I Lift Weights I'll Get Bulky

If you were to look at 1 pound of fat, and 1 pound of muscle side by side, you would notice how much smaller the muscle is even though it's the same weight. Meaning, the more muscle you have on your body, the less space you will take up. Many people -- both men and women -- think that lifting weights will make you look like a body-builder. That's like saying studying physics will turn you into Einstein. The amount of time, food and discipline it takes to get huge from weights is almost a full-time job -- and sometimes influenced by illegal substances. So embrace weight training. You'll feel and look leaner and rev up your metabolism.

As Long as I'm Moving, I'll Burn Fat

If you are walking like a snail and your goal is to burn fat, it's not going to happen. Since everyone's body is different and responds differently to training, a good cardio starting point is 40 minutes of cardio, three to five times a week in your target heart rate zone. Most commonly, the target heart rate zone is 50% to 85% of your max heart rate. Wearing a heart rate monitor where you enter your age, weight and intensity level is the most accurate and efficient way to determine your heart rate zone. Heart rate monitors also give you the freedom to train outside, without the assistance of inside cardio machines that can give you unreliable feedback.

I Have to Train for an Hour in Order to Have Any Exercise Benefit

Absolutely not! It all depends on the type of workout you're doing. If you're doing a HIIT (high intensity interval training) workout, you can accomplish all your goals in 15 to 20 minutes -- or less. Tabata training (eight sets of 20 seconds of hard work followed by 10 seconds of rest) is only four minutes, but an incredible aerobic and anaerobic workout. So it's not just the time you work. More importantly, it's what you're doing, your exertion level and the overall structure of your training plan.

Eating No Carbs Will Make Me Lean

Eating no carbs will make you angry and weak. If that's your goal, then you are on track! It's not: "Don't eat carbs." It's: "Which carbs are you eating and when?" Whole grains, legumes, vegetables and minimally processed grains are all good examples of the carbs that you can eat frequently without worrying about weight gain.

The Master Cleanse Is Healthy

Here's a four-word mantra that can apply to anyone, regardless of your goal: Food is your friend. My experience with clients that have done the Master Cleanse is weakness, irritability and ultimately binging once it's finished due to severe calorie deprivation and lack of vitamins and minerals. Science has shown that the kidneys and liver are adequate to break down the body's toxicity. Thinking that a combination of laxative tea, lemon, syrup, pepper and salt water will "detoxify" your body and create permanent weight loss is not only incorrect but ultimately can have the reverse affect

Men and Women Can't Train Together

Doing a full-body, muscle-specific or cardio workout together can be fantastic and effective! You just need to adjust your weights accordingly, but not necessarily the exercises. In fact, women could benefit from doing "manly" exercises like squats and dead-lifts, and men can benefit from "girly" yoga and Pilates. Obviously, men and women have different strength thresholds, but that shouldn't keep you from doing co-ed workouts. Having a workout partner, even if you work out separately, can be all the motivation you need to make it to the gym that day. So assess your goals and programs, and fit in the workouts that you can do together on the days that it makes sense.

NATIONAL HEART

AWARENESS MONTH:

IMPROVING HEART HEALTH

by Andrew Pacholyk MS LAc

1. **Maintain a Healthy Weight with Exercise** Move it! The body was designed to move, so do not be stationary. Incorporate the right amount of cardiovascular aerobic exercise to get your heart pumping and a regular regimen of weight bearing exercise and gentle stretching!
2. **Eat Heart Healthy Foods** These foods include non meat sources of protein (grains, tofu, nuts), fish, poultry, lean meat (35-60 grams per day), skim or low-fat milk, cottage cheese, margarine, non hydrogenated, that is high in vegetable oils (such as corn, cottonseed, safflower, sunflower, sesame, or soybean). Also onions, garlic, chickpeas, fresh vegetables and fruit.
3. **Check Your Cholesterol** Cholesterol is a type of fat that is an essential nutrient for your body. High levels of saturated fats can cause an excess of cholesterol to build up in the arteries. Cholesterol is considered abnormal when the Total cholesterol is 200 or higher. HDL or "good" cholesterol level is less than 40. LDL or "bad" cholesterol is more than 160.
4. **Maintain A Normal Blood Pressure Range** Those with high blood pressure are three times more likely to have a heart attack! The upper (systolic) number represents the pressure while the heart contracts to pump blood to the body. The lower (diastolic) number represents the pressure when the heart relaxes between beats. Blood pressure below 120 over 80 mmHg (millimeters of mercury) is considered optimal for adults.
5. **Stop Smoking Period! No ifs, ands or butts!** Smoking increases the risk of heart disease by raising blood pressure, abnormal blood clotting and hardening of the arteries or Arteriosclerosis, not to mention lung disease.
6. **Control Blood Sugar Levels** A normal fasting blood sugar is 100 or less. A fasting blood sugar of 126 or greater indicates diabetes. Overweight and too little exercise is what increases the risk of type 2 diabetes. Diabetes can lead to heart disease, stroke, kidney disease, and even blindness.
7. **Maintain Lean Body Mass** According to The Cleveland Clinic, A BMI (Body Mass Index) of 40 or more indicates morbid obesity, which increases a person's risk of death from any cause by 50% to 150%.
8. **Balance Stress and Emotional Tension** The fight or flight reaction to a stressful situation is normal and important. The constant bombardment with stressful, over stimulating situations over time, causes adrenaline levels to rise, becoming chronic and abnormal. This continues pattern promotes hardening of the arteries and the formation of blood clots. Drug use, especially the use of cocaine has been shown to cause heart attacks. Say NO to drugs.
9. **Work on Anger Management** The "Type A Personality" has been recognized as a definable risk factor. This personality type usually has higher blood pressure, higher blood cholesterol levels and both higher and lower levels of certain hormones.
10. **Know Your Family History** Although you can't help heredity, you can certainly "be aware" of any risk factors that may have been passed down through your family tree. Especially your immediate family.