

# FAIR WINDS TO FITNESS

Volume 1, Issue 3

October 15, 2008

## MANAGING STRESS IN THESE STRESSFUL TIMES

by CAPT Theresa Wade

These days can be stressful for all of us. We are all affected, whether we are making decisions about whether to retire or not, change jobs, having to make a PCS move, sending kids off to kindergarten or college, etc. We are confronted with the need to make decisions all the time, many of which are made more difficult by the uncertainties in the world around us. Here are a few recommendations:

1. It isn't helpful to ignore what is going on around you. Tune-in, but don't obsess about things.
2. Recognize how you deal with stress. Some people binge, over eat, or don't eat. Others turn to alcohol, smoking, drugs, gambling. Obviously, these are not effective coping strategies.
3. Use stress as an opportunity to grow and make positive changes in your life.
4. Turn your stress into an excuse to exercise. Aerobic exercise can increase endorphins-making you feel better. It can decrease the release of stress hormones resulting in reduced stress level. Exercise can help you sleep better. It can also increase your energy level- when you are feeling the most tired, that is when you should head out to exercise!
5. Anything that activates your brain's pleasure center can reduce your stress level - a massage, a piece of rich chocolate, a funny movie. Think of new things you might like to do, sign up for a cooking or art class, take a

bike or kayaking trip, go for a hike, go dancing or to a museum, etc.

6. Sometimes it helps to tell yourself that you have some control, even when you don't. For example, you may not be able to make the traffic go away when you are barely moving, but telling yourself that you have options, that things will work out, helps you cope with the stress. As your stress level decreases, your thinking becomes clearer, allowing you to put things into perspective. Feeling helpless never helps a situation.

7. There are steps you can take to help reduce your stress and reach the optimal stress zone:

- a. Think about what you want, where you want to be, what you want your reality to look like.
- b. Assess your current situation, realistically, where are you?
- c. What would it take to achieve your goal? To obtain the future/present you desire to have?

Break that down into steps. Remember, everything takes time, be good to yourself and acknowledge you are working towards a more satisfied you, one goal, one step at a time.

Based on articles found on : <http://www.usnews.com/blogs/on-women>,

**On Women** by Deborah Kotz, October 7, 2008 and June 5, 2008



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## REALITY MAKEOVER MADNESS

by FSCM Charles D'Amico



"You are  
what you  
eat ...."



Today we are living in a world where reality TV is affecting most of society's views on their appearance with shows like Extreme Makeover, Celebrity Fit Club, Top Loser, etc... . Granted some of the show participants are there for nose jobs & face lifts. But a majority of them are there with body weight issues. These people are going through radical extremes undergoing surgeries (i.e. as liposuction & tummy tucks), taking on tougher exercise & diet regimes and counseling to deal with their weight problems. You are probably thinking what do makeovers have to do with healthy cooking! Well here you go..... remember the old saying "YOU ARE WHAT YOU EAT". The underlying meaning to the saying is what you eat affects your body's physical appearance & abilities, health and state of mind. Does this mean we must give up all of our favorite foods and live on strict diets & exercise programs? By no means is this totally necessary!!!! There is an alternative answer..... **RECIPE MAKEOVER!** The way you prepare your recipe affects the calorie, fat & sodium content. Making some minor changes to your recipes you can transform them into healthy recipes. Here are ways to create healthier recipes according to the Mayo Clinic:

1. Reduce the amount of fat, sugar and sodium: With most recipes, you can reduce the amount of fat, sugar and sodium without losing the flavor. By cutting fat and sugar, you also cut calories. How much can you leave out without affecting the flavor and consistency of the food? Apply the following general guidelines: \* Fat. For baked goods, use half the butter, shortening or oil and replace the other half with unsweetened applesauce, mashed banana or prune puree. You can also use commercially prepared fruit-based fat replacers found in the baking aisle of your local grocery store. \* Sugar. Reduce the amount of sugar by one-third to one-half. When you use less sugar, add spices such as cinnamon, cloves, allspice and nutmeg or flavorings such as vanilla extract or almond flavoring to enhance the sweetness of the food. \* Sodium. Reduce salt by one-half in baked goods that don't require yeast. For foods that require yeast, don't reduce the amount of salt, which is necessary for leavening. Without salt, the foods may become dense and flat. For most main dishes, salads, soups and other foods, however, you

can reduce the salt by one-half or eliminate it completely. Other ingredients may contain sugar, fat and sodium, and you can decrease them as well. For example, if the recipe calls for 1 cup shredded cheddar cheese, use 1/2 cup instead. Or use less soy sauce than is indicated to decrease the amount of sodium in the food.

2. Make a healthy substitution: Healthy substitutions not only reduce the amount of fat, calories and sodium in your recipes, but also can boost the nutritional content. For example, use whole-wheat pasta in place of enriched pasta. You'll triple the fiber and reduce the number of calories. Prepare a dessert with fat-free milk instead of whole milk to save 63 calories and almost 8 grams of fat per cup.

3. Delete an ingredient: In some recipes, you can delete an ingredient altogether; likely candidates include items you add out of habit or for appearance, such as frosting, coconut or nuts, which are high in fat and calories. Other possibilities include optional condiments, such as pickles, olives, butter, mayonnaise, syrup, jelly and mustard, which can have large amounts of sodium, sugar, fat and calories.

