



# JSC Wellness Program

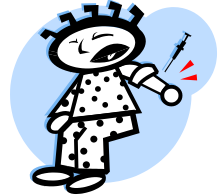
## February Newsletter

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### Roll Up Your Sleeve, Reduce Heart Risk

*Alison Palkhivala*



For most people, a bout of influenza is inconvenient — a week or more at home coping with fever, chills, headache, cough and being bone-tired. For those who have heart disease, flu can be fatal.

Among people who have been diagnosed with heart disease, studies show that those who get the flu vaccine are less likely to have a heart attack, suffer recurrent chest pain that is not controlled with medication or die from cardiovascular causes within one year than those who do not get vaccinated, says Matthew M. Davis, M.D., M.A.P.P., an associate professor of pediatrics, internal medicine and public policy at the University of Michigan in Canton. “For people with cardiovascular disease [CVD], getting the flu shot each year is as important as controlling your cholesterol and your blood pressure,” he adds.

The 2004 FLUVACS study clearly demonstrated the protective effect of the flu shot. In the study, 301 patients in the hospital recovering from a heart attack or about to undergo angioplasty to clear clogged arteries were randomly assigned to receive the flu vaccine or to remain unvaccinated. A year later, the unvaccinated group was 30 percent more likely to die from heart disease than the vaccinated group, and had more than twice the risk of a fatal or nonfatal cardiovascular event.



While researchers are still trying to puzzle out why flu increases the risk of fatal and nonfatal heart problems, “we’re much more sure of the benefits of flu vaccine,” says Davis, the lead author of a 2006 joint American Heart Association–American College of Cardiology Science Advisory recommending flu shots for people who have heart disease.

Among the theories being batted about by experts: an acute viral infection, flu stresses the immune, respiratory and cardiovascular systems, which overburdens a diseased heart; the body’s immune response to the flu causes inflammation in the lining of blood vessel walls, which exacerbates cholesterol-related damage; and the virus adversely affects endothelial cells that line the walls of blood vessels to promote atherosclerosis.

**Bottom Line:** If you have been diagnosed with a chronic cardiovascular disease or diabetes, get the shot!

[http://journals.lww.com/heartinsight/Fulltext/2007/11000/Roll\\_Up\\_Your\\_Sleeve\\_Reduce\\_Heart\\_Risk.10.aspx#P8](http://journals.lww.com/heartinsight/Fulltext/2007/11000/Roll_Up_Your_Sleeve_Reduce_Heart_Risk.10.aspx#P8)



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### Ready to Get Your Ride on? Try Spinning at the Gilruth



#### What to Expect

Participants set goals based on their heart rate, which can be measured by hand or using a heart rate monitor and ride simulated variations in terrain by altering resistance and cadence. As an alternative, participants can judge their level of exertion on an RPE (relative perceived exertion) scale. This scale has numbers which range from six (no exertion at all) to 20 (maximum exertion). Instructors guide classes by calling out the level of exertion at which participants should be. The instructor can also give a simple exertion scale from 1 (no exertion at all) to 10 (maximum exertion).

A typical class involves a single instructor at the front of the class who leads the participants through routines that are designed to simulate terrain and situations similar to riding a bike outdoors. Some of the movements and positions include hill climbs, sprints and interval training. A well-trained instructor uses music, motivation, and enthusiastic coaching to lead students through a ride that best suits their fitness level and goals. Most instructors will lead what is called an interval ride, this is where students will sprint, run, climb, and jump all in the same ride but there will not be definable pattern to the exercises.

Classes generally use specialized stationary bicycles. Features include a mechanical device to modify the difficulty of pedaling, specially-shaped handlebars, and multiple adjustment points to fit the



bicycle to a range of riders. Many have a weighted flywheel which simulates the effects of inertia and momentum when riding a real bicycle. The pedals are equipped with toe clips as on sports bicycles to allow one foot to pull up when the other is pushing down.

#### **The difficulty of the workout is varied in the following ways:**

1. By varying the resistance on a flywheel attached to the pedals.
2. By changing the cadence (the speed at which the pedals turn). Pedaling at a higher rate expends more energy than pedaling at a lower rate with the same resistance.
3. By sitting or standing in various positions.

Spinning POC is Kerri Knotts: [kerri.i.knotts@nasa.gov](mailto:kerri.i.knotts@nasa.gov)

[http://en.wikipedia.org/wiki/Indoor\\_cycling](http://en.wikipedia.org/wiki/Indoor_cycling)



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[www.explorationwellness.com](http://www.explorationwellness.com)

### Top Ten Healthy Diet Habits

Glenda Blaskey, RD



**1. Use a diet log.**

To increase awareness of food intake.

**2. Know your portion sizes.**

If you don't know, measure.

**3. Eat a healthy breakfast**

It prevents overeating later in the day.

**3. Don't drink your calories.**

Save calories for solid food.

**4. Limit dining out to once per week.**

More than this leads to weight control issues.

**5. Learn to identify the difference between cravings and hunger.**

Only eat when you are physically hungry.

**7. Stay hydrated.**

We often confuse thirst for hunger.

**8. Substitute instead of eliminate.**

Try to make do with healthier alternatives.

**9. Be consistent.**

Don't let a weekend destroy a week of hard work

**10. Weigh yourself regularly.**

Helps prevent large increases in weight.

### Take-A-Break Snack

#### Ingredients

Cooking spray

¼ cup sliced almonds

1 tablespoon light brown sugar

2 teaspoons water

1/4 teaspoon ground cinnamon

1/8 teaspoon ground nutmeg

2 cups whole-grain oat cereal with yogurt-flavored coating

2 cups whole-grain wheat and bran flakes with raisins

1/2 cup dried unsweetened cranberries

1/2 cup dried unsweetened blueberries



#### Cooking Instructions

Put a piece of aluminum foil about 12 inches square on a platter or baking sheet. Lightly spray with cooking spray. Set aside.

In a small nonstick skillet, dry-roast the almonds over medium heat for 2 to 3 minutes, or until lightly golden brown, stirring occasionally.

Stir in the brown sugar, water, cinnamon, and nutmeg.

Cook for 1 to 2 minutes, or until the liquid has evaporated and the almonds are coated with the mixture, stirring constantly. Transfer to the foil. Let cool completely, 15 to 20 minutes.

Meanwhile, in a medium bowl, stir together the remaining ingredients.

Add the cooled almonds to the cereal mixture, stirring to combine. Store in an airtight container for up to 7 days.

[http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Take-a-Break-Snack-Mix\\_UCM\\_3019](http://www.heart.org/HEARTORG/GettingHealthy/NutritionCenter/Recipes/Take-a-Break-Snack-Mix_UCM_3019)