

Dover Foundation  
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#### Fitness Facts:

##### U.S. Obesity Trends

Obesity is defined as a body mass index (BMI) of 30 or greater. BMI is calculated from a person's weight and height and provides a reasonable indicator of body fatness and weight categories that may lead to health problems. Obesity is a major risk factor for cardiovascular disease, certain types of cancer, and type 2 diabetes.

During the past 20 years there has been a dramatic increase in obesity in the United States. In 2008, only one state (Colorado) had a prevalence equal to or greater than 25%; six of these states had a prevalence of obesity equal to or greater than 30%.

The animated map below shows the United States obesity prevalence from 1985 through 2008.

North Carolina's State Obesity Rate was 29% in 2008.

#### Upcoming Events:

Zumba is back on Saturdays! Check the schedule for dates and times.

#### Sports Registrations: Adult

- ♣ Dirty Thirty Basketball
- ♣ 6 vs. 6 Coed Soccer
- ♣ Coed Volleyball

#### Youth

- ♣ Church Youth Softball (6th-12th grade)

Get ready for Summer and sign-up now for Swim Lessons! Session III starts March 22nd.

# Healthy Happenings

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## Ways to Enjoy More Fruits, Vegetables, Whole Grains and Dairy

March is National Nutrition Month. Here are a few ways to enjoy more fruits, vegetables, whole grains and dairy.

- ♣ Add fruit to your morning oatmeal, cereal or yogurt.
- ♣ Use broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini as pizza toppings.
- ♣ Puree berries, apples, peaches or pears for a sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
- ♣ Heat leftover whole-grain rice with chopped apple, nuts and cinnamon.
- ♣ Make a veggie wrap with roasted vegetables and low fat cheese rolled in a whole-wheat tortilla.
- ♣ Top a sliced banana with a scoop of low-fat frozen yogurt. Sprinkle with chopped nuts.
- ♣ Top a baked potato with beans and salsa or broccoli and low-fat cheese.
- ♣ Add shredded or chopped vegetables to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.
- ♣ Stuff an omelet with

vegetables; such as broccoli, squash, carrots, peppers, tomatoes or onions. Add low-fat sharp cheddar cheese.

- ♣ Mix up a breakfast smoothie made with low-fat milk, frozen strawberries and a banana.



## Healthy Vision at the Computer

Prolonged sitting at the computer can cause headaches, neck strain, backaches and wrist pain. Oftentimes, the more prevalent symptoms of eye strain, blurred vision and dry eye are often overlooked. The American Optometric Association defines computer vision syndrome as "the complex of eye and vision problems related to near work that are experienced during or related to computer use." Several things can be done to improve your work to

reduce vision problems while sitting at the computer.

1. Adjust the resolution on your computer to the highest that your monitor will support. Greater resolution offers greater clarity and usually leads to improved comfort.
2. Adjust both the contrast and brightness on the monitor for the best clarity.
3. Minimize the reflected glare on your monitor by using dimmer switches, glare reduction filters and window treatments.
4. Work at a distance that is comfortable for you and that makes the images on the screen clear. The monitor and keyboard should be straight ahead.
5. Take occasional breaks and let the eyes look away when resting, blink forcefully and apply artificial eye tears if needed.

## Roast Leg of Lamb with Rosemary

### Ingredients

1/4 cup honey  
2 tablespoons prepared Dijon-style mustard  
2 tablespoons chopped fresh rosemary  
1 teaspoon freshly ground black pepper  
1 teaspoon lemon zest  
3 cloves garlic, minced  
5 pounds whole leg of lamb  
1 teaspoon coarse sea salt

### Directions

In a small bowl, combine the honey, mustard, rosemary, ground black pepper, lemon zest and garlic. Mix well and apply to the lamb. Cover and marinate in the refrigerator overnight.

Preheat oven to 450 degrees F (230 degrees C).

Place lamb on a rack in a roasting pan and sprinkle with salt to taste.

Bake at 450 degrees F (230 degrees C) for 20 minutes, then reduce heat to 400 degrees F (200 degrees C) and roast for 55 to 60 more minutes for medium rare. The internal temperature should be at least 145 degrees F (63 degrees C) when taken with a meat thermometer. Let the roast rest for about 10 minutes before carving.



## March National Health Observances

- ♣ National Colorectal Cancer Awareness Month.
- ♣ National Endometriosis Awareness Month.
- ♣ National Nutrition Month.
- ♣ Save Your Vision Month.
- ♣ Workplace Eye Wellness Month.
- ♣ 7<sup>th</sup>-13<sup>th</sup> National Sleep Awareness Week.
- ♣ 10<sup>th</sup> National Women and Girls HIV/Aids Awareness Day.
- ♣ 15<sup>th</sup>-21<sup>st</sup> Brain Awareness Week.
- ♣ 23<sup>rd</sup> American Diabetes Alert Day.

For more information: [www.healthfinder.gov](http://www.healthfinder.gov)



## Exercise of the Month: Dumbbell Incline Press

### Step 1

**Starting Position:** Grasp two dumbbells and lie supine (on your back) on an incline bench angled between 45 and 60 degrees with your feet placed firmly on the floor or on a raised platform to allow you to maintain a neutral spine (flat to normal curvature).

### Step 2

Depress and retract your scapulae (pull shoulders down and back) to make firm contact with the bench. Your head, shoulders, butt and feet should make contact with the bench and floor/riser throughout the exercise. If using a spotter, signal for assistance in moving to your starting position. Grasp each dumbbell with a closed, pronated grip (palms facing forward, thumbs wrapped around the handle) and press the dumbbells in unison to a level over your eyes or slightly higher, with your elbows fully extended. Maintain a neutral wrist position (avoid flexion / extension at the wrist joint).

### Step 3

**Downward Phase:** Inhale and slowly lower the dumbbells in unison and in a controlled movement towards your upper chest, but moving slightly wider towards the armpits. Gently touch the dumbbells to your chest without bouncing, maintaining your neutral wrist position. Keep the elbows under your wrists, and either close to your sides (emphasizes more triceps) or flared out from the body (emphasizes more pectorals). Maintain all points of contact with the bench and floor/riser and avoid any arching in the low back.

### Step 4

**Upward Phase:** Exhale and gently press upwards to full elbow extension with the dumbbells positioned at your starting position. Maintain your points of contact with the bench and floor/riser, avoid arching your back during the lift and maintain your neutral wrist position throughout the movement.

### Step 5

At the end of the set, signal your spotter to assist you in taking the dumbbells and

maintain a firm grip until the dumbbells are taken from your hands.

Complete 1-3 sets of 8-12 repetitions.



Helping all people reach their God given potential in spirit, mind and body.