



### Strawberry Banana Parfait

Did you know Wimbledon tennis fans love strawberries? They eat about 54,000 pounds during the games. There won't be a 2020 tournament. COVID-19 cancelled that, too. But you can still eat like a tennis fan. Skip the heavy cream and pound cake. And give this Strawberry Banana Parfait recipe a try.<sup>5</sup>

#### Ingredients

- 1/2 medium banana, mashed
- 1/8 tsp vanilla
- 1/3 C non-fat plain Greek yogurt
- 1/2 C fresh strawberries, sliced
- 1/2 C bran or wheat flakes cereal

#### Directions

1. Stir banana and vanilla into yogurt. Combine well.
2. In a 10-12-ounce glass, layer the yogurt-banana mixture, strawberries and cereal.
3. Serve immediately and enjoy

Serves 1. 190 calories per serving.

## Get Fit: Even a Little Exercise is Better Than Nothing

### Fitness benefits fade fast when you stop exercising

When was the last time you went for a walk, hit the gym, or hustled your way through a workout?

If it's been a while, you're not alone. Maybe you had a good exercise routine in place, and then your schedule got messed up. Sound familiar?

COVID-19 has certainly had an impact. But vacations, family matters, work, and different seasons of life can bump regular exercise from your to-do list, too.

#### So if you take a break from exercise, how long does it take to get out of shape?

About a month.<sup>3</sup> In a recent study, researchers put a group of inactive people through a 13-week workout. This included



lifting weights to build muscle strength and endurance. They also cycled, rowed, and walked on a treadmill to burn calories and improve heart health.

#### The results...Exercising 3 to 5 days a week helped people:

- Improve cardiovascular health
- Reduce body fat
- Improve body composition
- Increase muscle strength and endurance

- Lower blood pressure
- Boost good cholesterol levels
- Lower triglycerides

**Here's what happened next.** One group of people quit working out. No gym. No workouts. Nothing but sedentary living. Fitness started fading after a week off. Within a month, they lost all the health benefits they gained from 13 weeks of training.

And it doesn't have to be that way. If you want to stay in shape, find a way stay active.

"Something is better than nothing when it comes to physical activity," says lead researcher Dr. Lance Dalleck. "Interrupting sedentary behavior is key." @

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### Fight Age-Related Memory Loss with Heart-Healthy Habits (continued from page 1)

- Eat more fruits, vegetables, whole grains, nuts, seeds, and legumes.
- Avoid or limit sugary drinks and foods high in sodium.
- Get regular exercise.

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- Don't smoke, or quit if you do.
- Maintain a healthy weight, or lose weight if you need to.

Now is always the best time to start. Remember that. @

#### References

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4. Madison, A., et al. (2020). Afternoon distraction: a high-saturated-fat meal and endotoxemia impact postmeal attention in a randomized crossover trial. *American Journal of Clinical Nutrition*, nqaa085. From: <https://tinyurl.com/yd6lrdsK>
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## Take the June Health Challenge!

Protect Your Skin: Be sun-smart to keep your skin healthy

### Ask the Wellness Doctor:

This month Dr. Don Hall answers the question:  
What steps can I take to get back on track?

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