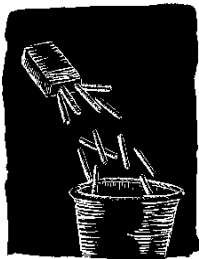
4. Change the method of preparation: Healthy cooking techniques \* such as braising, broiling, grilling and steaming \* can capture the flavor and nutrients of your food without adding excessive amounts of fat, oil or sodium. If your recipe calls for frying the ingredients in oil or butter, try baking, broiling or poaching the food instead. If the directions say to baste the meat or vegetables in oil or drippings, use wine, fruit juice, vegetable juice or fat-free vegetable broth instead. Using nonstick pans or spraying pans with nonstick cooking spray will further reduce the amount of fat and calories added to your meals.

5. Change the portion size: No matter how much you reduce, switch or omit ingredients, some recipes may still be high in sugar, fat or salt. In these cases, reduce the amount of that food you eat. Smaller portions have less fat, calories and sodium and allow you to eat a wider variety of foods during a meal. Eating a variety of foods will ensure that you get all the energy, protein, vitamins, minerals and fiber you need...

References; <http://www.mayoclinic.com/>

## 2008 GREAT AMERICAN SMOKEOUT

by CDR Deborah Thompson



The idea roots for the first "Great American Smoke-out" occurred in 1974, growing into a national annual event, which has resulted in millions of smokers abstaining from tobacco for that one designated day. Tobacco abuse remains the number one cause of preventable death in the United States. Nicotine dependence is a chronic condition, often requiring repeated intervention before life long freedom from nicotine dependence is achieved. Many individuals have become aware of the numerous health dangers that are associated with tobacco use and strive to modify their lifestyles to one that offers a better quality of life.

Last year, the U.S. Coast Guard entered into a contractual agreement with the Mayo Clinic Tobacco Quitline (MCTQ), providing support for those wishing to stop the connection to tobacco. Working with the

Coast Guard clinic providers and the Quitline provides an excellent opportunity for breaking the tobacco dependent ties. For those considering smoking cessation, the toll-free MCTQ telephone number is 1-888-642-5566. Under this specialized program, enrollees may be provided nicotine patches, nicotine lozenges and/or nicotine gum from the MCTQ Mail Order Distribution Center. All MCTQ services are free of charge to Coast Guard active duty, their family members, reservists and CG civilian employees.

The 2008 Smokeout Day is scheduled this year on November 20, 2008.

The event is a challenge to people to discontinue the use of tobacco, raising their awareness for effective ways to stop, which benefits the individual as well as those around them. Think about it! Commit to it!



November  
20th  
2008

## ULTIMATE

By David Bonachea

Do you like football, but hate all that tackling? Can't throw a spiral pass worth beans? Look silly in those big shoulder pads? You might want to try Ultimate.

ULTIMATE (also known as Ultimate Frisbee®) is a non-contact sport played much like football, with guarding like basketball, plus some healthy running, jumping, throwing and catching. It can be played with any flying disc. The point of the game, like football, is to score points in your

opponent's end zone. You do this by passing the disc in any direction desired to your teammates who are moving downfield. Naturally, the offense will try to stop you from doing this. You can't run with the disc and have ten seconds to throw to someone else.

Additional Information and complete rules can be found at <http://www.ultimatefrisbee.com>

Frisbee® is a registered trademark of Wham-O



## Low Calorie | Low Cholesterol | Low Sat Fat | High Calcium | Heart Healthy | Healthy Weight

Pizza is usually so high in saturated fat and sodium that it's earned a top spot on the "heart attack to go" food list. But our whole-wheat pizza, topped with a sauce that provides extra beta carotene and fiber (thanks to the addition of pumpkin puree), is both healthy and flavorful. We tested the recipe using low-fat turkey pepperoni, but try your favorite sliced vegetables or chicken sausage as optional toppings.

Makes 6 servings

ACTIVE TIME: 15 minutes

TOTAL TIME: 35 minutes

EASE OF PREPARATION: Easy

### INGREDIENTS:

1 pound prepared whole-wheat pizza dough (see Tip), thawed if frozen

1 cup canned unseasoned pumpkin puree

1/2 cup canned no-salt tomato sauce

1/2 teaspoon garlic powder

1 cup shredded part-skim mozzarella

1/2 cup grated Parmesan cheese

2 ounces turkey pepperoni (1/2 cup)

### DIRECTIONS:

1. Place oven rack in the lowest position; pre-heat to 450°F. Coat a large baking sheet with cooking spray.

2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.

3. Meanwhile, whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.

4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

### NUTRITION INFORMATION:

Per serving: 280 calories; 6 g fat (3 g sat, 2 g mono); 30 mg cholesterol; 35 g carbohydrate; 16 g protein; 3 g fiber; 602 mg sodium; 153 mg potassium.

Nutrition bonus: Vitamin A (120% daily value), Calcium (25% dv).

2 Carbohydrate Servings

Exchanges: 2 starch, 1 vegetable, 1 1/2 medium-fat meat

TIP: Look for balls of whole-wheat pizza dough at your supermarket, fresh or frozen and without any hydrogenated oils.

MAKE AHEAD TIP: Use leftover tomato sauce and pumpkin to make a second batch of pizza sauce. Cover and refrigerate for up to 5 days or freeze for 3 months.

Recipe from:  
Eating Well Magazine  
August/September 2006



We want to hear from you.....



The publication of *Fair Winds to Fitness* is new and with your assistance we can keep the ideas and suggestions fresh with your input. If you have a favorite healthy recipe, an

informative website or a suggestion that would be of interest to others for a healthier lifestyle, please submit it to us. We have set up a special e-mail address and we would greatly appreciate your submissions. The address is

**D11-PF-FWTF@uscg.mil**

**We hope to hear from you soon!**

#### Websites of Interest:

- [www.sparkpeople.com](http://www.sparkpeople.com)
- [www.mypyramid.gov](http://www.mypyramid.gov)
- [www.realage.com/homepage.aspx](http://www.realage.com/homepage.aspx)