

Try This: Apple Bread Pudding

Ingredients:

- ◆ Cooking spray
- ◆ 1 whole egg
- ◆ 1 egg white
- ◆ 1 cup skim milk
- ◆ 2 tbsp brown sugar blend
- ◆ 1 tsp vanilla extract
- ◆ 1 tsp cinnamon
- ◆ 1/2 tsp cloves or allspice
- ◆ 6 slices light, whole-grain or multigrain bread, cubed
- ◆ 3 medium apples (cored, cut into 1/2 inch cubes)
- ◆ 1/2 cup of any of the following: raisins,, dried cranberries, fresh or dried blueberries, chopped walnuts, or _sliced almonds

Directions:

- ◆ Preheat the oven to 350
- ◆ Spray 9x9 baking dish with cooking spray
- ◆ In a large bowl, whisk together egg, egg white, skim milk, sugar blend, vanilla, cinnamon, and cloves
- ◆ Add bread and apple cubes, mix well.
- ◆ Add fruits and/or nuts if desired, mix well.
- ◆ Pour mixture into prepared baking dish and bake for 40-45 minutes.
- ◆ Serve warm



New Blood Pressure Guidelines & Ways to Improve Blood Pressure

- Just announced from the American Heart Association and the American College of Cardiology, a healthy blood pressure should be ≤130/80.

JACC: Nov 2017

LIFESTYLE MODIFICATION RECOMMENDATIONS		
MODIFICATION	RECOMMENDATION	AVG. SBP REDUCTION RANGE†
Weight reduction	Maintain normal body weight (body mass index 18.5–24.9 kg/m ²).	5–20 mmHg/10 kg
DASH eating plan	Adopt a diet rich in fruits, vegetables, and lowfat dairy products with reduced content of saturated and total fat.	8–14 mmHg
Dietary sodium reduction	Reduce dietary sodium intake to ≤100 mmol per day (2.4 g sodium or 6 g sodium chloride).	2–8 mmHg
Aerobic physical activity	Regular aerobic physical activity (e.g., brisk walking) at least 30 minutes per day, most days of the week.	4–9 mmHg
Moderation of alcohol consumption	Men: limit to ≤2 drinks* per day. Women and lighter weight persons: limit to ≤1 drink* per day.	2–4 mmHg

* 1 drink = 1/2 oz or 15 mL ethanol (e.g., 12 oz beer, 5 oz wine, 1.5 oz 80-proof whiskey).

† Effects are dose and time dependent.

<https://www.nhlbi.nih.gov/files/docs/resources/heart/phycard.pdf>



Cardiac Rehab News

Winter 2017 | The Beat Goes On...

REMINDERS

- * When the gym is busy please limit your time to 30 minutes on a piece of exercise equipment.
- * If you have a medical issue that requires a hospitalization please see a staff member before resuming your exercise routine.
- * Phase III is open all day (6:30 am to 7:00 pm) Tuesday and Thursdays.
- * Place water bottles next to the treadmills, not on them. If you want to drink, stop the belt, take a drink and then resume your exercise.
- * Please do not answer your cell phone or adjust your electronic device while walking on the treadmill.

HOLIDAY CLOSURES

December: Saturday the 23rd, Monday the 25th, Tuesday the 26th , Saturday the 30th

January: Monday the 1st



Caution: Snow is here!

Studies show that when shoveling snow in colder temperatures there is an increased occurrence of heart attacks. This is because of an increased demand for oxygen and nutrients that the body requires resulting in higher heart rates and blood pressures.

Tips for shoveling:

- ◆ Consult your doctor before shoveling, make sure that it is OKAY for you to shovel
- ◆ Reduce the risk for hypothermia - dress properly (gloves, hat, jacket, boots, dress in layers)
- ◆ Warm-up your muscles by walking or marching in place for a few minutes.
- ◆ Avoid caffeine or nicotine , these are stimulants which will increase the demand on your heart forcing it to work harder.
- ◆ Pick the right shovel, a smaller blade will decrease your load you have to lift.
- ◆ Stand with your feet shoulder width apart to help increase your balance.
- ◆ Lift with your legs and not your back, bend at the knees to lift the load.
- ◆ Finally, listen to your body, if you start getting chest pains or shortness of breath STOP!

